





November is **National Diabetes Month, Lung Cancer Awareness Month, and Native American Heritage Month**

You'll find the best resources by clicking the names above.


November 3 - Daylight Savings Ends

  **Daylight Saving Time is near!** Here are a few tips to help you adjust smoothly: In the days leading up to the change, try going to bed 15 to 30 minutes earlier, use natural sunlight in the morning to help reset your internal clock, and stick to your routine—consistency makes the transition easier! #DaylightSavings #FallBack #YMCACommunity



November 5 - Election Day

Make your voice heard. **It's Election Day, and your vote matters!**   Whether for local leaders or big decisions, every vote shapes the future of our community.



November 11 - Veterans Day

Today, we **salute the brave men and women who have served our country** with courage and dedication. Thank you for your sacrifice and commitment to protecting our freedom. Join us in showing gratitude to the veterans in our community today and every day!  #VeteransDay #HonoringOurHeroes #YMCACommunity

November 14 - World Diabetes Day

Did you know? Diabetes can impact vision, heart health, and more if left untreated. **Early detection is key!** Regular check-ups help manage risks and keep you on track for a healthy future.   Take care of yourself – get checked, stay active, and eat balanced meals. #WorldDiabetesDay #HealthyLiving #YMCACommunity

November 28 - Thanksgiving

     **Happy Thanksgiving!** Enjoy your time with family and friends.



Food & Beverage

What's in season? Apples, avocados, beets, broccoli, cabbage, carrots, cauliflower, grapes, greens, leeks, parsnips, pears, pomegranates, potatoes, pumpkins, sweet potatoes, turnips, and squash.

Post for 11/3, National Sandwich Day – Sandwiches don't just taste great, **they can be a healthy meal too!** 🌱 Try swapping white bread for whole grain, adding plenty of veggies 🥬🍅, and choosing lean proteins like turkey or grilled chicken. #NationalSandwichDay

Pasta salads aren't just for summer picnics or backyard barbecues. Give this [Swiss Chard Tiny Pasta](#) a go at your next fall gathering.

Drink your dessert! This [Pumpkin Cheesecake Martini](#) will give you comfy-cozy vibes for all of your holiday gatherings. 🍂🍸

🍁 **Fuel your fall fitness with this hearty pumpkin smoothie!** Blend pumpkin puree, banana, almond milk, and a dash of cinnamon for a post-workout treat!

If you still have room for dessert on Thanksgiving, you might want to finish the day with a treat lower in calories, lower in sugar, and some healthier ingredients. And [these recipes](#) will make you want to **eat dessert first!**

Whether you rice it or roast it, **cauliflower is a go-to veggie for even the pickiest eaters.** Look for creamy-white heads free from spots or discoloration, and enjoy its low-calorie goodness packed with potassium and vitamin C.

[Pumpkin spice overnight oats](#) are the perfect grab-and-go breakfast 🍂! Combine oats, almond milk, pumpkin puree, and cinnamon for a fall-flavored morning boost.

Lighten up your Thanksgiving Feast with [these healthy recipes](#). There are even some **ideas for all those turkey leftovers!** Gobble, gobble.

Lifestyle

The holiday season can be overwhelming, so **prioritize activities you enjoy**, set boundaries, and simplify travel, gift-giving, and family time to reduce stress. Take care of your well-being by practicing moderation with food and alcohol, honoring losses, maintaining routines, and reaching out for support when needed. #stressfreeholiday

Here's a friendly reminder to clean your phone once a day to keep bugs away! 📱🧼 **Cleaning your phone kills cold-causing viruses** and can even ease allergy symptoms.

Post for November 13 – World Kindness Day is here. And we can change the world one small act at a time – whether it's a smile, a helping hand, or words of encouragement, every gesture counts! **Let's spread positivity today and every day.**

Shorter days don't have to slow you down! 🍂 Try these indoor workouts to stay active and warm this season: yoga, bodyweight exercises, or indoor swimming! **What's your favorite way to move indoors?** Comment below! 👉

Can't get to the Y over the holidays? Try this [high-intensity workout](#) you can do anywhere!

Post for November 17 – **Today is Take A Hike Day.** Get moving, enjoy the fresh air, and make some memories along the way. #GoForAHikeDay #AdventureAwaits #YMCACommunity

What has the CDC named as the healthiest vegetable? [Watercress](#). Find out more and read on!

Don't wait until January! Set small, achievable fitness goals for the rest of 2024. Whether you hit the gym twice a week or master a new yoga pose, every step counts!

Post for November 22 – It's Go for a Ride Day! 🚲🛴🚗 Grab a bike, hop on a scooter, or take a scenic drive – today's the perfect day to explore the road! **Where will your adventure take you?** #GoForARideDay #AdventureAwaits #YMCACommunity



Community

Host a November Coat Drive! Help families stay warm this winter by donating gently used coats, hats, and gloves. Drop off your items at the Y and help us spread the warmth this season.

Post for November 13 –

Today, we recognize the incredible caregivers who provide love, support, and care every day. 🌟 Caring for others is a beautiful gift, but don't forget to care for yourself too!

🌟 **Caregiver Tip:** Schedule small breaks throughout the day, even 10 minutes, to recharge your mind and body. You can't pour from an empty cup! ☕

#CaregiverAwarenessDay #SelfCareMatters #YMCACommunity

November 15 is America Recycles Day. ♻️ Here are some ways to participate:

- Reduce the amount of materials you put into the waste stream.
 - Find ways to conserve or limit natural resources.
 - Buy a composter or start a compost pile in your yard.
 - Stop putting grass and other yard waste at the curb; compost it.
 - Encourage local, state, and federal governments to promote waste reduction programs.
 - If items you are about to throw in the trash have value, donate them.
-

Post on or before November 30 -

Shop local and support your community this **#SmallBusinessSaturday!**

What are some ways to give back this holiday season?

- **Donate toys or clothes** – Participate in toy drives or donate winter clothes.
- **Support food banks** – Host a food drive or donate non-perishable items.
- **Sponsor a family** – Provide gifts or essentials through charitable organizations.
- **Make charitable contributions** – Donate to nonprofits or causes you care about.
- **Send holiday cards to military personnel** – Spread cheer to deployed service members.
- **Participate in GivingTuesday** – Join the global day of generosity in December.



Health

Post idea: Create fun challenges for each week this month – This #Movember, we're focusing on men's health! ❤️ Join us for weekly challenges to promote mental and physical well-being. From daily runs to mindfulness sessions – **let's move together for a good cause!**

Post for November 4th – Today is Check Your Blood Pressure Day. **Normal blood pressure** is around **120/80 mmHg**. Higher numbers could increase the risk of heart disease and stroke—so it's important to check regularly! 🩺 #CheckYourBloodPressureDay #HeartHealth

In today's digital world, social media keeps us connected – but at what cost to our mental well-being? [This insightful article](#) explores how **scrolling impacts emotions and mental health**. 🌿📱 Understanding these effects can help us make mindful choices for healthier online habits. #MentalHealthMatters #SocialMediaAwareness #YMCA

Trending: Retro Walking. 🚶 Find out the [unexpected health benefits](#) of this social media workout craze. #RetroWalk #YMCA #Newsworthy

Enjoy a truly fresh, farm-to-table experience this week by choosing in-season fruits and vegetables from the farmers market. Your decision to **eat healthy affects your family's health for the better** and boosts the local economy.

Hydration is key, even in cooler weather! 💧 Share your hydration hacks with us!

Layers, layers, and more layers! It's all about the layers for outdoor walking or running this month.

Warm up after a workout with this cozy [Roasted Butternut Squash Soup](#) 🍲🍂. **Simple, healthy, and full of fall flavors!**

Are you craving something sweet? 🍏 Try these [Baked Apple Chips](#) for a healthy fall snack – crispy, delicious, and easy to make!

Parenting

Here's a fun fall project! **Upcycle those old golf balls** into an [adorable pumpkin](#) for simple Turkey Day decorations!

Post for November 8 – Today is National STEM Day. **Science, Technology, Engineering, and Math shape the world around us** – and it's never too early to spark curiosity! 🧪💻⚙️📐

Encourage young minds to explore, experiment, and dream big. Whether building a robot, exploring nature, or cracking math puzzles, every little discovery makes a huge impact!

After-school Snack Idea: 🍏🧀 Cut 4 ounces cheddar and one apple into bite-sized cubes. Toss the apple with lemon juice. Thread the cheddar and apple onto a skewer and drizzle with some honey. It makes an excellent appetizer for Turkey Day, too!

Getting kids to eat something green can be a challenge, but **sneak it into a sweet treat, and suddenly, they're on board!** Fool them with this deliciously rich, fudgy, and secretly healthy [chocolate cake recipe](#) with a unique ingredient!

You'll find a cornucopia of incredible [November Coloring Pages](#) in this collection from Crayola!

Game Night Tip! Avoid the hangry moments by prepping snacks ahead of time! Set everything up before the game begins so everyone can stay focused on the fun and not miss their turn.

Make apple cider floats for movie night! Fill a small glass two-thirds full with apple cider. Add a scoop of vanilla ice cream and sprinkle with apple pie spice.

What is on your November family bucket list – jumping in leaves, baking a pie, or a bonfire?

Thanksgiving Craft: Your kids will love to make these [Playful Turkeys](#) using ribbon, pine cones, and pom-poms. **It's the perfect fall nature project to spark their creativity!** 🦃



Membership

Here's a post example to promote sign-ups or reminders. Maybe offer a prize for participation – **Get ready for the Turkey Burn!** 🦃 Join us for a special post-Thanksgiving workout and burn off those holiday treats. Whether it's Zumba, spin class, or HIIT, we've got a session that will leave you feeling great!

Sweater weather is here! 🍂 **How do you keep your workouts warm and cozy?**

Join the Y this November and find your balance during the busy holiday season. A healthier you starts here! 🧘🍁 #WellnessJourney #YMCA

Fall into Wellness! 🍁🍂 What's your favorite way to stay active this season? A turkey trot, charity walk/run, holiday hike? Home workouts? A new fitness class?

Need a motivation boost? 🎧 **What's your favorite workout song this season? #musicmotivator**

How do you stay motivated when the temperature drops? We can name a few!

- Set New Goals: Work toward a spring race or fitness milestone.
 - Buddy System: Stay accountable with a workout partner.
 - Schedule It: Block time for fitness just as you would for meetings.
 - Track Your Progress: Stay on course with a fitness app or journal.
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Strengthen your mind and body at the Y this November 🧘. New classes are starting – come and try something new!

Feeling festive? Check out our November events calendar for fun family activities!

Give thanks for health and community this November! Join the YMCA family and stay active throughout the holiday season. 🍂 #YMCAFitness #ThanksgivingFitness



Trivia Questions

Which state raises the most turkeys?

Answer: Minnesota is the top turkey-producing state, raising about 37 million turkeys annually.

The average family does this at home eight times during the holidays. Can you guess what it is?

Answer: Eat leftovers!

Which is the only exercise that works all the muscles in your body?

Answer: Swimming.

How many trips to the grocery store do Americans average per month – 2, 4, 6, or 8?

Answer: 6

What's the average lifespan of a wild turkey?

Answer: 3.5–5 years

How many muscles does it take to smile?

Answer: 17 muscles!

Which President made Thanksgiving a national holiday?

Answer: Abraham Lincoln

How many pounds of pickles does the average American eat in a year?

Answer: The average American consumes 8.5 pounds of pickles yearly, according to The Department of Agriculture.

Which President began the tradition of 'pardoning a turkey'?

Answer: John F Kennedy

Inspiration

"The thankful receiver bears a plentiful harvest." ~ William Blake

"Find gratitude in the little things, and your well of gratitude will never run dry."

~ Antonia Montoya

"I don't look to jump over 7-foot bars. I look for 1-foot bars that I can step over." ~ Warren Buffet

Surround yourself with people who believe in your dreams.

"Never let the things you want make you forget the things you have." ~ Sanchita Pandey

"Don't be discouraged. It's often the last key in the bunch that opens the lock." ~ Unknown

"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude." ~ Alfred North Whitehead

"You can't depend on your eyes when your imagination is out of focus." ~ Mark Twain

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." ~ Epicurus

"Thanksgiving: when the people who are the most thankful are the ones who didn't have to cook." ~ Melanie White

"The first step towards getting somewhere is to **decide that you are not going to stay where you are.**" ~ JP Morgan

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



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