

## January is **National Mentoring Month**, **National Blood Donor Month**, and **Birth Defects Prevention Month**

You can find the best resources by clicking the names above.

---

### January 1 - New Year's Day

Out with the old, in with the new! **Happy New Year!**

### January 4 - National Trivia Day

**Happy National Trivia Day!** 🧠 Celebrate with a brain teaser - What is the only planet in our solar system that rotates clockwise? Comment your answer below!

**Answer to post later:** Venus. It's the only planet in our solar system that rotates clockwise, also known as retrograde rotation.

### January 9 - National Law Enforcement Day

On National Law Enforcement Day, **thank your brave law enforcement officers** for their service and sacrifice and for continuing to keep the community safe. #LawEnforcementDay

### January 15 - Martin Luther King Jr. Day

**Today, we honor Martin Luther King Jr.** His vision for equality and justice continues to inspire us all. Let's continue to foster a society where love triumphs over hate and unity prevails over division. #MLKDay #inspiration #equality

### January 26 - National Spouses Day

Spend some quality time with your partner today. Surprise them with dinner at their favorite restaurant, take a stroll through the park, or watch their favorite movie.



# Food & Beverage

**What's in season?** Lemons, oranges, tangerines, grapefruit, jicama, beets, turnips, celery root, onions, leeks, potatoes, carrots, parsnips, sunchokes and radishes.

---

Quinoa and chickpeas add [plant-based protein to this vegetarian grain bowl](#). **Prep in advance** and store them in air-tight containers for convenient, healthy, grab-and-go lunches all week long!

---

*Post for 1/11 National Milk Day - **Did you know milk is a good source of essential nutrients**, including calcium, vitamin D, vitamin B12, phosphorus, potassium, and protein? These nutrients are necessary for bone health, immune function, and overall well-being, so drink up!*

---

**Viral Bites:** Love it or hate it, last year cottage cheese racked up more than 1 billion views on TikTok. What cheesy ideas do you have with protein-packed cottage cheese?

---

*Post for 1/24 - What better way to start National Peanut Butter Day than with a [Peanut Butter Banana Smoothie!](#) [#peanutbutter](#) [#foodday](#)*

---

"Winter blues are cured every time with a potato gratin, paired with a roast chicken."  
~ *Alexandra Guarnaschelli*

---

**Trending: Yuzu** - a citrus fruit that tastes like a mix of grapefruit, lemon, and orange. Try it in marinades, dipping sauces, salad dressings, or smoothies.

---

*Post for 1/19 - **Make a healthy snack for National Popcorn Day**. Pop some corn and sprinkle it with dried dill, parsley, garlic powder, onion powder, and salt for a burst of Ranch flavor.*

---

Transform Taco Tuesday into something new this month with [Taco-stuffed Sweet Potatoes](#) that are customizable for the entire family.



# Lifestyle

Are you spending too much time on your device? **Consider taking a break** or setting daily limits on your screen time, especially on social media. #mentalhealth

---

We're all feeling the pinch at the grocery store. Swap those canned beans for a bag of dried, and cook them yourself for a **budget-friendly alternative**. You can even freeze them!

---

Stay stress-free this Winter. **Bundle up and explore nature!** Studies suggest that outdoor exercise is good for the soul and your heart.

---

Don't wait to get your car's emergency kit prepped and ready until the big storm. [Do it now!](#)

---

**New Year, New You!** Start your day by ignoring emails, eating a good breakfast, reading the news, meditating, or working out. This will ensure you've got the fuel for a productive day!

---

*Post for 1/21* - It's National Hug Day! Hugging is known to lower blood pressure, which benefits heart health. **So go ahead and give lots of hugs today.**

---

[The squat is the most important exercise for seniors.](#) If you only have time for one exercise, this is the one! #seniorfitness #exercisegoals #squat

---

Go nuts! Aside from having protein, **nuts are packed with fiber, healthy fats, vitamins, and minerals** and are an excellent choice for those following a plant-based diet to fill their protein needs. #nuttygoodness #fiberfull

---

*Post for 1/24* - Make someone's day and pay them a compliment. **It's National Compliment Day!**

---

January is a great time to **nurture your relationships** with friends and family, make an effort to meet new people, or reconnect with old friends. #NewYearNewYou



# Community

The start of the year is always an excellent time to implement new things. **Add eco-friendly practices to your daily life**, such as reducing plastic use or conserving energy.

---

"The best way to find yourself is to lose yourself in the service of others." ~ Mahatma Gandhi

---

Consider donating blood to local blood banks. **January can be a critical time for blood donations**, as the need often increases, but the supply can be low. #BloodDonorMonth

---

Volunteer at local schools or community centers to help with after-school programs, tutoring, or mentoring. Many organizations appreciate extra help as students return from winter break.

---

**Be neighborly!** Check-in on elderly or vulnerable neighbors to see if they need help with snow removal, grocery shopping, or other winter-related tasks.

---

Start the year by organizing fitness classes, wellness workshops, or health screenings in your community. #community #caring #health

---

**Assist local animal shelters by volunteering your time** to help care for animals, clean facilities, or support adoption events.

---

Many shelters and soup kitchens need volunteers during the winter months. Offer your time to help serve meals, organize donations, or provide companionship to those in need.

---

Collect and donate warm clothing, blankets, and other winter essentials to local shelters or organizations that support the unhoused.

---

**Organize or participate in a local food drive.** January can be challenging for some families, and food banks often experience increased demand after the holiday season.



# Health

**Personal growth starts now!** Set aside time for reading, learning something new, or pursuing a hobby or skill you've always wanted to develop.

---

January 23rd is National Pie Day. **Can pie be good for you? Maybe!** Stick to fruit, whole grain crusts, and, most importantly, moderation! Check out this [Healthy Apple Pie Recipe](#).

---

**Add these items to your grocery list for a heart-healthy diet** - beets, walnuts, pumpkin seeds, tofu, olives, olive oil, garbanzo beans, avocados, oatmeal, blueberries, salmon, broccoli, Brussels sprouts and chile peppers.

---

Eat them up! **Pomegranates are packed with powerful antioxidants** that can decrease your risk of heart disease, diabetes, cancer, and even obesity. #pomegranatepower

---

DYK, bones are stimulated when they're jolted? If you're a walker, **try a walk-and-stomp routine** - for every ten steps, pretend you are crushing a can for 3 of them. #buildstrongbones

---

Swimming is a low-impact exercise that engages various muscle groups and is gentle on joints, making it an excellent choice for all fitness levels. #DiveIn at the Y!

---

Do you feel like taking a hot shower after being out in the cold? You may want to rethink that. **Extreme temperature differences can put stress on your heart.** #hearthealthy

---

😊💪 Regular physical activity boosts mood-enhancing endorphins, helping you feel happier and more positive throughout the day. **Get happy with a workout at the YMCA!**  
#ExerciseForHappiness #EndorphinBoost #HappyVibes

---

**Pro Tip:** Stay hydrated and add a burst of flavor to your drinks! Swap sugary sodas and energy drinks for water infused with fresh fruits, herbs, or cucumber slices.



# Parenting

**Helping your kids set goals can encourage them to develop new skills and passions.** Talk to them about what they want to achieve and how they can make it happen. [#goalsetting](#)

---

Snowday? These FREE [winter coloring pages](#) will keep them busy for a while.

---

*Post for 1/4 -* **It's National Spaghetti Day!** Make this [super simple, kid-friendly spaghetti](#) for dinner tonight. Bonus! There are some hidden veggies in there.

---

Is the weather forcing you to stay inside? **Have a craft day** where kids can make [winter-themed art projects like these!](#)

---

What's a fun way to warm up? **Crank up the tunes and have a dance party** with your family's favorite songs, or introduce your children to different genres of music and dance styles.

---

**Ditch the wintertime blues and start an indoor garden** with easy-to-grow plants. As the plants grow, teach your kids about plant care and [fun facts about them.](#)

---

DIY projects aren't just for Dad! Take on a home improvement project as a family, such as redecorating a room or building something simple. Get the kids involved with age-appropriate tasks that will teach them new skills.

---

What are your kids' favorite winter books to read? Share your list with us!

---

*Post for 1/31 -* **Who doesn't love a warm cup of Hot Chocolate?** Celebrate National Hot Chocolate Day with a [creamy cup of chocolatey goodness.](#)

---

We know catering to kids' ever-changing tastes can be a constant source of frustration. Check out these [72 easy and kid-friendly dinner ideas](#) that the whole family will love.



# Membership

Like it or not, winter is here. **Provide your members with a workout video** they can do at home with the following copy: "Here's a quick workout you can do at home. No equipment needed!"

---

This January, start or revamp your exercise routine. Whether it's walking, running, biking, yoga, swimming, or a fitness class, the YMCA is guaranteed to have something you'll love!

---

Join the YMCA today and get access to state-of-the-art facilities and top-notch fitness equipment. **Stop in for a tour today.**

---

Record a video showcasing the mental health and wellness resources available through the YMCA, including yoga, meditation, and counseling services. #makementalhealthapriority

---

**Everyone loves taking quizzes!** [Create one](#) such as: "How healthy are your eating habits? Take our quiz to find out!"

---

Ready to prioritize your health and wellness? **Join the YMCA and start your journey today.**

---

We're giving away a free one-year membership to the Y! **Enter to win today.** #NewYearNewYou

---

With our friendly staff and welcoming community, the YMCA is the perfect place to make new friends and stay motivated. #YouGotThis

---

**Produce a video highlighting the childcare services** offered at the YMCA, emphasizing the convenience for busy parents.

---

Run towards a healthier you at the YMCA! 🏃 Join now, and let's hit the ground running together! #YMCA #RunningClub #HealthAndWellness



# Trivia Questions

Which winter sport is also known as “the Roaring Game”?

**Answer:** Curling

---

Who had a hit with Simon & Garfunkel's "A Hazy Shade of Winter"?

**Answer:** The Bangles

---

Which two planets are easily visible in the evening sky during January?

**Answer:** Venus and Mars.

---

How long can a Pomegranate tree live?

**Answer:** Two centuries! There's one in Rome that is 208 years old.

---

What is the term for a yoga pose that involves standing on one leg with the other leg lifted and the foot resting on the inner thigh?

**Answer:** Tree pose.

---

How many players are there on a standard soccer (football) team?

**Answer:** 11 players.

---

What is the largest species of bear?

**Answer:** Kodiak Bear.

---

Which American football team has won the most Super Bowl championships as of 2022?

**Answer:** The New England Patriots.

---

What is the coldest city in the United States?

**Answer:** Fairbanks, Alaska. Fairbanks has seen temperatures reaching minus 66 degrees! Brrrr.

# Inspiration

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."  
~ Melody Beattie

---

**"One kind word can warm three winter months."** ~ Japanese Proverb

---

"If you have a body, you are an athlete!" ~ Bill Bowerman

---

"The beautiful thing about learning is that no one can take it away from you." ~ B.B. King

---

**"The problem with winter sports is that – follow me closely here – they generally take place in winter."** ~ Dave Barry

---

"Ordinary people think merely of spending time. Great people think of using it."  
~ Arthur Schopenhauer

---

**"People don't notice whether it's winter or summer when they're happy."** ~ Anton Chekhov

---

"Almost everything will work again if you unplug it for a few minutes, including you."  
~ Anne Lamott

---

"Winter forms our character and brings out our best." ~ Tom Allen

---

**"Today it hurts, tomorrow it works!"** ~ Unknown

---

"If you want something you've never had, you must be willing to do something you've never done." –Thomas Jefferson