

August is **National Immunization Awareness Month, Wellness Month, Back to School Month, Eye Exam Month, Family Fun Month**

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

August 4 - Friendship Day & National Sisters Day

Celebrate the incredible bonds of friendship and sisterhood! Whether it's your best friend who's always got your back or your sister who knows you inside out, cherish these amazing connections. #FriendshipDay #NationalSistersDay #FitnessFriends #StrongerTogether

August 8 - National Pickleball Day

It's Pickleball Day! 🎾🏓 Grab your paddles and friends, and make this Pickleball Day unforgettable! #PickleballDay #FitnessFun #JoinTheGame #GetActive #PickleballLovers

August 8 - Sleep Under the Stars Night

Sleeping outside often makes people happier and more relaxed, even if they can't explain why. Studies have confirmed that this is more than just a feeling — **spending a night under the stars is scientifically proven to positively impact one's health!** 🌌★

August 16 - Tell a Joke Day

Why did the scarecrow win an award? Because he was outstanding in his field!
(We know you can do better than this!)

August 21 - Senior Citizens Day

Today, we celebrate our seniors who bring us so much joy and wisdom. **Include these hashtags in your social posts focused on senior classes at the YMCA:** #ActiveAging #YMCA #NationalSeniorCitizensDay #YMCACommunity #CelebrateSeniors



Food & Beverage

What's in season? Apricots, peaches, plums, nectarines, figs, melons, peas, green beans, cucumbers, summer squash, corn, peppers, tomatoes, eggplant, and hot peppers.

Hot summer days call for a refreshingly [cool cucumber salad](#) packed with protein.

Move over, Caprese! 🍅🍑🧀 Do yourself a favor and make this [Tomato, Peach, and Burrata Salad](#) instead.

Post for 8/3 - It's National Watermelon Day. 🍉 Watermelon has several health benefits, like a lowered heart disease and prostate cancer risk. It also **promotes glowing skin and helps keep you hydrated**. Enjoy some of this delicious fruit today!

Transform your boring old tuna salad sandwich with this [Green Goddess version](#), bursting with fresh, herbaceous flavors in every bite.

Celebrate National Sandwich Month in style and take a healthy bite of this [Lobster Roll](#).

Simply satisfying! Purée 1 1/2 cups fresh blueberries + 1/2 cup coconut milk + 1 Tablespoon mint + 1 teaspoon lime juice + 1 teaspoon honey + 1 cup ice in a blender until smooth.

Post for 8/24 - 🍷🍩🎉 **Happy National Waffle Day!** Who says you can't enjoy waffles and stay fit? Today, we're celebrating with a [delicious and healthy waffle recipe](#) that will satisfy your cravings without derailing your goals. 😊💪

Take a trip to the tropics and make [papaya, mango, and pineapple popsicles](#). Then, read all about the health benefits of these fruits!

Too hot to cook? Try this [Broccoli Salad with Peanut Dressing](#), which will leave you feeling cool as a cucumber!

Lifestyle

Trending: Cozy Cardio. [Here's what it is](#) and how to make the most of it.

What's on your August bucket List? Lunch with a friend? Running through a sprinkler? A good freezer purge? Share your list ideas with us!

Trending: Wine and... Potato Chips? 🍷 🥔 If you are feeling adventurous, pair Chardonnay with sour cream and onion chips or a dry Rose with salt and vinegar.

If you're ready for Fall, you'll want to make these! Chock full of good stuff, these [Savory Sweet Potato Quinoa Muffins](#) will soothe the soul till Autumn arrives. 🍂

🍷 🐶 **Blueberries are a superfood for dogs and humans!** Add them to your homemade dog treats, or feed a few as a snack.

Have some fun before the kids head back to school. Plan a party with your family and friends, and host a s'mores bar! Spice up the traditional version with bananas, ice cream, raspberries, or sprinkles. **National S'mores Day is August 10.**

Post for 8/30 - Happy National Beach Day! 🏖️ 🌊 Stay active and make the most of your day with a swim, a beach volleyball game, or a seaside yoga session. And remember, the YMCA is here to support all your fitness and wellness goals on and off the sand!

Mark your calendar! The Perseid meteor shower peaks on August 12 and 13th. Don't miss out! It's one of the most spectacular shows in the nighttime sky. ✨🌟🌠

How are you doing with your mental and physical health? Are you finding time for solitude, movement, strength, and socializing? This month, take a moment to focus on each of these areas and ensure you're dedicating time to all of them. Each one is equally important!



Community

Organize a team for the American Cancer Society's Making Strides Against Breast Cancer. Find an event near you at cancer.org/strides

Post for August 17th -

☀️ **Happy National Nonprofit Day!** ☀️ Today, we celebrate the incredible impact of nonprofits in our community, and the YMCA is dedicated to strengthening our community through programs that promote youth development, healthy living, and social responsibility.

Your support helps us provide essential services and opportunities to those who need them most. Join us in celebrating and supporting the vital work of nonprofits everywhere. 💪❤️
#NationalNonprofitDay #YMCA #CommunityStrong #NonprofitImpact

Post for August 17th -

🐾❤️ **Happy Black Cat Appreciation Day from the YMCA!** ❤️🐾 These sleek and beautiful kitties are just as loving and wonderful as any other and deserve all the appreciation!

If you have a black cat, share a picture of your majestic furball in the comments below. Let's debunk the myths and show the world how amazing black cats truly are! ❤️🐱

Post for August 26th -

It's National Dog Day! 🐶 Make a homemade frozen treat for your best friend by blending 1 cup peanut butter + 1 cup Greek yogurt + 1 ripe banana until smooth. Scoop into silicone molds and freeze for two hours. It sounds like a snack everyone can enjoy!

Post for 8/26, Women's Equality Day –

Are you looking for ways to support Women's Equality?

- Learn about women's rights and speak up against sexism.
- Buy from and promote women entrepreneurs.
- Advocate for equal pay and inclusive workplace practices.
- Contribute time and money to organizations supporting women's rights.
- Highlight gender equality issues and celebrate women's achievements.



Health

👣 Grab your workout buddy and hit the gym together! **Nothing like a little friendly competition to keep those fitness goals on track.** 🤝 #NationalFriendshipDay

Not getting enough sleep can affect all areas of your life. [Here are some tips](#) for getting a good night's sleep. 😞🛏️💤

Break up your day with a quick stair climb! **A few minutes up and down can boost your energy.** 🏃‍♀️🏃‍♂️ #ExerciseSnacks #StayActive #StairClimbing

Post for 8/10 - It's National Lazy Day! Spend the day enjoying the outdoors in the most relaxed way possible, in a hammock or on the front porch.

Treat yourself! 🥓🍅🥬 Wrap a piece of cooked bacon and a slice of fresh tomato from the garden in two Bibb lettuce leaves. Drizzle with ½ tablespoon blue cheese dressing for an 80-calorie snack.

Coloring is an excellent way to relax and de-stress, regardless of age. So grab those crayons, pencils, or markers and get to it!

Post for 8/15 – **Today is National Relaxation Day.** Relaxation has several benefits, including lowered blood pressure, decreased anxiety, reduced pain, and improved confidence. So, go ahead and take it easy today!

We're debunking the myth: Prolific sweating a lot means burning a lot of calories.


Debunked: Sweating is the body's way of cooling down and doesn't directly correlate with calorie burn. Hydration status, temperature, and intensity of exercise can influence sweat levels.

Get moving! Maintaining mobility is essential for overall well-being. [Here are ten steps to perfect](#) your routine.

Parenting

Post for 8/2 - Ice Cream Sandwich Day

Celebrate Ice Cream Sandwich Day with this [Tasty Recipe](#) for dessert tonight!

*Post for 8/2 - It's National Coloring Book Day - DYK?  **Coloring has several benefits for kids**, including improved motor skills, increased creativity, knowledge about color awareness and recognition, and improved confidence.*


Don't forget to add a reusable water bottle to the back-to-school list!

Now you know: Vaccinations are one of the most effective ways to prevent infectious diseases and save lives, protecting individuals and communities from illnesses like measles, polio, and influenza. #SaveLives #NationalImmunizationMonth #BackToSchool

Good advice: Start setting a regular bedtime and morning routine early this month to help kids adjust to the new school year schedule.

Your kids will have tons of fun and thrive in our after-school programs! **Sign up today.** #YMCA #afterschool #thriving

Fun Fact!  A graphite pencil has enough graphite to draw a line 35 miles long!


Post for 8/22 - Happy National Tooth Fairy Day! If you haven't done so already, it's a great reminder to schedule your kids' trip to the dentist. 


Post before August 10 - Think outside the "S'mores Box" on National S'mores Day with one of these [unique ways](#) to enjoy this special treat! National S'mores Day is August 10!





Parents... Maintain a positive attitude about school and learning. Your enthusiasm can be contagious! #BePositive #PositiveParenting




Membership


 **Back to School, Back to the Y!** Join now for after-school programs and stay active this school year. #BackToSchool #YMCA



 Good morning, everyone! Let's start the day with a healthy choice. What's your go-to morning booster? Vote below, and let's get moving!


- A brisk walk or run 
 - A refreshing smoothie 
 - Yoga or meditation 
 - Hitting the Y! 
-

 **Get Active!** Join our sports leagues and stay fit while having fun. #YMCA #Sports

Do you live near the Y? Try commuting by bike or walking whenever possible. Not only will you be getting exercise, but you'll also reduce your carbon footprint.  #ActiveCommute #GreenLiving #EcoFriendly

 **Dive In!** Cool off during the dog days of summer with a YMCA membership. Enjoy our pool and so much more! #YMCA #Swim

Ready to have a ball and smash some fun into your fitness routine? Join us for a fantastic Pickleball session today! Whether you're a seasoned pro or a curious beginner, you have a place on our court.   #FitnessFun #JoinTheGame #GetActive #PickleballLovers

 **Family Fun Awaits!** Get a family membership to the Y and enjoy activities for all ages. #FamilyTime #YMCA

We celebrate the incredible contributions of our senior community today and every day! At the YMCA, **we're dedicated to promoting health, wellness, and connection for our seniors** through various programs and activities. Come check them out!



Trivia Questions

95% of us say we have no patience for this. What is it?

Answer: Listening to voicemail!

According to Greek mythology, who are Summer's Dog Days named after?

Answer: 'Sirius,' the Dog Star.

Which sport has been a part of the **Summer Olympic Games** since its inception in 1896?

Answer: Cycling.

When did Martin Luther King Jr give his famous 'I Have A Dream' speech?

Answer: On August 28, 1963.

What is the most popular color of Crayola crayon?

Answer: Blue

One out of 8 adults say that they cannot do this. What is it?

Answer: Ride a bike!

What is one of the ways that ancient pagans celebrated Midsummer?

Answer: By lighting bonfires.

How many times has the United States hosted the Summer Olympics?

Answer: Four.

What is a group of owls called?

Answer: A parliament

The 19th Amendment was ratified on August 18, 1920. What did it grant?

Answer: It granted women the right to vote.

Inspiration

“Every day is another chance to get stronger, to eat better, to live healthier, and to be the best version of you.” ~ Unknown

“Work hard, be kind, and amazing things will happen.” ~ Conan O’Brien

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.”
~ Muhammad Ali

Words to live by! “Just get started and don’t overthink it.” **“Find a workout routine that is fun for you.”** “Find a workout you want to do consistently.”

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” — Michael Jordan

#BackToSchool “Don’t try so hard to fit in, and certainly don’t try so hard to be different...just try hard to be you.” ~ Zendaya

“Sometimes the most productive thing you can do is relax.” ~ Mark Black

“Constant deprivation is no way to live. Don’t always skip the delicious stuff for raw carrots and brown rice.” ~ Gunnar Peterson

“Dreams come a size too big so that we can grow into them.” ~ Josie Bissett

“Your body can stand almost anything. It’s your mind that you have to convince.”

Sweat out all those bad vibes!

**If your YMCA is interested in a new website, contact Robbie.
He's here to help!**



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to victory every month.**

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