

JANUARY TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Jan 01	New Year	Federal Holiday	Nationally
Jan 17	Benjamin Franklin's Birthday	Observance	Varies
Jan 20 (every 4 years)	Inauguration Day	State Holiday	Varies
Third Monday	Martin Luther King Day	Federal Holiday	Nationally
TOPICS			
Popular New Years Resolution	Drink Less Alcohol		
	Eat Healthy Food		
	Get a Better Education		
	Get a Better Job		
	Get Fit		
	Lose Weight		
	Manage Debt		
	Manage Stress		
	Quit Smoking		
	Reduce, Reuse, and Recycle		
	Save Money		
	Take a Trip		
	Volunteer to Help Others		
EVENTS			
Date	Event		
Jan 24	Belly Laugh Day		
Varies	Elvis Presley Birthday Celebrations		
Entire Month	Birth Defects Prevention Month		
	Cervical Health Awareness Month		
	Human Trafficking Awareness		
	National Blood Donor Month		
	National Mentoring Month		
	National Thank You Month		
	Thyroid Awareness Month		
FACTS			
Astrological Signs	Capricorn: December 22 - January 20 Aquarius: January 21 - February 19		
Birthstone	garnet		
Birth Flower	Carnation		

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FEBRUARY TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Feb 01	National Freedom Day	Observance	Varies
Feb 02	Groundhog Day	Observance	Varies
Feb 12	Lincoln's Birthday	State Holiday	Varies
Feb 14	Valentine's Day	Observance	Nationally
Feb 20	Presidents' Day	Federal Holiday	Nationally
Varies	Mardi Gras	State Holiday	Alabama, Louisiana
Varies	Shrove Tuesday (Mardi Gras)	Observance	Varies
Varies	Ash Wednesday	Religious	Varies
EVENTS			
Date	Event		
First Sunday	Super Bowl		
First Sunday	Puppy Bowl		
Feb 08	Boy Scout Day		
Varies	Biathlon World Championships		
Varies	Darwin Day		
Varies	Daytona 500		
Varies	FIS World Ski Championships		
Varies	Grammy Awards		
Varies	NAACP Image Awards		
Varies	NBA All Star Game		
Varies	New York Fashion Week		
Varies	Oscar Awards		
Entire Month	American Heart Month		
	National African American History Month		
	National Bird Feeding Month		
	National Children's Dental Health		
	National Teen Dating Violence Awareness and Prevention Month		
	National Wise Health Consumer		
FACTS			
Astrological Signs	Aquarius: January 21 - February 19 Pisces: February 20 - March 20		
Birthstone	amethyst		
Birth Flower	Primrose		

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MARCH TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Mar 17	St. Patrick's Day	Observance	Nationally
Varies	Palm Sunday	Religious	Varies
Varies	First Day of Passover	Religious	Varies
Varies	Good Friday	State Holiday	Varies
Varies	Holy Saturday	Religious	Varies
Varies (can be April)	Easter Sunday	Observance, Religious	Nationally
Varies (can be April)	Easter Monday	Religious	Varies
EVENTS			
Date	Event		
Varies	Spring Season		
Varies	Daylight Savings begins		
Mar 02	Read Across America Day		
Mar 08	International Women's Day		
Mar 11 or Sept 26	Johnny Appleseed Day (Sept celebrates his birth; March, his death & planting season)		
Mar 20	International Day of Happiness		
Mar 23	National Puppy Day		
Mar 30	National Doctors' Day		
Varies	World Baseball Classic		
Varies	IAAF Athletics World Cross Country Championships		
Varies	European Athletics Indoor Championships		
First Week	Save Your Vision Week		
Third Week	National Poison Prevention Week		
Entire Month	Colorectal Cancer Awareness		
	National Nutrition Month		
	National Women's History Month		
	Workplace Eye Wellness Month		
FACTS			
Astrological Signs	Pisces: February 20 - March 20 Aries: March 21 - April 20		
Birthstone	aquamarine		
Birth Flower	Daffodil		

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APRIL TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Apr 01	April Fools' Day	Observance	Nationally
Apr 15	Tax Day	Observance	Nationally
Apr 16	Emancipation Day	State Holiday	Washington DC
Apr 22	Earth Day	Observance	
Third Monday	Patriot's Day	State Holiday	Maine, Massachusetts
Last Friday	Arbor Day	Observance/State Holiday	Varies/Nebraska
Varies (can be March)	Easter Sunday	Observance, Religious	Nationally
Varies (can be March)	Easter Monday	Religious	Varies
Varies	Last Day of Passover	Religious	Varies
EVENTS			
Date	Event		
Apr 07	World Health Day		
Last Full Week	Admin Professionals Day		
Varies	Masters Golf Tournament		
Varies	NBA Playoffs		
Varies	Grand National (Horse Racing)		
Varies	Holocaust Remembrance Day		
Entire Month	Alcohol Awareness Month		
	Cancer Control Month		
	National Autism Awareness		
	National Donate Life Month		
	National Poetry Month		
	Stress Awareness Month		
FACTS			
Astrological Signs	Aries: March 21 - April 20 Taurus: April 21 - May 21		
Birthstone	diamond		
Birth Flower	Daisy/Peony		

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MAY TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
May 05	Cinco de Mayo	Observance	Varies
Second Sunday	Mother's Day	Observance	Nationally
Third Sunday	Armed Forces Day	Observance	Nationally
Last Monday	Memorial Day	Federal Holiday	Nationally
EVENTS			
Date	Event		
May 01	Law Day		
May 01	Loyalty Day		
May 15	Peace Officers Memorial Day		
May 22	Maritime Day		
May 25	Missing Children's Day		
First Thursday	National Day of Prayer		
Entire Month	Arthritis Awareness Month		
	Asian/Pacific American Heritage Month		
	Healthy Vision Month		
	Mediterranean Diet Month		
	Mental Health Awareness Month		
	National Bike Month		
	National Physical Fitness and Sports		
	National Safe Boating Week		
	Ultraviolet Awareness Month		
FACTS			
Astrological Signs	Taurus: April 21 - May 21 Gemini: May 22 - June 21		
Birthstone	emerald		
Birth Flower	Hawthorn Lily of the Valley		

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JUNE TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Jun 14	Flag Day	Observance	Nationally
Jun 19	Juneteenth	Local observance	Varies
Third Sunday	Father's Day	Observance	Nationally
EVENTS			
Date	Event		
Varies	Summer Season		
Jun 1 - Nov 30	Atlantic Hurricane Season begins		
Jun 05	World Environment Day		
Jun 08	World Oceans Day		
Jun 18	International Picnic Day		
Jun 23	National Pink Day		
Varies	US Open		
Varies	FIFA World Cup		
Varies	Men's Health Week		
Varies	Stanley Cup Finals		
Varies	Tour de France (can carry over into July)		
Varies	Wimbledon (can carry over into July)		
Entire Month	Caribbean-American Heritage Month		
	Cataract Awareness Month		
	National Dairy Month		
	National Safety Month		
FACTS			
Astrological Signs	Gemini: May 22 - June 21 Cancer: June 22 - July 22		
Birthstone	pearl, moonstone, alexandrite		
Birth Flower	Rose/honeysuckle		

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JULY TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Jul 04	Independence Day	Federal Holiday	Nationally
Fourth Sunday	Parents' Day	Observance	Nationally
EVENTS			
Date	Event		
Jul 01	Canada Day		
Varies	MLB All-Star Game		
Third Friday Weekend	British Open (The Open Championship)		
Varies	World Swimming Championships		
Varies	Tour de France (can carry over from June)		
Varies	Wimbledon (can carry over from June)		
Jul 05	Work-a-holic day		
Jul 06	International Kissing Day		
Entire Month	UV Safety Month		
	National Picnic Month		
	National Parks Month		
	Cord Blood Awareness Month		
FACTS			
Astrological Signs	Cancer: June 22 - July 22 Leo: July 23 - August 22		
Birthstone	ruby		
Birth Flower	Water Lily/Delphinium/Larkspur		

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AUGUST TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Aug 19	National Aviation Day	Observance	Nationally
Aug 21	Senior Citizens Day	Observance	Nationally
EVENTS			
Date	Event		
Varies	Back to School		
First Sunday	International Friendship Day		
Aug 13	Left-Handers Day		
Aug 02	National Mustard Day		
Aug 26	Women's Equality Day		
Varies	Athletics World Championships		
Varies	PGA Championship		
Varies	US Open (can carry over into September)		
Entire Month	Children's Eye Health & Safety Month		
	Immunization Awareness Month		
FACTS			
Astrological Signs	Leo: July 23 - August 22 Virgo: August 23 - September 23		
Birthstone	peridot		
Birth Flower	Poppy/Gladiolus		

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SEPTEMBER TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Sep 11	Patriot Day	Observance	Nationally
Sep 16	Stepfamily Day	Observance	Nationally
Sep 17	Constitution/Citizenship Day	Observance	Nationally
First Monday	Labor Day	Federal Holiday	Nationally
First Sunday After Labor Day	National Grandparents Day	Observance	Nationally
Second Monday	Native American Day	Federal holiday	Nationally
Third Friday	POW/MIA Recognition Day	Observance	Nationally
Last Sunday	Gold Star Mother's Day	Observance	Nationally
Varies	Rosh Hashana	Religious	Varies
EVENTS			
Date	Event		
Varies	Fall (Autumn) Season		
Varies	US Open (can carry over from August)		
Sep 19	Talk like a Pirate Day		
Sep 21	International Day of Peace		
Mar 11 or Sept 26	Johnny Appleseed Day (Sept. celebrates his birth; March, his death & planting season)		
Sept 15 - Oct 15	National Hispanic Heritage Month		
Sept. 29	Coffee Day		
Varies	Mr. Olympia		
Varies	UCI Road World Championships		
Last Saturday	Family Health & Fitness Day USA		
Entire Month	Blood Cancer Awareness Month		
	National Alcohol and Drug Addiction Recovery Month		
	National Cholesterol Education Month		
	National Honey Month		
	National School Success Month		
	Prostate Cancer Awareness Month		
	Self Improvement Month		
	Whole Grains Month		
FACTS			
Astrological Signs	Virgo: August 23 - September 23 Libra: September 24 - October 23		
Birthstone	sapphire		
Birth Flower	morning glory/Aster		

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OCTOBER TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Oct 16	Boss's Day	Observance	Nationally
Oct 31	Halloween	Observance	Nationally
Second Monday	Columbus Day	Public Holiday	Varies
EVENTS			
Date	Event		
Sept 15 - Oct 15	National Hispanic Heritage Month		
Oct 03	Sweetest Day		
Oct 01	World Vegetarian Day		
Oct 22	National Nut Day		
Oct 24	United Nations Day		
Varies	World Series (Baseball)		
First Monday	Child Health Day		
Fourth Sunday	Mother-In-Law Day		
Week of Third Sunday	National Forest Products Week		
Week of Second Sunday	National School Lunch Week		
Entire Month	Breast Cancer Awareness Month		
	Domestic Violence Awareness Month		
	Eye Safety & Injury Prevention Month		
	National Apple Month		
	National Disability Employment Awareness Month		
	National Physical Therapy Month		
FACTS			
Astrological Signs	Libra: September 24 - October 23 Scorpio: October 24 - November 22		
Birthstone	opal, tourmaline		
Birth Flower	Calendula/(Marigold)		

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NOVEMBER TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Nov 11	Veterans Day	Federal Holiday	Nationally
Varies	First Day of Hanukkah	Religious	Varies
Fourth Thursday	Thanksgiving Day	Federal Holiday	Nationally
Friday After Thanksgiving	Black Friday	Event	Varies
Monday After Thanksgiving	Cyber Monday	Event	Varies
EVENTS			
Date	Event		
Varies	Daylight Savings ends		
Varies	Election Day		
Nov 05	Guy Fawkes Night		
Nov 11	Armistice Day		
Varies	Hanukkah begins		
First Sunday	New York City Marathon		
Jun 1 - Nov 30	Atlantic Hurricane Season ends		
Entire Month	American Diabetes Month		
	Aviation Month		
	Lung Cancer Awareness Month		
	Native American Indian Heritage Month		
	National Healthy Skin Month		
	National Family Caregivers Month		
FACTS			
Astrological Signs	Scorpio: October 24 - November 22 Sagittarius: November 23 - December 21		
Birthstone	topaz		
Birth Flower	Chrysanthemum		

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DECEMBER TOPIC CONSIDERATIONS

HOLIDAYS & OBSERVANCES			
Date	Holiday Name	Type	Where Observed
Varies	Last Day of Chanukah	Religious	Varies
Dec 07	Pearl Harbor Remembrance	Observance	Nationally
Dec 17	Wright Brothers Day	Observance	Nationally
Dec 24	Christmas Eve	Observance, Religious	Nationally
Dec 25	Christmas Day	Federal Holiday, Religious	Nationally
Dec 26 - Jan 1	Kwanzaa (until Jan 1)	Observance	Varies
Dec 31	New Year's Eve	Observance	Nationally
EVENTS			
Date	Event		
Varies	Winter Season		
Dec 01	World AIDS Day		
Dec 10	Human Rights Day		
Dec 22	Forefathers' Day		
Third Thursday	National Regifting Day		
Entire Month	Safe Toys and Gifts Month		
FACTS			
Astrological Signs	Sagittarius: 23 November - 21 December Capricorn: 22 December - 20 January		
Birthstone	turquoise		
Birth Flower	Holly/Narcissus		

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