



YMCA Social Posts for Board Volunteers (by month)

Highlighted: customizable to each YMCA branch

FOR IMAGES: Take a photo at your local Y or event, ask a staff member, or visit our association's Flickr: www.flickr.com/photos/ymcadallas/albums

January:

MEMBERSHIP

Start the year off strong! Join hundreds already aiming for a #healthy and #fit New Year by becoming a member w/us [@YMCADallas](https://twitter.com/YMCADallas) Visit ymcadallas.org/join to kickstart your #newyearnewme #ymcadallas #ymca #forabetterus

Ready to put the past year behind you? We'll help! Join the Y for group exercise classes, personalized fitness + more. Say hello to a successful! Reclaim your health w/ a membership to [@mckinneymca](https://twitter.com/mckinneymca) #ymcadallas #ymca #forabetterus

DONATE

Is giving back on your new year's resolution list this year? Consider helping the YMCA foster empathy, inclusion, and healthy lifestyles in your community! Go to www.planoyymca.org and click "Donate" to support our mission. #ymcadallas #ymca #forabetterus

MARTIN LUTHER KING DAY – Third Monday of January

#MLKDayofService is observed each year on the 3rd Monday of January as a "Day on, not a day off" MLK Day is the only federal holiday designated as a National Day of Service. [@parksouthymca](https://twitter.com/parksouthymca) encourages North Texans to volunteer at the Y, school, church or in your neighborhood today! #ymcadallas #ymca #forabetterus

February

BLACK HISTORY MONTH

The Dallas Y honors the rich history, achievements and contributions of African Americans during Black History month. The Y knows that when all cultures come together, we are stronger. #ymcadallas #ymca #forabetterus

HEART HEALTH MONTH

February is American Heart Month! Take care your heart this month by checking your blood pressure and learning about the Y's community health programs: www.ymcadallas.org/communityhealth

March

YMCA DAY OF GIVING – First Tuesday of March

Today is #YMCADayofGiving! Healthy living, youth development and social responsibility starts at the Y. Donate, pledge, fundraise! Go www.ymcadallas.org/ydog #ymcadallas #ymca #ydayofgiving #ymcadayofgiving #forabetterus

Not your average Tuesday...Celebrate #YMCADayofGiving and help your community gain access to all the amazing resources + programs we have to offer. Giving starts with you! Join us: <https://www.ymcadallas.org/ydog> #ymcadallas #ymca #forabetterus

SUMMER CAMPS

Ready, set, summer! #Summercamps registration is OPEN at the [@richardsonymca](https://www.ymcadallas.org/summeratthey) where children can explore, discover new talents + make lasting memories. There's a camp for everyone! Visit www.ymcadallas.org/summeratthey #ymcadallas #ymca

April

SUMMER CAMPS

Ready, set, summer! #Summercamps are here [@richardsonymca](https://www.ymcadallas.org/summeratthey) where children can explore, discover new talents + make lasting memories. There's a camp for everyone! Visit www.ymcadallas.org/summeratthey #ymcadallas #ymca #forabetterus

NATIONAL VOLUNTEER MONTH

Share your volunteer experience on social media and encourage others to volunteer.

Congratulations to [redacted] for being the [@whiterockymca](https://www.ymcadallas.org/summeratthey) volunteer of the year! [redacted] has helped us [redacted]!

May

MENTAL HEALTH AWARENESS

May is #MentalHealthAwareness month ❤️ At the Y, our programs serve North Texas in health and wellness outreach. Striving to improve mental wellness in your community starts here! Support us at <https://www.ymcadallas.org/donate> #ymcadallas #ymca #forabetterus

SUMMER CAMPS

Ready, set, summer! #Summercamps are here [@richardsonymca](https://www.ymcadallas.org/summeratthey) where children can explore, discover new talents + make lasting memories. There's a camp for everyone! Visit www.ymcadallas.org/summeratthey #ymcadallas #ymca #forabetterus

June

SUMMER CAMPS

Ready, set, summer! #Summercamps are here [@richardsonymca](https://www.ymcadallas.org/summeratthey) where children can explore, discover new talents + make lasting memories. There's a camp for everyone! Visit www.ymcadallas.org/summeratthey #ymcadallas #ymca #forabetterus

SAFETY AROUND WATER

The Dallas YMCA is focused on Eliminating Childhood Drowning in kids 4 and under. Each year, [@tboonepickensymca](#) helps by teaching youth life saving water skills through the Safety Around Water program. Learn more at www.ymcadallas.org/SAFETYAROUNDWATER
#ymcadallas #ymca #forabetterus

July

BACK TO SCHOOL

#Back2School doesn't have to mean limiting playtime to recess. At the #YMCA our afterschool programs help your child learn, grow, thrive, and play! Sign up with us [@FriscoYMCA](#). #ymcadallas #ymca #forabetterus

August

DALLAS YMCA TURKEY TROT

Register the [@ymcadallas](#) [@dallasturkeytrot](#) Dallas YMCA Turkey Trot held on Thanksgiving Day featuring family fun with a 5K, and 8 mi timed run! Register today at www.thetrot.org
#ymcadallas #ymca #turkeytrot #thetrot #forabetterus

September:

MEMBERSHIP

#Fall back into a routine of healthy living at your local #YMCA. Visit ymcadallas.org/locations/plano to see a full list of membership benefits and perks when you sign up with us today! #ymcadallas #ymca #forabetterus

Dive into pool-time fun with us! Perfect your skills w/ swim lessons [@WhiteRockYMCA](#). All age groups welcome. Register at https://www.ymcadallas.org/locations/white_rock_ymca/youth_programs/swimming or become a member for more fun-in-the-sun activities! #ymcadallas #ymca #forabetterus

NORTH TEXAS GIVING DAY – Third Thursday of September

[@YMCADallas](#) we are continually amazed at the generosity of North Texans! Because of this, we anticipate the return of #NorthTexasGivingDay and are excited to join in the giving. Find us at: <https://www.northtexasgivingday.org/ymca-of-metropolitan-dallas> #ymcadallas #ymca #forabetterus

October

HISPANIC HERITAGE MONTH

[@ymcagptx](#) celebrates National Hispanic Heritage Month from September 15 to October 15, by recognizing the histories, diverse cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. At the Y, we believe our communities are stronger when everyone feels welcome, and we work together for the common good. #ymcadallas #ymca #forabetterus

YOUTH SPORTS

The holidays are quickly approaching! Gift your children sports, friends, and #fun! Our Winter Youth Sports registrations [@LakeHighlandsY](#) are open. Visit: www.ymcadallas.org/locations/lake_highlands/sports #ymcadallas #ymca #forabetterus

DALLAS YMCA TURKEY TROT

Register the @ymcadallas @dallasturkeytrot Dallas YMCA Turkey Trot held on Thanksgiving Day featuring family fun with a 5K, and 8 mi timed run! Register today at www.thetrot.org #ymcadallas #ymca #turkeytrot #thetrot #forabetterus

November

DALLAS YMCA TURKEY TROT

Register the @ymcadallas @dallasturkeytrot Dallas YMCA Turkey Trot held on Thanksgiving Day featuring family fun with a 5K, and 8 mi timed run! Register today at www.thetrot.org #ymcadallas #ymca #turkeytrot #thetrot #forabetterus The holidays are quickly approaching! Gift your children sports, friends, and #fun!

Our Winter Youth Sports registrations [@LakeHighlandsY](#) are open. Visit: www.ymcadallas.org/locations/lake_highlands/sports #ymcadallas #ymca #forabetterus

GIVING TUESDAY – Tuesday after Thanksgiving

[@moorlandyatoc @ymcadallas](#) The Y passionately focuses on strengthening communities. Every day in North Texas, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Please make a gift to the Y this #GivingTuesday at www.donatetotheY.org #ymcadallas #ymca #forabetterus

December

END OF YEAR GIVING

[@crosstimbersymca](#) encourages those that have not given yet this year, to donate to the Y before the end of the year. We support the community through youth sports, fitness, healthy living, blood drives and community activities. Help us build a stronger community for all www.donatetothey.org #ymcadallas #ymca #forabetterus

SOCIAL MEDIA

Please LIKE, FOLLOW, AND SHARE posts from your branch or the Dallas Y:

Facebook: www.facebook.com/YMCADallas

Twitter: <https://twitter.com/ymcadallas>

Instagram: www.instagram.com/ymcadallas

LinkedIn: www.linkedin.com/company/ymca-of-metropolitan-dallas

YouTube: www.youtube.com/user/YMCAofMetroDallas

FlickrR: www.flickr.com/photos/ymcadallas/albums

Hashtags: #ymcadallas #ymca #forabetterus

Website: www.ymcadallas.org