

September is [National Preparedness Month](#), [Childhood Cancer Awareness Month](#), [Suicide Prevention Awareness Month](#), [Pain Awareness Month](#), and [Prostate Health Month](#)

Find the best resources by clicking the names above.

September 8 - Grandparents Day

👴👵 Happy Grandparents Day! ❤️

Today, we celebrate the love, wisdom, and joy that grandparents bring into our lives. Give a special hug or share a memory with the grandparents in your life. You make our community stronger!
#GrandparentsDay #YCommunity #FamilyFirst

September 11 - Patriot Day

🇺🇸 Today, we honor and remember the heroes, victims, and families affected by the tragic events of September 11, 2001. Let's unite as a community to reflect, show kindness, and support one another. #NeverForget #PatriotDay #YMCACommunity

September 15 - Hispanic Heritage Month Begins

🌟 Celebrating Hispanic Heritage Month! 🌟

From September 15 to October 15, we honor the rich cultures, traditions, and contributions of the Hispanic and Latino communities. Join us in celebrating diversity and unity in our Y family!
#HispanicHeritageMonth #YCommunity #CelebrateDiversity

September 22 - Fall Begins

"It's the first day of autumn! A time of hot chocolatey mornings, toasty marshmallow evenings, and, best of all, leaping into leaves!" ~ Winnie the Pooh

September 28 - Ask a Stupid Question Day

Remember, there are no stupid questions!



Food & Beverage

What's in season? Lots of good stuff! Apples, melons, peaches, grapes, cucumbers, green beans, radicchio, cabbage, cauliflower, eggplant, carrots, greens, leeks, onions, beets, turnips, parsnips, okra, peppers, pumpkins, and winter squash.

Post for 9/5 - In a recent survey, 33 million Americans said they would choose this for their last meal on Earth. What is it? Pizza! Make a [homemade pie](#) today for **National Cheese Pizza Day**, or add some pepperoni and celebrate National Pepperoni Pizza Day on September 20th!

Busy schedules call for simple solutions. Discover a [collection of crockpot recipes](#) perfect for quick weeknight dinners and easy meal prep. Enjoy cozy comfort food with minimal clean-up. Just what you need on hectic days!

Breakfast is the most important meal of the day, but it can also be hectic. Thankfully, there are plenty of [make-ahead recipes](#) to **keep mornings stress-free.**

Post for 9/7 - Make a healthy and delicious [Stuffed Acorn Squash](#) for dinner tonight in honor of **National Acorn Squash Day!** #acornsquash #squash #healthyfood

Looking for a tasty and nutritious side for Pizza Night? [This is it!](#) #pizzanight #pizza #pizzatime

Post for 9/29 - ☕ Fueling up for your next workout or just starting your day? Coffee's got your back! Celebrate today with your favorite brew. **What's your go-to coffee order?** Let us know in the comments! #NationalCoffeeDay #YCommunity #CaffeineAndKindness

This [Vegetarian Lentil Chili](#) radiates the fall vibes. It's chock full of protein to boot! #nomnom

What's the [best time](#) to eat dinner? **Don't wait till late!**



Lifestyle

Post for 9/6 - It's Read A Book Day. **Reading isn't just for relaxation – it's a great way to keep your mind healthy and active.** Whether diving into a new adventure, learning something new, or simply enjoying a favorite classic, grab a good book today and let it take you places!

Head to the farmers market for winter squash, apples, and Brussels sprouts. Then, make this simple and nutritious [sheet pan recipe](#) for dinner.

Easy Exercise Snack: Desk push-ups! 💪 Use your desk for a quick upper body workout.
#ExerciseSnacks #OfficeFitness

Not sure when to schedule your workouts? Here are some [general pros and cons](#) of exercising in the morning versus the evening.

Post for 9/25 – It's National One Hit Wonder Day! **What's your favorite one-hit workout song?**

You are not alone. Checking in on each other is a simple but powerful act. A little kindness can go a long way. ❤️ #SuicidePrevention #YouMatter #YMCAcares

September is Self-Care Awareness Month. **Dedicate time each day to unwind** and do something you enjoy. #SelfCare #MentalHealth #Love

Stay Informed! Knowing where to get reliable information during an emergency is key. Sign up for alerts and stay connected. 📱 #PreparednessMatters #StayInformed #BePrepared

Post for 9/13 - Positivity is Power! A positive mindset can change your whole day. **Start with a smile and see where it takes you!** 😊 #PositiveThinkingDay

What's your go-to crock pot meal? Share below! #CrockPotMeals #EasyCooking #FallVibes





Community

*Host a volunteer day - **Fall Clean-Up Crew Needed!*** Help us keep our YMCA grounds beautiful this fall. Join us for a volunteer day focused on raking leaves, tidying flower beds, and preparing our outdoor spaces for winter.


Post for Suicide Prevention Day 9/10 - Know the Signs. Recognizing the warning signs and risk factors of suicide can make a difference. [Educate yourself](#) and **be there for those who may be struggling.** ❤️ #SuicidePreventionMonth #BeTheLight #BeThe1To #988Day

Join Us for a Day of Service on Patriot Day (Sept. 11): Honor the legacy of those who served by giving back to our community. Sign up for our volunteer event and make a difference together!

 September 28th is World Rabies Day. **Rabies is preventable**, and awareness can save human and animal lives. Spread the word about vaccination, pet care, and responsible wildlife practices. Protect your pets, educate others, and let's work towards a healthier future for everyone! #WorldRabiesDay #StaySafe #CommunityHealth

*Post for 9/4 -  **Happy National Wildlife Day!*** Today, we celebrate the incredible creatures that share our world and the beautiful habitats they call home. Whether it's a stroll in the park, a nature hike, or spotting birds in your backyard, take a moment to appreciate and protect our local wildlife. #NationalWildlifeDay #ProtectOurPlanet #YForNature

September is National Food Safety Education Month. **Know the 2-Hour Rule!** Never leave perishable food out of the fridge for more than 2 hours; if it's over 90°F, limit it to 1 hour. Learn more food safety tips at [USDA.gov](https://www.usda.gov).

 **September is National Literacy Month.** Whether diving into a new book, helping a child discover the joy of reading, or sharing your favorite stories, literacy opens doors to endless possibilities. Join us at the Y as we celebrate the power of reading and lifelong learning. #NationalLiteracyMonth #YReads #LoveForLearning



Health

Are you feeling spicy? Cut apples into matchsticks and toss with lime juice. Then sprinkle with chili powder, cayenne pepper, cilantro, and a pinch of salt. #healthysnacking #apples #fall

Make a nutritious, 130-calorie snack this afternoon. Top a small **roasted sweet potato** with three tablespoons of salsa verde and sprinkle with Cotija cheese. #HealthySnacking #SmartChoices #VeggieSnacks

Trending: Baking Soda Water. Is it healthy? [Read on](#) to find out more.

Apples are in season! 🍏🍎 And they are a great source of fiber, promoting digestive health and keeping you feeling fuller for longer. #AppleBenefits #FiberPower #SnackSmart

Post for 9/16 - Holy guacamole, it's National Guacamole Day! Check out this [Mexican Stuffed Sweet Potatoes](#) recipe topped with everyone's favorite avocado dip.

Beat the afternoon slump with a power-up. Perform 20 High Knees, 20 Butt Kicks, 20 Mountain Climbers, 20 Bicycle Crunches, and a 1-min Plank to feel the energy boost! ⚡🚴

Trending: [Honey & Salt Pre-Workout](#) — A registered dietitian weighs in on whether a spoonful of honey and a pinch of salt can boost your fitness.

Post during Oktoberfest, which starts 9/21 - Bavarian Pretzels, pierogies, sausage, brats, and German beer, oh my! **Here's [how to make healthy choices](#)** so you can still enjoy Oktoberfest.

Post for 9/29 - Today is World Heart Day! We're raising awareness about the importance of regular health check-ups. Early detection of potential issues leads to better outcomes for everyone. **Let's prioritize preventive care — share your tips and experiences in the comments below!** 🙌🍌 #BeHealthy #PreventiveCare

Parenting

Welcome to parenthood! Check out these five [tips for new parents](#) during Baby Safety Month.

Evade those back-to-school germs your kids are bringing home. [Watch this now!](#)

Board Game Night Tip: Banish the phones! They disrupt momentum, ruin the atmosphere, and delay turns because people are distracted instead of planning their next move.

Autumn is the perfect time to go on a **nature scavenger hunt** in the backyard: think acorns, pine cones, orange leaves, stink bugs! 🍂🍃🍁🍂🐛

Take time to **celebrate your children's achievements, big or small.** Whether mastering a new skill, acing a test, or showing kindness to others, praise and recognition boost their self-esteem and motivation to keep striving. 🏆🎉 #ProudParentMoment #CelebrateSuccess

Myths Debunked! Myth: Weightlifting stunts growth in teenagers. Debunked: Proper weightlifting with appropriate supervision and technique doesn't stunt growth. Strength training can improve bone density and overall physical development in teenagers.

It's that time of year again when pumpkins start to show up all over the place. Embrace it with this cute [pumpkin emotions craft!](#)


Plan Ahead, Stay Safe! Emergencies can happen anytime. Prepare your family and have a plan in place. 📝 #NationalPreparednessMonth #BeReady #SafetyFirst

Post for 9/13 - Let your kids take over the kitchen! [Here are some easy and delicious recipes](#) kids can make for dinner tonight in honor of #KidsTakeOverTheKitchenDay


🔥🍷 Whether camping or having a backyard bonfire, always practice fire safety. Keep water or a fire extinguisher nearby, and teach kids to **stop, drop, and roll** if their clothes catch fire.




Membership

 **Fall Into Fitness!** It's the perfect time to start a new workout routine as the weather cools. Check out our September class schedule and find the perfect fit for you! #FallFitness #YMCA



 Education meets recreation at our YMCA. From tutoring services to study groups, we provide an environment where **learning and personal growth go hand in hand!**



 "The groundwork of all happiness is health." ~ Leigh Hunt. Invest in your health and happiness with a YMCA membership today! #YMCA #HealthQuotes #Happiness



*Post for 9/16 - **Happy Working Parents Day!*** Did you know our childcare programs create a safe, nurturing environment where your little ones can thrive? Enroll today and give your child a great start! #YMCACHildCare #HappyKids

Post for 9/25 - Women's health matters today and everyday! Join us at the Y to celebrate Women's Health and Fitness Day because **prioritizing your health isn't selfish; it's essential!**  #WomensHealth #YWellness #StrongWomen #YCommunity #WomensFitness

Adventure Awaits! Try something new this September with our rock climbing and adventure fitness classes. It's time to get out of your comfort zone! #AdventureFitness #YMCA

September is Yoga Awareness Month. **Begin your mornings with calm and clarity.** Just 10 minutes of yoga can set a positive tone for the day.   #MorningYoga #YStrong

 **New Month, New Goals!** September is here, and it's the perfect time to set new fitness goals. Join us at the YMCA, and let's crush those goals together!  #SeptemberGoals #YMCA

Strong women make stronger communities.   When women support each other, incredible things happen. Join our fitness community, and let's thrive together!



Trivia Questions

8% of us have an extra one of these. What is it?

Answer: A rib!

How many hours of sleep do school-age children need each night?

Answer: 9-12 hours.

What's the most common cause of sports injuries?

Answer: Overuse.

Which city hosts the world's largest Oktoberfest celebration outside of Germany?

Answer: Kitchener-Waterloo, Canada

What is the most planted fall vegetable?

Answer: Kale

How fast can a hummingbird's heart beat?

Answer: [1,200 times per minute!](#)

What's the most popular subject in schools worldwide?

Answer: Mathematics.

Which major tennis tournament concludes in early September each year?

Answer: The US Open

In what year did the NFL's regular season first begin in September?

Answer: 1935

Inspiration

"If everything seems to be under control, you're not going fast enough." ~ Mario Andretti

"Let's strive to be better in September!" ~ Charmaine J. Forde

"If people are doubting how far you can go, go so far that you can't hear them anymore."
~ Michele Ruiz

"You can waste your lives drawing lines. Or you can **live your life crossing them.**"
~ Shonda Rhimes

"You've got to get up every morning with determination if you're going to go to bed with satisfaction." ~ George Lorimer

"The same boiling water that softens the potato hardens the egg. It's what you're made of. Not the circumstances." ~ Unknown

"If you obey all the rules, you miss all the fun." ~ Katharine Hepburn

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

You can either experience the pain of discipline or the pain of regret. **The choice is yours.**

Who's feeling all September-ish? "I guess I'm just feeling all September-ish...All the trees change color, the days get very clear—with little smoke on the horizon from burning leaves. Pumpkins begin to come out." ~ George Selden

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



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