

## **May Monthly Observances**

ALS Awareness Month  
(Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease)  
American Wetlands Month  
APS (Antiphospholipid Antibody Syndrome) Awareness Month  
Arthritis Awareness Month  
Asian American & Pacific Islander Heritage Month  
Awareness of Medical Orphans Month  
Better Hearing & Speech Month  
Borderline Personality Disorder Month  
Brain Tumor Awareness Month  
Clean Air Month  
Creative Beginnings Month  
EcoDriving Month  
Family Wellness Month  
Fibromyalgia Education and Awareness Month  
Freedom Shrine Month  
Get Caught Reading Month  
Gifts From The Garden Month  
Go Fetch! Food Drive for Homeless Animals Month  
Haitian Heritage Month  
Heal the Children Month  
Healthy Vision Month  
Huntington's Disease Awareness Month  
International Audit Month  
International Business Image Improvement Month  
International Victorious Woman Month  
Jewish-American Heritage Month  
Latino Books Month  
Lupus Awareness Month  
Motorcycle Safety Month  
National Allergy/Asthma Awareness Month  
National Barbeque Month  
National Bike Month  
National Egg Month  
National Foster Care Month  
National Good Car Keeping Month  
National Hamburger Month  
National Hepatitis Awareness Month  
(World) Lyme Disease Awareness Month  
National Meditation Month  
National Mental Health Month  
National Military Appreciation Month  
National Moving Month  
National Osteoporosis Prevention Month  
National Photo Month  
National Physical Fitness & Sports Month

National Physiotherapy Month  
National Preservation Month  
National Salad Month  
National Salsa Month  
National Smile Month  
National Stroke Awareness Month  
National Vinegar Month  
Older Americans Month  
Personal History Month  
Prepare Tomorrow's Parents Month  
React Month  
Revise Your Work Schedule Month  
Strike Out Strokes Month  
Sweet Vidalia Onions Month  
Teen CEO Month  
Teen Self-Esteem Month  
Tennis Month  
Tay-Sachs and Canavan Diseases Month  
Ultra-violet Awareness Month  
Women's Health Care Month  
Young Achievers of Tomorrow Month  
National Family Month (5/9 to 6/20)

### **May Weekly Observances**

Bread Pudding Recipe Exchange Week: 1-7  
Be Kind To Animals Week: 2-8  
National Correctional Officer's Week: 2-8  
Children's Mental Health Week: 2-8  
Drinking Water Week: 2-8  
Flexible Work Arrangement Week: 2-8  
Kids Win Week: 2-8  
Goodwill Industries Week: 3-9  
National Anxiety & Depression Awareness  
Week: 2-8  
National Family Week: 2-8  
National Hug Holiday Week: 2-8  
National Pet Week: 2-8  
National Wildflower Week: 2-9  
North American Occupational Safety & Health  
Week: 2-8  
Teacher Appreciation Week: 2-8  
Update Your References Week: 2-8  
Dating and Life Coach Recognition Week: 3-9  
Intimate Apparel Market Week: 3-6  
Work At Home Moms Week: 3-9  
National Nurses Day and Week: 6-12  
National Tourism Week: 8-16  
National Nursing Home Week: 9-15  
National Police Week: 9-15  
National Return To Work Week: 9-15  
National Women's Health Week: 9-15

Reading is Fun Week: 9-15  
Salute to Moms 35+ Week: 9-16  
National Return To Work Week: 10-16  
National Etiquette Week: 10-14  
Salvation Army Week: 10-16  
Universal Family Week: 10-16  
Children's Book Week: 10-16  
National Stuttering Awareness Week: 10-16  
National Dog Bite Prevention Week: 16-22  
National New Friends, Old Friends Week: 16-22  
National Transportation Week: 16-22  
World Trade Week: 16-22  
EMS (Emergency Medical Services) Week: 17-23  
National Effectiveness Week: 17-21  
National Bike to Work Week: 17-21  
National Medical Transcription Week: 17-23  
National Backyard Games Week: 17-24  
Cover the Uninsured Week: 22-29  
National Safe Boating Week: 22-28  
Week of Solidarity With The People of Non-Self-Governing Territories: 25-31  
Black Single Parents Week: 30-6/5

### **May Daily Observances**

Amtrak Day: 1  
Beltaine: 1  
Executive Coaching Day: 1  
Free Comic Book Day: 1  
Join Hands Day: 1  
Keep Kids Alive! Drive 25 Day: 1  
Kentucky Derby: 1  
Law Day: 1  
Lei Day: 1  
Loyalty Day: 1  
Martin Z. Mollusk Day: 1  
May Day: 1  
Mother Goose Day: 1  
National Dance Day: 1  
National Homebrew Day: 1  
National Scrapbooking Day: 1  
New Homeowner's Day: 1  
School Principals' Day: 1  
Silver Star Day: 1  
Stepmother's Day: 1  
Space Day 1:  
Tuba Day: 1  
Lag B'Omer: 2  
Motorcycle Mass & Blessing of The Bikes Day:  
2

National Infertility Survival Day: 2  
National Play Your Ukulele Day: 2  
Roberts Rule of Order Day: 2  
World Laughter Day: 2  
Accountant's Day or Accounting Day: 3 or 10?  
(undecided)  
Garden Meditation Day: 3  
Lumpy Rug Day: 3  
National Two Different Colored Shoes Day: 3  
Paranormal Day: 3  
World Press Freedom Day: 3  
Melanoma Monday: 3  
Childhood Depression Awareness Day: 4  
National Teacher Day: 4  
Respect for Chickens Day: 4  
Star Wars Day: 4  
Cartoonists Day: 5  
Childhood Stroke Awareness Day: 5  
Cinco de Mayo: 5  
International Midwives' Day: 5  
Totally Chipotle Day: 5  
Occupational Safety & Health Professional's  
Day: 5  
Great American Grump Out: 5  
Joseph Brackett Day: 6  
National Day to Prevent Teen Pregnancy: 6  
No Diet Day: 6  
No Homework Day: 6  
Nurses Day: 6  
National Day of Prayer: 6  
National Day of Reason: 6  
Child Care Provider Day: 7  
Children's Mental Health Awareness Day: 7  
No Pants Day: 7  
World Asthma Day: 7  
No Socks Day: 8  
Time of Remembrance & Reconciliation for  
Those Who Lost Their Lives During the  
Second World War: 8-9  
V-E Day: 8  
World Red Cross Day: 8  
Military Spouse Appreciation Day: 8  
Birthmother's Day (Saturday before Mother's  
Day): 8  
International Migratory Bird Day: 8  
Letter Carrier's Food Drive Day: 8  
Mother Ocean Day: 8  
National Babysitter's Day: 8  
National Miniature Golf Day: 8  
National Train Day: 8  
Stay Up All Night Day: 8  
World Fair Trade Day: 8  
Mother's Day: 9

Mothers At The Wall Day: 9  
Rogation Sunday: 9  
Rural Life Sunday Day: 9  
Armed Forces Day Military-Amateur  
Crossband Communications: 10  
Lupus Day: 10  
Windmill Day: 10  
Eat What You Want Day: 11  
Fibromyalgia Awareness Day: 11  
Donate A Day's Wages To Charity: 12  
Limerick Day: 12  
National Nutty Fudge Day: 12  
National School Nurse Day: 12  
National Night Shift Workers Day: 12  
National Third Shift Workers Day: 12  
Receptionists Day: 12  
Ascension Day: 13  
Frog Jumping Day: 13  
Root Canal Appreciation Day: 13  
National Chicken Dance Day: 14  
The Stars and Stripes Forever Day: 14  
Underground America Day: 14  
International Day of Families: 15  
National Chocolate Chip Day: 15  
National Safety Dose Day: 15  
Nylon Stockings Day: 15  
Peace Officer Memorial Day: 15  
National Pizza Party Day: 15  
Straw Hat Day: 15  
Armed Forces Day: 15  
Preakness Stakes: 15  
National Sea Monkey Day: 16  
NASCAR Day: 16  
Biographer's Day: 16  
Victoria Day: 17  
World Hypertension Day: 17  
World Information Society Day: 17  
World Telecommunications Day: 17  
International Museum Day: 18  
Shavuot: 18  
Visit Your Relatives Day: 18  
Boys Club Day: 19  
May Ray Day: 19  
National Employee Health & Fitness Day: 19  
Turn Beauty Inside Out Day: 19  
Eliza Doolittle Day: 20  
Weights & Measures Day: 20  
American Red Cross Founder's Day: 21  
I Need A Patch For That Day: 21  
International Virtual Assistants Day: 21  
National Bike to Work Day: 21  
National Defense Transportation Day: 21  
National Wait Staff Day: 21

World Day for Cultural Diversity for Dialogue  
& Development: 21  
International Day for Biological Diversity: 22  
National Maritime Day: 22  
National Wig Out Day: 22  
Declaration of the Bab Day: 23  
National Taffy Day: 23  
Neighbor Day: 23  
World Crohn's and Colitis Day: 23  
Pentecost or WhitSunday: 23  
World Turtle Day: 23  
Brother's Day: 24  
Morse Code Day: 24  
Cookie Monster's Birthday: 25  
National Missing Children's Day: 25  
National Tap Dance Day: 25  
Nerd Pride Day or Geek Pride Day: 25  
National Senior Health & Fitness Day: 26  
Scripps National Spelling Bee: 26-27  
Cellophane Tape Day: 27  
Sierra Club Day: 28  
Slugs Return From Capistrano Day: 28  
International Day of United Nations  
Peacekeepers: 29  
International Jazz Day: 29  
Julia Pierpont Day: 29  
Hug Your Cat Day: 30  
Indianapolis 500: 30  
Loomis Day: 30  
Memorial Day: 30 (Traditional)  
Prayer for Peace Memorial Day: 31  
Memorial Day: 31 (Observed)  
What You Think Upon Grows Day: 31  
World No-Tobacco Day: 31