### January

- 02 Georgia became the 4<sup>th</sup> State in 1788
- 03 Alaska became the 49<sup>th</sup> State in 1959
- 04 Utah became the 45<sup>th</sup> State in 1896
- 04 National Spaghetti Day
- 04 National Trivia Day
- 05 National Bird Day
- 06 New Mexico became the 47<sup>th</sup> State in 1912
- 07 Millard Fillmore Birthday (US President)
- 09 Richard Nixon Birthday (US President)
- 09 Connecticut became the 5<sup>th</sup> State in 1788
- 13 National Rubber Ducky Day
- 13 Friday the 13<sup>th</sup>
- 15 National Hat Day
- 15 National Strawberry Ice Cream Day
- 16 Martin Luther King Jr. Day
- 18 National Thesaurus Day
- 19 National Popcorn Day
- 20 National Cheese Lovers Day
- 23 National Pie Day
- 24 National Compliment Day
- 25 Burns Night (Scotland)
- 25 Opposite Day
- 26 Michigan became the 26<sup>th</sup> State in 1837
- 26 International Customs Day

# 26 Activity Professionals Day

- 26 Australia Day
- 27 National Fun at Work Day
- 27 National Chocolate Cake Day
- 28 National LEGO Day
- 29 Kansas became the 34<sup>th</sup> State in 1861
- 29 National Puzzle Day
- 29 William McKinley Birthday
- 29 National Croissant Day
- 30 Franklin Roosevelt Birthday (US President)
- National Eye Care Month
- National Oatmeal Month
- Be Kind To Food Servers Month

## February

- 02 Ground Hog Day
- 02 National Tater Tot Day
- 03 National Wear RED Day

2023 SPECIAL DAYS & HOLIDAYS

- 04 Rosa Parks Day
- 06 Massachusetts became the 6<sup>th</sup> State in 1788
- 06 Ronald Reagan Birthday (US President)
- 06 St. Brigid's Day (Ireland)
- 08 National Boy Scout Day
- 09 William Harrison Birthday (US President)
- 09 National Pizza Day
- 12 Super Bowl XLVII (US Football)
- 12 Abraham Lincoln Birthday (US President)
- 13 Royal Hobart Regatta (Australia)
- 14 Valentine's Day
- 14 Oregon became the 33<sup>rd</sup> State in 1859
- 14 Arizona became the 48<sup>th</sup> State in 1912
- 15 National Flag Day of Canada
- 15 Susan B Anthony's Birthday
- 20 President's Day (US)
- 21 Mardi Gras
- 22 National Margarita Day
- 22 George Washington Birthday (US President)
- 23 Battle of the Alamo
- 23 National Chili Day
- 23 National Banana Bread Day
- 24 National Peanut Butter Day
- 25 National Pancake Day
- **Black History Month**
- American Heart Month
- Library Lovers Month
- Senior Independence Month
- 6th 10th Pride in Foodservice Week

### March

- 01 St. David's Day (Wales, Welsh, Canada)
- 01 Ohio became the 17<sup>th</sup> State in 1803
- 01 Nebraska became the 37th State in 1867
- 02 Read Across America Day
- 03 Florida became the 27<sup>th</sup> State in 1845
- 03 World Hearing Day
- 03 World Wildlife Day
- 04 Vermont became the 14<sup>th</sup> State in 1791
- 06 National OREO Cookie Day
- 08 International Women's Day
- 09 National Popcorn Lover's Day
- 10 Harriet Tubman Day
- 12 National Girl Scouts Day

- 13 Commonwealth Day (UK)
- 14 National Potato Chips Day
- 15 Maine became the 23<sup>rd</sup> State in 1820
- 15 Andrew Jackson Birthday (US President)
- 15 James Madison Birthday (US President)
- 16 National Corn Dog Day
- 17 St. Patrick's Day
- 18 Grover Cleveland Birthday (US President)
- 20 French Language Day
- 20 March Equinox
- 21 World Poetry Day
- 29 John Tyler Birthday (US President)
- 30 Doctor's Day
- Irish American Heritage Month
- American Red Cross Month
- National Women's History Month
- National Social Work Month
- National Ethics Awareness Month
- National Nutrition Month
- 13th-17th Long Term Care Administrators Week
- 19th-25th Health Information Professionals Week

## April

- 01 April Fool's Day
- 02 National Peanut Butter & Jelly Day
- 07 World Health Day
- 07 National Beer Day
- 09 Easter Sunday
- 12 National Grilled Cheese Day
- 13 Thomas Jefferson Birthday (US President)
- 13 National Scrabble Day
- 14 National Gardening Day
- 15 World Art Day
- 20 National Look Alike Day
- 22 Earth Day
- 23 National Picnic Day
- 23 St. George's Day
- 23 Shakespeare Day
- 23 National Talk Like Shakespeare Day
- 23 James Buchanan Birthday (US President)
- 26 Pretzel Day
- 26 Administrative Professionals Day
- 27 Ulysses Grant Birthday (US President)
- 28 James Monroe Birthday (US President)

- 28 National Arbor Day
- 28 Maryland became the 7<sup>th</sup> State in 1788
- 30 Louisiana became the 18<sup>th</sup> State in 1812
- 30 International Jazz Day
- Garden Month
- Alcohol Awareness Month
- National Parkinson's Awareness Month
- Spring Break
- Stress Awareness Month
- National Occupational Therapy Month
- National Humor Month
- 15th 21st National Volunteer Week
- 23rd-29th National Library Week
- 23rd 29th Administrative Professionals Week

#### May

- 02 National Teacher Day
- 04 Star Wars Day
- 04 International Firefighters Day
- 05 Cinco De Mayo
- 06 Kentucky Derby
- 07 National Lemonade Day
- 08 Victory Day (France)
- 08 National Have a Coke Day
- 08 Harry Truman Birthday (US President)
- 11 Minnesota became the 32<sup>nd</sup> State in 1858
- 13 National Apple Pie Day
- 14 Mother's Day
- 14 Jamestown Colony Founded
- 15 Barbeque Day
- 20 World Bee Day
- 21 International Tea Day
- 23 South Carolina became the 8<sup>th</sup> State in 1788
- 23 Victoria Day
- 24 National Scavenger Hunt Day
- 25 National Wine Day
- 26 National Sorry Day (Australia)
- 29 Memorial Day
- 29 John Kennedy Birthday (US President)
- 29 Rhode Island became the 13<sup>th</sup> State in 1790
- 29 Wisconsin became the 30<sup>th</sup> State in 1848
- 31 National Smile Day

National Cancer Research Month

Mental Health Month

Lou Gehrig Disease Awareness Month

Lupus Awareness Month

National Physical Fitness and Sports Month

Healthy Vision Month

National American Stroke Month

National Osteoporosis Awareness and Prevention Month

National High Blood Pressure Education Month

- **Older Americans Month**
- Better Hearing and Speech Month

Global Employee Health & Fitness Month

- 1st-5th Teacher Appreciation Week
- 6th-12th Nurses Week
- 7th-13th National Hospital Week
- 7th-13th National Women's Health Week
- 14th-20th National Skilled Nursing Home Week
- 14th-20th National Police Week

# June

- 01 Kentucky became the 15<sup>th</sup> State in 1792
- 01 National Pen Pal Day
- 01 Tennessee became the 16<sup>th</sup> State in 1796
- 04 National Cheese Day
- 05 National Donut Day
- 10 Queen Elizabeth's Birthday (Different Days in the different Territories)
- 10 National Iced Tea Day
- 11 Kamehameha Day
- 12 George H.W. Bush Birthday (US President)
- 14 Flag Day
- 14 Donald Trump Birthday (US President)
- 15 Arkansas became the 25<sup>th</sup> State in 1836
- 18 Father's Day
- 19 Juneteenth
- 20 West Virginia became the 35<sup>th</sup> State in 1863
- 21 New Hampshire became the 9<sup>th</sup> State in 1788
- 21 First Day of Summer
- 21 International Day of Yoga
- 25 Virginia became the 10<sup>th</sup> State in 1788
- 25 Global Beatles Day
- 26 Beautician's Day
- 27 Sunglasses Day
- 27 National Bingo Day

National Safety Month

National Candy Month

National Great Outdoors Month 15th-21st Nursing Assistants Week

### July

- 01 Canada Day
- 01 Battle of Gettysburg
- 03 Idaho became the 43<sup>rd</sup> State in 1890
- 04 Independence Day (US)
- 04 Calvin Coolidge Birthday (US President)
- 06 George W. Bush Birthday (US President)
- 06 National Fried Chicken Day
- 07 World Chocolate Day
- 10 Wyoming became the 44<sup>th</sup> State in 1890
- 10 Teddy Bear Picnic Day
- 11 John Q. Adams Birthday (US President)
- 13 National French Fry Day
- 14 Bastille Day (France)
- 14 Gerald Ford Birthday (US President)
- 16 National Ice Cream Day
- 17 Tattoo Day
- 20 Fortune Cookie Day
- 21 National Junk Food Day
- 24 Moon Landing
- 24 Pioneer Day
- 25 New York became the 11<sup>th</sup> State in 1788
- 27 Korean War Veteran Recognition Day
- 28 National Milk Chocolate Day
- 29 National Lasagna Day
- 30 International Day of Friendship
- 31 National Avocado Day

Wedding Season

Family Reunion Month

UV Safety Month

Picnic Month

National Cell Phone Courtesy Month

National Culinary Arts Month

National Recreation and Parks Month

National Grilling Month

10th - 16th National Therapeutic Recreation Week

### August

- 01 Colorado became the 38<sup>th</sup> State in 1876
- 04 Coast Guard Birthday (US)
- 04 International Beer Day
- 04 Barack Obama Birthday (US President)
- 04 National Chocolate Chip Cookie Day
- 07 Purple Heart Day
- 08 International Cat Day
- 09 Book Lovers Day
- 10 Herbert Hoover Birthday (US President)
- 10 Missouri became the 24<sup>th</sup> State in 1821
- 15 Relaxation Day
- 16 Tell a Joke Day
- 19 William Clinton Birthday (US President)
- 19 National Aviation Day
- 20 Benjamin Harrison Birthday (US President)
- 20 National Navaho Code Talkers Day
- 21 Hawaii became the 50<sup>th</sup> State in 1959
- 21 Senior Citizens Day
- 24 National Waffle Day
- 27 Lyndon Johnson Birthday (US President)
- National Golf Month
- National Picnic Month
- National Eye Exam Month
- **Fishing Month**

#### September

- 04 Labor Day
- 05 National Cheese Pizza Day
- 09 California became the 31<sup>st</sup> State in 1850
- 09 International Sudoku Day
- 10 National Grandparents Day
- 11 Patriots Day
- 15 William Taft Birthday (US President)
- 16 National Guacamole Day
- 16 Rosh Hashana
- 16 International Eat an Apple Day
- 18 Air Force Birthday (US)
- 18 National Cheeseburger Day
- 19 Talk Like a Pirate Day
- 20 National Queso Day

- 22 National Elephant Appreciation Day
- 23 September Equinox
- 24 National Punctuation Day
- 25 Yom Kippur
- 25 National Cooking Day
- 26 Johnny Appleseed Day
- 26 HR Professionals Day
- 29 National Coffee Day
- Library Card Sign-up Month
- Preparedness Month
- Back to School
- Friendship Month
- Shake Month
- 10th-16th Healthcare Environmental Services Week
- 10th-16th International Housekeepers Week
- 16th Oct. 3 Oktoberfest

# October

- 01 Jimmy Carter Birthday (US President)
- 01 International Music Day
- 04 Rutherford Hayes Birthday (US President)
- 04 Feast of St. Frances Assisi
- 04 National Taco Day
- 04 National Cinnamon Roll Day
- 05 Chester Arthur Birthday (US President)
- 06 World Smile Day
- 09 Native Americans' Day
- 09 Columbus Day
- 12 Farmers Day
- 13 Navy Birthday
- 14 National Fossil Day
- 14 Dwight Eisenhower Birthday (US President)
- 16 Boss's Day
- 17 National Pasta Day
- 24 United Nations Day
- 27 Theodore Roosevelt Birthday (US President)
- 30 John Adams Birthday (US President)
- 30 National Candy Corn Day
- 31 Nevada became the 36<sup>th</sup> State in 1864
- 31 Halloween

National Book Month

Homecoming

Mental Illness Awareness Month

National Book Month

Physical Therapy Month

1st - 7th Mental Illness Awareness Week

- 1st 7th Healthcare Food Service Week
- 6th-12th National Physician Assistant Week (PA Week)

# November

- 02 North Dakota became the 39<sup>th</sup> State in 1889
- 02 South Dakota became the 40<sup>th</sup> State in 1889
- 02 James Polk Birthday (US President)
- 02 Warren Harding Birthday (US President)
- 03 National Sandwich Day
- 05 Guy Fawkes Day
- 06 National Nachos Day
- 08 National Cappuccino Day
- 08 Montana became the 41<sup>st</sup> State in 1889
- 10 Marine Corps Birthday
- 11 Washington became the 42<sup>nd</sup> State in 1889
- 11 National Sundae Day
- 11 Veteran's Day (US)- Remembrance Day (AU & Canada) & Armistice Day (France)
- 12 Remembrance Day (UK)
- 13 World Kindness Day
- 14 King Charles III was born in 1948
- 14 National Pickle Day
- 16 Oklahoma became the 46<sup>th</sup> State in 1907
- 17 National Homemade Bread Day
- 19 James Garfield Birthday (US President)
- 20 Joe Biden Birthday (US President)
- 21 North Carolina became the 12<sup>th</sup> State in 1789
- 23 Thanksgiving (US)
- 23 Franklin Pierce Birthday (US President)
- 24 Zachary Taylor Birthday (US President)
- 26 National Cake Day
- 30 St. Andrews Day (Scotland and some UK)
- Native American Heritage Month
- National Family Caregivers Month
- American Diabetes Month
- Lung Cancer Awareness Month
- Movember (Men's Health Awareness)
- **Epilepsy Awareness Month**
- National Alzheimer's Disease Month

Home Care, Hospice & Palliative Care Month

12th - 18th Nurse Practitioner NP Week

### December

- 03 Illinois became 21<sup>st</sup> State in 1818
- 05 Martin Van Buren Birthday (US President)
- 07 Delaware became 1<sup>st</sup> State in 1787
- 07 Pearl Harbor Remembrance Day
- 08 Hanukkah (First Day)
- 10 Mississippi became 20<sup>th</sup> State in 1817
- 11 Indiana became 19<sup>th</sup> State in 1816
- 12 Pennsylvania became 2<sup>nd</sup> State in 1787
- 13 National Guard Birthday
- 14 Alabama became the 22<sup>nd</sup> State in 1819
- 15 National Cupcake Day
- 15 National Wear Your Pearls Day
- 17 Wright Brothers Day
- 18 New Jersey became the 3<sup>rd</sup> State in 1787
- 21 National Crossword Puzzle Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Boxing Day (UK)
- 26 Kwanzaa (First Day)
- 26 St. Stephens Day (Ireland)
- 29 Texas became the 28<sup>th</sup> State in 1845
- 28 Woodrow Wilson Birthday (US President)
- 28 Iowa became the 29<sup>th</sup> State in 1846
- 29 Andrew Johnson Birthday (US President)
- 31 New Year's Eve

Read a New Book Month

Seasonal Depression Awareness Month

7<sup>th</sup> – 15<sup>th</sup> Hanukkah

26<sup>th</sup> – 1<sup>st</sup> Kwanza