

# Monthly Observance Calendar for Nonprofits

plus tips to improve your health and well-being

2026

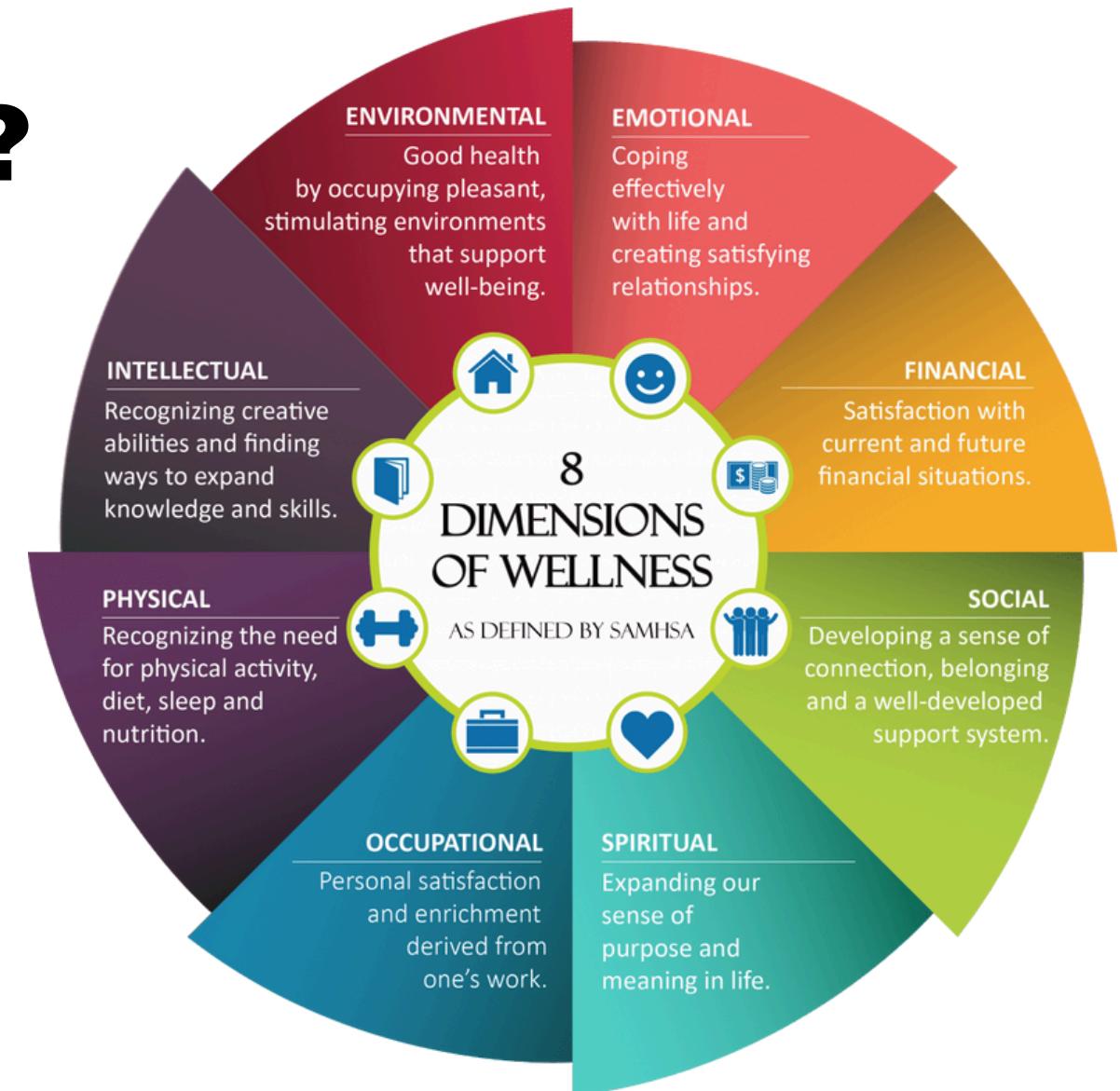


# Why Focus on Health & Wellness?

The Nonprofit Center provides capacity-building support to 501(c)(3) nonprofits whose work advances the health and wellness of county residents. Why? Because improving the health of our communities can enhance the wealth of our communities. And our goal is to make Anne Arundel County The Best Place - For All.

At the Nonprofit Center, we know that every member of the nonprofit community - from executives to staff members, volunteers to donors - provides important services in the county. Your work is invaluable.

We also know that nonprofit work can be challenging and stressful. For this reason, focusing on your health and wellness is vital practice. This calendar is one tool to help nonprofit leaders and staff do just that.



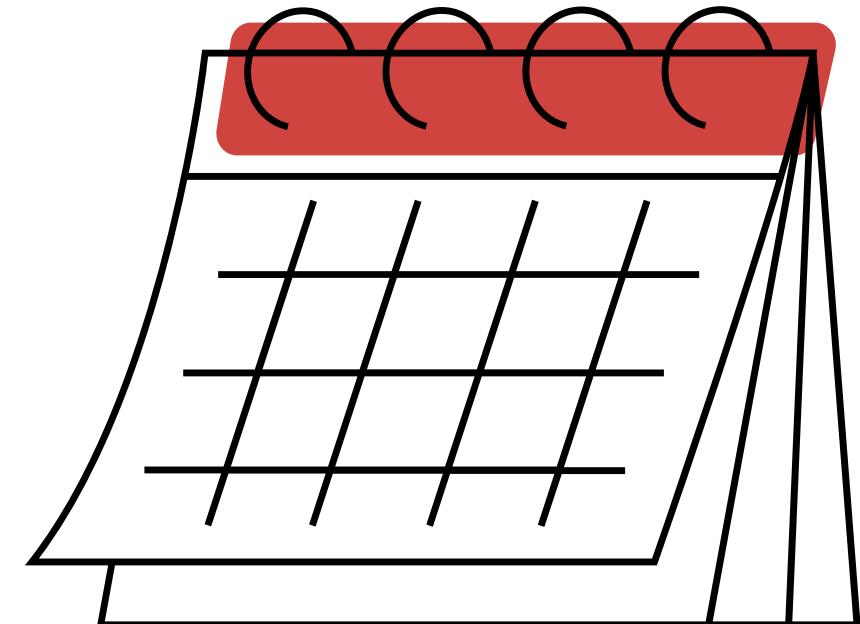
# How to Use This Calendar

Whether in the workplace, at home, or within the community, incorporating wellness strategies can improve every aspect of your life.

In addition to traditional holidays and important dates, each month includes a list of health and wellness-related observances, nonprofit-centric holidays, and a few other dates just for fun. There is a day for almost everything! Any dates written in **\*blue text\*** are holidays observed by Anne Arundel County: on these dates, all non-essential county offices - *including the Nonprofit Center* - are closed.

We've also included tips and fast facts related to a featured observance or holiday each month. The goal for these tips are to help you and members of your community thrive in 2026.

We hope the calendar will help you achieve holistic wellness this year and help you remember to take care of yourself while improving the lives of others.



Researched and Edited by:  
Mary Woods, Governor's Service Year Intern  
2025-26

# January 2026

## National Blood Donor Month

Blood transfusions are a critical aspect of care for both emergency and chronic health treatment; including cancer patients, trauma or burn patients, and people with sickle cell anemia. Luminis Health alone (serving Anne Arundel and Prince George's counties) needs 8500 pints of blood annually to support their patients, necessitating a large pool of donors. In addition, there are some rare blood types - often unique to different racial and ethnic groups - requiring a diverse donor pool to ensure access to all blood types.

### Eligibility Requirements:

- Must be healthy on the day of the donation
- Must weigh at least 110 lbs.
- Must be at least 16 years old (\*Some states require older)
- Check your local blood donation center for other requirements related to extra considerations (travel, medications, age maximums, etc.)

The **American Red Cross** has donation centers located in Glen Burnie and Annapolis - and you can search for nearby blood drives by zip code [here](#). In addition, the next **Wendi Winters Memorial Blood Drive** is scheduled for **February 21, 2026** - registration information will be shared via [Facebook](#) and the [Red Cross website](#).



### Monthly Observances

- Financial Wellness Month
- Mental Wellness Month
- National Hobby Month
- National Mentoring Month
- Substance Use Disorder Treatment Month

# January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 <i>*New Year's Day New Year's Resolutions Week Begins</i>	2 <i>*Non-Essential County Offices Closed</i>	3
4 World Braille Day  National Trivia Day	5	6	7	8 National Career Coach Day	9	10
11 National Human Trafficking Awareness Day	12	13	14	15	16 National Religious Freedom Day	17
18	19 <i>*Martin Luther King, Jr. Day</i>	20 National Day of Racial Healing	21 National Hug Day Museum Selfie Day	22 Celebration of Life Day	23 National Reading Day	24 International Day of Education National Compliment Day
25	26	27 Parent Mental Health Day	28	29	30 National Have Fun at Work Day	31

# February 2026

## National Time Management Month

Time management is an important skill that will help you to stay organized, minimize stress, and feel accomplished at the end of the day. Here are some methods to get started:

- Prioritization: sort tasks by importance (more flexible timing, but greater consequences if you miss the deadline) and urgency (time-sensitive)
- Goal-setting: divide and sub-divide larger or long-term projects to make them feel more manageable
- Block out specific focus times based on your schedule and most productive hours
- Know your limits and don't be afraid to ask for help
- Set boundaries for your workload
- Optimize your workspace to minimize distractions
- Make a to-do list: keep it where you will see and use it (phone, physical planner, whiteboard, notepad, laptop)
- Color coding can be very helpful to sort tasks by importance and subject area
- Make a routine: having a set pattern of behavior makes it less likely for tasks to slip through the cracks



### Monthly Observances

- American Heart Month
- Black History Month
- Ethnic Equality Month
- International Boost Self-Esteem Month
- National Random Acts of Kindness Day

# February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day	3	4	5	6 Time to Talk Day	7 National Send a Card to a Friend Day
8	9 National Pizza Day	10	11 National Make a Friend Day	12	13 Galentine's Day	14 Valentine's Day National Organ Donor Day
15	16 *Presidents' Day	17 Lunar New Year National Random Acts of Kindness Day	18 First Night of Ramadan	19	20 World Day of Social Justice	21
22	23 World Understanding and Peace Day National Eating Disorder Awareness Week Begins	24	25	26 National Set a Good Example Day	27	28
1	2	3	4	5	6	7

# March 2026

## Sleep Awareness Week

Sleep is crucial for the maintenance of cognitive skills, including attention, memory, and learning. In addition, poor sleep, as well as conditions like insomnia and sleep apnea, can leave people more prone to negative emotional responses to stressors and to mental health issues like anxiety and depression.

### Fast Facts:

- Adults typically need 7-9 hours of sleep per night
  - Duration is important, but so is the quality of sleep!
- People have different chronotypes that cause them to feel more “awake” at different times of the day, typically described as being an “early bird” or a “night owl”
  - Plan activities based on when you feel more awake (ex. early birds may prefer to go to the gym before work, while night owls might stop by on their way home)
- Lack of sleep can lead to “microsleep”: brief moments of sleep that occur when you are normally awake. If you have ever felt like you missed some information or “lost” a portion of your commute, that is microsleep.
- People think they can function normally while sleep-deprived, but that is not true
  - Driving sleepy is just as dangerous as driving drunk.



### Monthly Observances

- Brain Injury Awareness Month
- Gender Equality Month
- National Nutritional Awareness Month
- Women's History Month
- Employee Appreciation Day

# March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World Compliment Day  Zero Discrimination Day	2 World Teen Mental Wellness Day  Read Across America Day	3	4	5	6 Employee Appreciation Day	7
8 – Daylight Saving Time Begins  International Women's Day <i>Sleep Awareness Week Begins</i>	9	10	11	12	13 National Good Samaritan Day	14 Pi Day
15	16	17 St. Patrick's Day	18	19	20 Eid al-Fitr March Equinox  International Day of Happiness	21
22	23	24	25 Maryland Day	26	27	28
29 National Vietnam War Veteran's Day	30	31 Transgender Day of Visibility	1	2	3	4

# April 2026

## Financial Literacy Month

Financial literacy is your understanding of money topics, providing the skills to be better at saving money, avoiding debt, and planning for long-term financial goals. This can involve managing a budget, maintaining a good credit score, and keeping track of opportunities to secure additional funding.

### Tips:

- Make sure you understand different types of bank accounts and which one(s) will work best for your needs
- Make a budget: this will help plan for the future and assess current financial health
- Ensure your nonprofit is registered with the IRS - links to more information can be found [here](#).
- **Did You Know:** We offer an annual grants workshop every fall! Keep an eye out for more information in future newsletters and on our Events Hub.
  - NPC Grant Writing Tips can also be found [here](#).



### Monthly Observances

- Autism Acceptance Month
- Celebrate Diversity Month
- National Arab American Heritage Month
- National Stress Awareness Month
- National Volunteer Month

# April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Passover April Fools' Day National Walking Day	2 World Autism Awareness Day	3 *Good Friday	4 National Love Our Children Day
5 Easter	6	7 World Health Day	8	9	10 National Siblings Day	11 National Pet Day
12 Orthodox Easter	13	14 National Gardening Day	15 Tax Day	16 National High-Five Day	17	18 National Exercise Day
19	20 Volunteer Recognition Day	21	22 Earth Day	23 Administrative Professionals Day Take Your Child to Work Day	24	25
26 National Rebuilding Day	27	28 World Day for Health and Safety at Work	29	30 National Therapy Animal Day	1	2

# May 2026

## Mental Health Awareness Month

While progress has been made in recent years, there are still stigmas surrounding mental health. These stigmas can cause people to either not seek treatment or be blocked from it, as well as causing social isolation and damaging self-esteem. Mental Health Awareness Month seeks to end the stigma around mental health for good.

### Tips for reducing stigma:

- Find support groups and resources in your community
- Talk about your experiences with mental health with people you trust
- Support media that portrays mental health with nuance and understanding
- Have open conversations about mental health
- Work with employers/employees to ensure proper support is easily accessible in the workplace

The **Anne Arundel County Mental Health Agency** offers programming and tips to improve mental health throughout the month of May. You can check out their 2025 programming [here](#), and keep an eye on their [news](#) spotlights, [trainings](#) and [workshops](#), and their [email](#) for event updates.



### Monthly Observances

- Clean Air Month
- National AAPI Heritage Month
- National Physical Fitness and Sports Month
- National Speech-Language-Hearing Month
- Women's Health Month

# May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 School Lunch Hero Day	2 National Fitness Day
3 World Laughter Day	4 Teacher Appreciation Week Begins	5 Cinco De Mayo National Teacher Appreciation Day	6	7 National Barrier Awareness Day	8	9 Stamp Out Hunger Food Drive
10 Mother's Day Women's Health Week Begins	11 National Bike to Work Week Begins	12	13	14	15 International Day of Families Bike to Work Day	16 Armed Forces Day
17	18	19	20	21 World Day for Cultural Diversity	22	23
24	25 *Memorial Day National Missing Children's Day	26	27 Eid al-Adha	28	29	30
31 World Foster Day	1	2	3	4	5	6

# June 2026

## Professional Wellness Month

Professional wellness encourages people to pursue academic and career paths that optimize personal enrichment. This helps ensure a good work-life balance and stress management, prevent burnout, and protect mental health.

### Tips for a wellness-focused workplace:

- Use clear, consistent two-way communication
- Implement supportive supervision
- Normalize conversations about mental health and treatment
- Create a culture of safety: ensure proper staffing, foster a safe reporting environment, offer trauma support

### Workplace Wellness Resources:

- [Maryland Department of Health](#)
- [HHS Resources](#)
- [NAMI Resources](#)



### Monthly Observances

- Caribbean-American Heritage Month
- Gun Violence Awareness Month
- Immigrant Heritage Month
- International Yoga Month
- Pride Month
- PTSD Awareness Month

# June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 National Leave Work Early Day	3 World Bicycle Day	4	5 World Environment Day	6 National Higher Education Day
7 World Caring Day National Cancer Survivors Day	8 National Best Friend Day	9 National Meal Prep Day	10	11	12 National Movie Night	13
14 Flag Day World Blood Donor Day	15 <i>Men's Health Week Begins</i>	16	17	18 International Picnic Day	19 <sup>*</sup> Juneteenth	20
21 Father's Day Intl Day of Yoga June Solstice	22	23	24	25	26 National Take Your Dog to Work Day	27 PTSD Awareness Day
28	29	30	1	2	3	4

# July 2026

## UV Safety Month

Ultraviolet (UV) rays are found from a variety of sources, most often the sun, and are the cause of skin cancer, sunburn, skin aging, and wrinkling. The intensity of UV rays are shared through an index (easily accessible through weather apps), ranging from a low intensity of 1-2 through a very high index of 8-10 - or an extreme 11+ index requiring people to stay indoors.



### Tips for protection against UV rays:

- Stay indoors or in the shade, especially during midday hours
- Wear clothes that cover your arms and legs
- Wear a wide-brimmed hat to protect your face and neck
- Wear polarized sunglasses to protect your eyes and the surrounding skin
- Wear water-resistant, broad-spectrum sunscreen (SPF 30+): reapply every 2 hours, even if it is cloudy
  - Reapply every hour if you have been swimming or sweating

### Monthly Observances

- Make a Difference to Children Month
- Plastic Free July
- Recreation and Parks Month
- Sarcoma Awareness Month

# July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 National Postal Worker Day	2	3 *Independence Day (Observed)	4 Independence Day
5	6	7	8	9	10	11 National Cheer Up the Lonely Day
12	13	14	15 Social Media Giving Day	16 Rural Transit Day	17	18
19 National Ice Cream Day <i>Capture the Sunset Week Begins</i>	20	21	22	23 National Care for Your Coworker Day	24 International Self-Care Day	25
26 National Disability Independence Day  National Parents' Day	27 National Korean War Veterans Armistice Day	28	29	30	31	1

# August 2026

## National Relaxation Day

We cannot and should not avoid every situation that causes stress - honing the relaxation response is one way to manage these situations in a healthy way. By slowing your breathing, lowering your blood pressure, and reducing your heart rate, you can calm your mind to be able to focus better on the task at hand.

### Relaxation Techniques:

- Long, slow, deep breathing to disengage from distracting thoughts or sensations
- Body scan to release tension from different parts of the body, one at a time
- Guided imagery: relax and focus with soothing scenes, places, and experiences
- Mindfulness meditation to focus on the present moment
  - There are many apps available to help with this, including free options
- Yoga, tai chi, and qigong can enhance balance and flexibility while helping your mind to focus
  - Be aware of your physical limitations.



### Monthly Observances

- Make a Will Month
- National Wellness Month
- Summer Sun Safety Month
- Youth Empowerment Month
- National Nonprofit Day

# August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7 Purple Heart Day	8 National Happiness Happens Day
9	10	11 National Son's and Daughter's Day	12 International Youth Day	13	14	15 National Relaxation Day
16 National Tell A Joke Day	17 <b>National Nonprofit Day</b>	18	19 World Humanitarian Day	20	21 National Senior Citizens' Day	22
23	24	25	26 National Women's Equality Day	27	28	29
30 National Grief Awareness Day	31	1	2	3	4	5

# September 2026

## Healthy Aging Month

While there are some components of aging that are not in our control, we can take action to feel our best as our ages advance. Starting these habits early is encouraged - adopting healthy habits and lifestyle choices contribute to overall well-being.

### Habits for healthy aging:

- Physical health:
  - Keep active to maintain a healthy weight and muscle mass
  - Keep a healthy diet
  - Quit smoking and limit alcohol consumption
  - Get regular checkups, vaccines, and maintain chronic conditions
- Mental health
  - Stay connected with family and friends
  - Manage stress and feelings - journaling is a good outlet
  - Participate in fun and new activities
- Engage in mentally stimulating activities: reading, writing, playing games

The Anne Arundel County Department of Aging and Disabilities will be offering several programs throughout the month, including the [Living Well Series](#) to improve health & wellness, [Fall Prevention](#) activities to reduce the risk of injuries and maintain independence, and [Senior Center](#) events at the South County Senior Activity Center to keep those that are 55 and older healthy, engaged, and informed. Find more offerings on their [event calendar](#).



### Monthly Observances

- Hispanic Heritage Month (Sept. 15 - Oct. 15)
- Intergeneration Month
- National Suicide Prevention Month
- World Gratitude Day

# September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5 International Day of Charity
6 Read a Book Day	7 *Labor Day	8 International Literacy Day	9	10 World Suicide Prevention Day	11	12 Rosh Hashanah Mindfulness Day
13 Rosh Hashanah Grandparents' Day	14 National Sober Day	15 National Online Learning Day <i>Hispanic Heritage Month Begins</i>	16 National Stepfamily Day	17	18	19
20	21 Yom Kippur International Day of Peace  World Alzheimer's Day	22 September Equinox	23	24	25	26 National Family Health and Fitness Day
27	28 National Good Neighbor Day	29	30 National Love People Day	1	2	3

# October 2026

## Health Literacy Month

In the US, health literacy is a stronger indicator of health status than income, employment status, education level, and race or ethnicity. Health literacy is the ability to find, understand, and use information for health-related decisions. Organizations are responsible for providing this information in a trustworthy, understandable manner.

### Methods of improvement for health literacy:

- Improve training and organizational processes to strengthen communication and decision-making
- Improve access to appropriate health information and services
  - **Anne Arundel County Health Equity Community Resources** are accessible at [this link](#)
- Regular training of healthcare and educational professionals for accountability
- Start health literacy education early, and continue at all ages and education levels
- Evaluate community needs and knowledge gaps to tailor programming and interventions



### Monthly Observances

- ADHD Awareness Month
- Domestic Violence Awareness Month
- National Book Month
- National Disability Employment Awareness Month
- National Dyslexia Awareness Month

# October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 World Vegetarian Day	2 International Day of Non-Violence World Smile Day	3
4 World Animal Day World Walking Day	5 World Teachers' Day Natl Child Health Day	6 World Habitat Day	7 Walk & Roll to School Day	8	9	10 World Mental Health Day
11	12 National Farmers Day Indigenous Peoples Day Columbus Day	13	14	15 Global Handwashing Day Conflict Resolution Day	16 Boss' Day World Food Day	17 International Day for the Eradication of Poverty
18	19	20	21	22	23	24
25	26	27	28 National First Responder's Day	29	30	31 Halloween

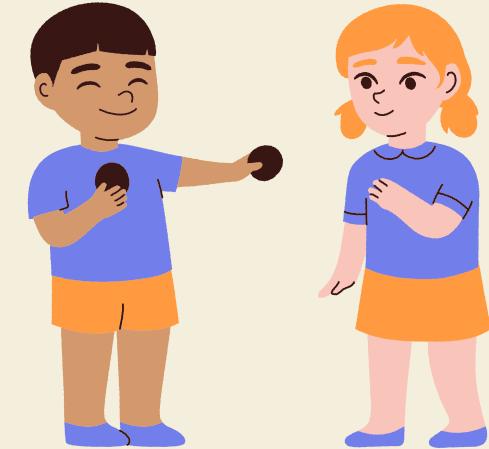
# November 2026

## World Kindness Day

Doing something nice for others, whether small or large, can be good for our mental health - it improves emotional well-being and can help manage stress and improve physical health. World Kindness Day emphasizes the importance of being nice to each other to benefit our local, national, and global communities.

### Ideas for small acts of kindness:

- Call someone you haven't spoken to in a while
- Pay for someone else's coffee or meal
- Send someone a joke to cheer them up
- Donate good quality unused items to charity organizations
- Give up your seat on the bus/train if physically capable
- Let someone cut in front of you in line
- Help a friend with household chores
- Walk your pet or a friend/neighbor's pet
- Tell someone you are proud of them
- Offer to cook for a friend/family member
- Volunteer in your local community



### Monthly Observances

- National Adoption Month
- National Family Caregivers Month
- National Long-Term Care Awareness Month
- Native American Heritage Month

# November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Día de los Muertos National Family Day of Literacy Daylight Saving Time Ends	2 Día de los Muertos	3 *Election Day	4 National Stress Awareness Day National Eating Healthy Day	5	6	7
8	9 National Go to an Art Museum Day	10	11 *Veteran's Day	12	13 World Kindness Day	14 World Diabetes Day
15 National Philanthropy Day	16 International Day for Tolerance <i>American Education Week Begins</i>	17 National Take a Hike Day	18	19 World Philosophy Day Great American Smokeout	20	21
22	23	24	25 International Day for the Elimination of Violence Against Women	26 *Thanksgiving Day	27 *Thanksgiving Friday National Day of Listening	28
29	30	1	2	3	4	5

# December 2026

## Seasonal Affective Disorder Awareness Month

Seasonal Affective Disorder is a type of depression characterized by a seasonal pattern, most often beginning in late fall/early winter and ending in the spring or summer. Symptoms can include irritability, restlessness, decreased energy, trouble concentrating, and changes in sleep or appetite. SAD is specifically related to changes in daylight hours, and onset most often occurs among young adults. Treatment options include light therapy, vitamin D supplements, antidepressants, and psychotherapy.

### **Actions to take to get ahead of symptoms:**

- Daily walks
- Increase vitamin D in diet (food or supplements)
- Plan fun activities and stick to commitments
- Spend time with family and friends
- Move your body, especially in a group setting
- Reach out for support and accountability
- Manage stress
- Sit near windows when indoors
- Keep indoor environments light and airy



### **Monthly Observances**

- National Stress-Free Family Holiday Month
- Safe Toys and Gifts Month
- Universal Human Rights Month
- World Food Service Safety Month



# December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 World AIDS Day Giving Tuesday	2	3 International Day of Persons with Disabilities	4	5 <i>Start of Hanukkah</i> International Volunteer Day
6	7 Pearl Harbor Remembrance Day	8	9	10 Human Rights Day	11	12 International Universal Health Coverage Day
13	14	15 Bill of Rights Day	16	17	18 International Migrants Day National Ugly Sweater Day	19
20	21 December Solstice World Meditation Day	22 National Cookie Exchange Day	23	24	25 <i>*Christmas Day</i>	26 <i>Start of Kwanzaa</i>
27	28 National Call a Friend Day	29	30	31 New Year's Eve	1	2

