

June is National Safety Month, Men's Health Month

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

June 1-7 • CPR & AED Awareness Week

#CPRsavesLives You'll find great social media resources from the [American Heart Association](#).

June 14 • Flag Day

🇺🇸 Happy Flag Day! 🇺🇸 Proudly display your stars and stripes today!

June 16 • Father's Day

Happy Father's Day to those who taught us to ride a bike, tie our shoes, and dream big. Cheers to you, Dads! #FathersDay #DadLove

June 19 • Juneteenth

On this historic day, we celebrate freedom, resilience, and progress. It serves as a reminder of our shared journey toward equality and justice. Let's honor the past, acknowledge the present, and work together for a brighter future. #Juneteenth #FreedomDay #BlackHistory

June 20 • Summer Begins

What's on your Summer bucket list?

- Picking berries and peaches 🍓
- Building a sandcastle 🏰
- Riding a roller coaster 🎢
- Cruising around town on a bike, roller skates, or a skateboard 🛹
- Making homemade ice cream 🍦
- Napping in a hammock 🛏️
- Rolling up your pant legs and go wading 🏖️
- Going to a baseball game ⚾
- Seeing a Summer blockbuster 🎬



Food & Beverage

What's in season? Blueberries, apricots, cherries, plums, okra, radish, rhubarb, strawberries, cantaloupe, corn, kiwi, lettuce, mangoes, peaches, Swiss chard, watermelon, and zucchini.

Post for June 4 - It's National Cheese Day! Cut slices of halloumi cheese and grill them until they're crispy on the outside and melted on the inside. Serve them as an appetizer or use them as a burger topping. *(I'm drooling just thinking about this!)*

Post for June 7 - It's World Food Safety Day. Ensuring the safety and quality of our food is crucial for our health and well-being. Every step counts in safeguarding our food from farm to fork! #WorldFoodSafetyDay #FoodSafety #Health #Nutrition

Post for June 19th - 🥑🍸 Celebrate National Martini Day with an [Avocado Martini](#). We were skeptical until we tried it! #nationalmartiniday #avocado #nomnom

Sweet strawberry, zingy ginger, and creamy yogurt combine to create this **punchy pink refresher!** Purée 2 pitted dates, 1 cup frozen strawberries, ½ cup plain yogurt, 1 Tablespoon finely grated peeled ginger, ½ cup water in a blender until smooth. Enjoy!

Electrolyte drinks can be full of sodium and sugar. Skip the powders and make your own! Blend one lemon (peeled and seeded) with 8 oz of coconut water and a pinch of sea salt.

This recipe for [grilled salmon and veggies](#) with a charred lemon-garlic vinaigrette embodies the essence of summer with a delightful smoky touch from the grill.

Grilling isn't just for burgers or chicken! This vegetarian [Grilled Carrot Arugula Salad](#) makes a delectable barbecue side dish or lunch.

Check out these vintage [Summer Dessert Recipes](#) full of flashbacks and nostalgia! **Which one is your favorite?**

Lifestyle

Gearing up for a summer road trip? **Here are some tips:** Get an oil change, make sure your lights and windshield wipers work, check that the spare has air, pack your emergency road kit, and bring paper maps if GPS is not working. Oh, don't forget your phone charger!

Post for June 8 - Individuals with strong social support networks, including close friendships, tend to have better mental health, lower stress levels, and improved physical well-being. **Grab your bestie and celebrate #nationalbestfriendday** with lunch, a movie, or a walk in the park! #NBF #bff #besties

Plan for a power outage. Discuss the plan with your family, friends, and neighbors, especially those who are elderly, have young children, or have medical conditions. Remember to include your pets!

Do your electric bills have you pulling your hair out? If you keep windows covered during the day, especially those facing south, you can save 10-25% on cooling costs this summer! #TheMoreYouKnowYouKnow

Pride isn't just about a month. It's about **embracing our authentic selves every day**. Keep spreading love, kindness, and understanding. 🌈🌟 #LovesLove #PrideMonth #EqualityForAll

Take a break from screens and enjoy some quality time outdoors! Whether it's a picnic in the park or gardening in your backyard, connecting with nature can boost your mood and reduce stress. #WellnessWednesday

Post for June 27 - Today is National Sunglasses Day. Learn how to [stay safe](#) in the sun.

Post for June 21 - 📷 Happy National Selfie Day! 🤳 Strike a pose and show the world your best smile! 😊 Whether you're rocking a solo shot or snapping a selfie with friends, today is all about capturing those moments that make you, you! Share your favorite selfie in the comments below, and let's spread some positivity and fun! 🌟 #NationalSelfieDay #SnapShareSmile

Community

Use your social media platforms to raise awareness about the importance of blood donation and encourage followers to donate blood.

Did you know that donated blood has a shelf life? That's right – 42 days for red blood cells and five days for platelets. Donors are constantly needed to maintain a steady blood supply, so **host or attend a blood drive with the American Red Cross.**

🎨 Support Local Artists! 🗣️

Summer is the perfect time to explore and support local art. Visit craft fairs, attend local theater productions, or buy from local artisans. **Your support helps keep the creative spirit alive** in our community. #SupportLocalArt #CommunityCulture

Post for any time in June –

Post-Traumatic Stress Disorder (PTSD) affects nearly 12 million people in the United States. Despite effective treatments being available, many individuals with PTSD don't seek the help they need. Let's change that!

How You Can Help:

- **Take the Pledge:** Share this post and encourage others to do the same to raise PTSD awareness.
 - **Virtual Walk:** Join us for 30 minutes of exercise in June by signing up for the Virtual Walk.
 - **PTSD Self-Screen:** Answer 5 questions about your symptoms on PTSD Screening Day
 - Listen to the PTSD Bytes Podcast: Gain insights and support.
-

Post for June 21 -

Happy Take Your Dog to Work Day! 🐾🌟 Is your office full of wagging tails, wet noses, and puppy smiles? 🐕👛 Nothing beats the joy of having our furry friends by our side as we conquer the workday. 🐾❤️ Share a pic of your pup at work in the comments! 📷👉 Let's see those adorable coworkers making this day pawsitively awesome! 🐾🐕

#TakeYourDogToWorkDay #Pawsitivity #FurryCoworkers #DogLove



Health

☀️🏃 **Sunny vibes are here!** Remember to reapply sunscreen every two hours and immediately after swimming or working up a sweat.

Are bright indicator lights on appliances, devices, smoke alarms, fans, air purifiers, etc., ruining your sleep? You're not alone. We're here to tell you **it's okay to put a sticker or piece of tape over them.** You're welcome.

Summer offers different ways to get active, like biking, Tai Chi, or ultimate frisbee. Are you looking for new ways to **#MoveYourWay**? Check out this helpful [activity planner!](#)

Post for June 14 - Did you know that the most common blood type in the U.S. is O-positive, while the rarest blood type is AB-negative? The need for type O-negative blood (the universal donor) is the highest, as you can give it to patients of any blood type. **#WorldBloodDonorDay**

Snack time! Try apple slices with almond butter. Yum! **What's your go-to snack?**

Post for June 21 - **#YogaDay**: Take a moment to relax and listen to your heartbeat. **A large part of yoga is mental and spiritual** and requires that you be relaxed and in control.

MYTH or FACT? Crunches are the best ab exercise. Fact: Planks engage more muscles!

Start your mornings with a brisk walk or a yoga session outdoors to soak up that Vitamin D to energize your day!

Summer's here, and we're having a Summer Selfie Contest! 📸🏆 (Encourage members to post selfies while working out at the Y for a chance to win fun prizes.)

🍉🥒🍇 Kick off the month with fresh fruits and veggies to boost your immune system and stay hydrated in the sunny weather! **#HealthyJune**

Parenting

School's out for summer! **What are your plans for this summer break?**

Ready to hit the pool or the beach? 🏖️💧 Check out these [sun safety](#) tips for kids.

Summer break means more time at home for the kids. Get your children involved in helping around the yard and garden. Weeding, watering, and feeding plants are simple tasks that'll get your kids outdoors!

Healthy swap: Say no to sugary drinks for your kids, and yes to refreshing water infused with cucumber and mint! #HealthyChoices #HealthySummer #HealthyKids

Encourage a love for books by setting aside time each day for summer reading. **Visit your local library** or create a cozy reading nook at home to spark their imagination. 📖✨ #Bookworms #SummerReading

Reviewing summer safety tips with your kids is important with all those outdoor adventures. **Teach them about water safety, road safety, and recognizing and responding to emergencies.** Knowledge is key to staying safe! 🏖️🚗 #SafetyFirst #SummerSafety


Are they bored already? Keep them busy with these free [fun, free, and educational printables!](#)

Beat the summer heat with refreshing and nutritious snacks! 🍓🥒 Keep sliced fruits, veggies, yogurt parfaits, or homemade popsicles on hand for quick and healthy treats that will keep your kids fueled and satisfied. #SnackTime #HealthyEating

“Bee” Insect-Savvy! 🐝🍯 Watch for stinging insects like bees and wasps when spending time outdoors. Teach your kids to remain calm and still if a bee approaches and slowly walk away once it leaves. #InsectSafety #BeeAware



Membership


 Diversity is our strength. Our YMCA is where people of all backgrounds have come together to create a harmonious and inclusive community. **Join us and be part of the YMCA family!**

Giveaway Idea: "We're giving away a gift basket filled with fresh produce from the Farmer's Market! Enter to win today!"

With our family-friendly atmosphere and childcare services, the YMCA is the perfect place for busy parents to prioritize their health. **Stop by for a tour today!**

Better yet... create a virtual tour of your YMCA facility, showcasing all the amenities and services members can access, and post it on your social channels.

Embrace the power of community! Join the YMCA and be part of a supportive network that encourages you every step of the way. #YMCA #Community #TogetherStronger

 **Sweat, smile, repeat!** 😊 Join the YMCA and experience a variety of group classes that will keep you motivated and energized! #YMCA #GroupFitness #SweatTogether

We value your opinion! What classes would you like to see added to our schedule? How about class times? Are they available when you'd like?

Video Idea – Here's a daily glimpse inside the Y! Our trainers are prepping for today's HIIT class. **Ready to sweat?**

Which workout do you prefer: cardio or strength training?  

Introduce your summer lifeguards, camp counselors, personal trainers, or new staff members with a brief bio to build a personal connection with your members or future members.



Trivia Questions

What do you call a group of butterflies?

Answer: A kaleidoscope

What does the word Yoga mean?

Answer: Yoga is derived from the Sanskrit language and means to join or unite, referring to the union of body and mind.

94% of people can identify this sound in 2 seconds or less. What is it?

Answer: The ice cream truck song!

What is the name of the nearest galaxy to the Milky Way, visible in the night sky for stargazers?

Answer: Andromeda

What year is the official beginning of the modern Olympic Games?

A. 1886 B. 1896 C. 1906 D. 1916

Answer: B. 1896

What muscle group does a kettlebell swing target? A. Legs B. Core C. Shoulders

Answer: Core. Kettlebell swings primarily engage your core muscles. They can also provide cardiovascular benefits and work your glutes and hamstrings. Keep swinging those kettlebells!

What is a female donkey called?

Answer: Jenny

36% of people think this is the worst part of weddings. What is it?

Answer: Screaming children!

The side-straddle hop is the U.S. military's name for what warm-up exercise that kicks the legs apart while doing an overhead clap?

Answer: Jumping jack

Inspiration

“Light tomorrow with today.” ~ Elizabeth Barrett Browning

“In every walk with nature, one receives far more than he seeks” ~ John Muir
🌿 **Embrace the beauty of nature with outdoor activities at the YMCA!** 🌿
#YMCA #NatureQuotes #OutdoorAdventure

“We will fail when we fail to try.” ~ Rosa Parks

Remember: Progress, not perfection. **Keep pushing forward!**

“**You’ve got to get up every morning with determination** if you’re going to go to bed with satisfaction.” ~ George Lorimer

“Real courage is when you know you’re licked before you begin, but you begin anyway and see it through no matter what.” ~ Harper Lee

Go the extra mile! It’s never crowded.

#BeKind “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” ~ Maya Angelou

“**Someday is not a day of the week.**” ~ Janet Dailey

It hurts now, but one day, it will be your warm-up.

“It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honor nature’s gifts, the **joys and beauties of the outdoors will be here forever.**”
~ Jimmy Carter

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



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victory every month.

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