MAY 2015

Monthly Observances

ALS Awareness Month [Link]
(Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease)
American Wetlands Month [Link]
APS Awareness Month [Link]
Arthritis Awareness Month
Aramanth Month [Link]
Asian American & Pacific Islander Heritage Month
Asthma Awareness Month
Awareness of Medical Orphans Month
Better Hearing & Speech Month [Link]
Borderline Personality Disorder Month [Link]
Brain Tumor Awareness Month [Link]
Building Safety Month [Link][Link]
Celiac Awareness Month [Link]
Chip Your Pet Month [Link]
Clean Air Month
Community Living Month (Ontario, Canada): [Link]
Creative Beginnings Month
Cystic Fibrosis Awareness Month [Link]
Drum Month [Link]
EcoDriving Month [Link]
EDS (Ehlers-Danlos Syndrome) Awareness Month [Link]
Family Wellness Month
Fibromyalgia Education and Awareness Month
Freedom Shrine Month [Link]
Gardening for Wildlife Month
Get Caught Reading Month
Gifts From The Garden Month
Global Civility Awareness Month
Global Health and Fitness Month [Link]
Go Fetch! Food Drive for Homeless Animals Month
Golf Month [Link]
Haitian Heritage Month
Heal the Children Month
Healthy Vision Month
Home Schooling Awareness Month
Huntington's Disease Awareness Month
International Audit Month [Link]
International Business Image Improvement Month
International Civility Awareness Month
International Mediterranean Diet Month
International Victorious Woman Month
Jewish-American Heritage Month
Latino Books Month
Lupus Awareness Month Link
Maytag Month Link
Melanoma/Skin Cancer Detection & Prevention Month
Motorcycle Safety Month
National Allergy/Asthma Awareness Month Link
National Barbeque Month
National Better Hearing Month Link
National Bike Month Link
National Egg Month Link Link
National Foster Care Month Link
National Good Car Keeping Month
National Guide Dog Month Link
National Hamburger Month Link
National Hepatitis Awareness Month
National High Blood Pressure Education Month Link
National Inventors Month Link
Neurofibromatosis Awareness Month (aka NF Month) Link
(World) Lyme Disease Awareness Month Link
National Meditation Month
National Mediterranean Diet Month Link
National Mental Health Month
National Military Appreciation Month Link
National Moving Month
National Pet Month
National Osteoporosis Prevention Month
National Photo Month
National Physical Fitness & Sports Month
National Physiotherapy Month Link
National Preservation Month
National Salad Month
National Salsa Month (the food)
National Service Dog Eye Examination Month Link
National Smile Month Link
National Stroke Awareness Month
National Sweet Vidalia Onions Month
National Toddler Immunization Month Link
National Tuberous Sclerosis Month Link
National Water Safety Month Link
Toxic Encephalopathy and Chemical Injury Awareness Month Link
National Vinegar Month
National Youth Traffic Safety Month Link
Neurofibromatosis Awareness Month Link
Older Americans Month
Personal History Month Link
Pet Cancer Awareness Month Link
Prader-Willi Syndrome Awareness Month  
Preeclampsia Awareness Month [Link]
Prepare Tomorrow's Parents Month (5/11-6/15)  
React Month  
Revise Your Work Schedule Month  
Social Security Education Awareness Month  
Skin Cancer Awareness Month  [Link]  
Spiritual Literacy Month  
Strike Out Strokes Month  
Teen CEO Month  
Tennis Month  
Tay-Sachs and Canavan Diseases Month  
Tourettes Syndrome Awareness Month (5/15 - 6/15)  [Link]  
Ultra-violet Awareness Month  
Women's Health Care Month  
Young Achievers of Tomorrow Month  
National Family Month (5/12 to 6/16)

**Weekly Observances**

Toad Suck Daze: 1-3 (First Weekend)  
*Choose Privacy Week: 1-7 [Link]  
National Tourism Week: 2-10 [Link] (First Full Week)  
(World) Dystonia Awareness Week: 3-11 [Link]  
Be Kind To Animals Week: 3-9 (First full Week)  
Children's Mental Health Week: 3-9 [Link] (First full Week)  
Dating and Life Coach Recognition Week: 3-9 [Link] (First Week)  
Drinking Water Week: 3-9 [Link] (First Full Week)  
Flexible Work Arrangement Week: 3-9 (First Full Week)  
Goodwill Industries Week: 3-9 (First Full Week)  
Kids Win Week: 3-9 (First Full Week)  
NAOSH Week: 3-9 (First Full Week) [Link]  
National Alcohol & Drug Related Birth Defects Awareness Week:3-9 (First Full Week) [Link]  
National Anxiety & Depression Awareness Week: 3-9 (First Full Week)  
National Correctional Officer's Week: 3-9 [Link] (First Full Week)  
National Family Week: 3-9 (First Full Week)  
National Hug Holiday Week:3-9  
National Pet Week: 3-9 [Link] (First Full Week)  
National Post Card Week: 3-9 [Link]  
National Raisin Week: 3-9 (First Full Week) [Link]  
North American Occupational Safety& Health Week: 3-9 (First Full Week) [Link]  
Public Service Recognition Week: 3-9 (First Full Week) [Link]  
Update Your References Week: 3-9(First Full Week)  
Children's Book Week: 4-10 (First full week starting Monday)  
National Occupational Safety & Health Week: 4-15 [Link] (First Full Week) or [Link]  
National Small Business Week: 4-8 [Link]
Teacher Appreciation Week: 4-8 (First Full Week)
Screen-Free Week: 4-10
Teacher Appreciation Week: 4-8
*National Wildflower Week: 5-11 (First Full Week)
*National Nurses Day and Week: 6-12
*Universal Family Week: 10-16
Food Allergy Awareness Week: 10-16
National Hospital Week: 10-16
National Nursing Home Week: 10-16 (Starts Mother's Day to Saturday)
National Police Week: 10-16 (2nd Full Week)
National Return To Work Week: 10-16 (2nd Full Week)
National Transportation Week: 10-16 (Always Includes the 3rd Friday)
National Women's Health Week: 10-16
Reading is Fun Week: 10-16
Salute to Moms 35+ Week: 10-16 (Starts on Mothers Day)
Work At Home Moms Week: 10-16
American Craft Beer Week: 11-17
National Bike to Work Week: 11-15
National Etiquette Week: 11-15 (Begins 2nd Monday of Full Week)
Neuropathy Awareness Week: 11-15
Salvation Army Week: 11-17
National Stuttering Awareness Week: 11-17 (Second full Week)
Art On The Square: 15-17
National Safe Boating Week: 16-22 (Week before Memorial Day)
EMS (Emergency Medical Services) Week: 17-23
National Dog Bite Prevention Week: 17-23
National Medical Transcription Week: 17-23 (3rd Week)
National New Friends, Old Friends Week: 17-23 (3rd Week)
National Stationery Week: 17-19
National Heritage Breeds Week: 17-23
World Trade Week: 17-25 (3rd Week)
National Backyard Games Week: 18-25 (3rd Week)
National Educational Bosses' Week: 18-25
International Coaching Week: 18-24
Healthy and Safe Swimming Week: 18-24 (Week before Memorial Day)
Mudbug Madness Week: 21-24
International Gay Square Dancing Week: 22-25
National Polka Weekend: 22-24 (Always Memorial Day Weekend)
Old-Time Player Piano Weekend: 22-24
Hurricane Preparedness Week: 24-30
National Tire Safety Week: 24-30
*Week of Solidarity With The People of Non-Self-Governing Territories: 25-31
Black Single Parents Week: 31-6/5

Daily Observances
*Amtrak Day: 1
*Batman Day: 1
*Beltane: 1 Link
Dandelion Days: 1-2
*Executive Coaching Day: 1
*Global Love Day: 1 Link
International Space Day: 1 (First Friday) Link
*Keep Kids Alive! Drive 25 Day: 1
*Law Day: 1
*Lei Day: 1
*Loyalty Day: 1
Mariachi Day: 1-2 Link
*May Day: 1
*Mother Goose Day: 1 Link (Different than one in November)
*National Bubba Day: 1
*National Purebred Dog Day: 1 Link
*New Homeowner's Day: 1
*School Principals' Day: 1
*Silver Star Day: 1 Link
*Stepmother's Day: 1
Tuba Day: 1 (First Friday) Link
Beer Pong Day: 2 (First Saturday) Link
Bladder Cancer Awareness Day: 2 Link (First Saturday)
Free Comic Book Day: 2 Link (First Saturday)
Join Hands Day: 2 Link (First Saturday)
Kentucky Derby: 2 (First Saturday)
*Martin Z. Mollusk Day: 2
National Homebrew Day: 2 Link (First Saturday)
National Scrapbooking Day: 2 (First Saturday) Link
World Naked Gardening Day: 2 Link (First Saturday)
*Roberts Rule of Order Day: 2
*Garden Meditation Day: 3
*Hug Your Cat Day: 3 Link
(Note: Cats are popular! There's another observance on May 31)
International Baby Lost Mother's Day: 3 (First Sunday) Link
Lemonade Day: 3 Link (Note: Different sponsor from the one on June 6-8)
*Lumpy Rug Day: 3
Motorcycle Mass & Blessing of The Bikes Day: 3 (First Sunday)
National Special-abled Pets Day: 3
National Infertility Survival Day: 3 (First Sunday)
*National Two Different Colored Shoes Day: 3
*Paranormal Day: 3
*Public Radio Day: 3
World Laughter Day: 3 Link (First Sunday)
*World Press Freedom Day: 3
Day of Vesak: 4 Link (On the Full May Moon)
*Intergalactic Star Wars Day: 4 (May the Fourth Be With You!) Link
*International Firefighters Day: 4 [Link]
*International Respect for Chickens Day: 4
Melanoma Monday: 4 (First Monday)
National Library Legislative Day: 4-5 [Link]
*Petite and Proud Day: 4
*World Give Day: 4
* Cartoonists Day: 5
Childhood Depression Awareness Day: 5 (First Tuesday)
*Childhood Stroke Awareness Day: 5 [Link]
*Cinco de Mayo: 5 [Link]
*International Midwives’ Day: 5 [Link]
National Teacher Day: 5 (First Tuesday of the First Full Week)
*Totally Chipotle Day: 5
*Revenge of the Fifth (Star Wars Sith): 5 [Link]
Bike To School Day: 6 [Link]
Great American Grump Out: 6 [Link] (First Wednesday)
*Joseph Brackett Day: 6
*No Diet Day: 6
*No Homework Day: 6
*Nurses Day or National RN Recognition Day: 6 [Link] [Link] [Link]
World Asthma Day: 6 [Link] (First Tuesday)
Occupational Safety & Health Day: 6 [Link] (Wednesday of The First Full Week)
School Nurse Day: 6 [Link] (Always the Wednesday of School Nurse Week 6-12)
Cosmopolitan Day: 7
Lag B’omer: 7
*National Barrier Awareness Day: 7 [Link]
National Children's Mental Health Awareness Day: 7 [Link]
National Day of Prayer: 7 (First Thursday) [Link]
National Day to Prevent Teen & Unplanned Pregnancy: 7 [Link]
National Day of Reason: 7 (First Thursday)
*Free Trade Day: 8 [Link]
*National Animal Disaster Preparedness Day: 8 [Link]
*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 Ovarian Cancer Day: 8 [Link]
*World Red Cross / Red Crescent Day: 8
Child Care Provider Day: 8 [Link] (Friday before Mother's Day)
Fintastic Friday: Giving Sharks A Voice: 8 (2nd Friday)
Military Spouse Appreciation Day: 8 [Link] (Friday before Mother's Day)
American Indian Day: 9 [Link] (2nd Saturday)
Armed Forces Day Military-Amateur Crossband Communications Day: 9-10 [Link]
Birthmother’s Day (Saturday before Mother's Day): 9 [Link]
Cornelia de Lange Syndrome Awareness Day: 9 [Link] (2nd Saturday)
International Migratory Bird Day: 9 (2nd Saturday)
Letter Carrier's Stamp Out Hunger Food Drive Day: 9 [Link]
Mother Ocean Day: 9 (Saturday Before Mother’s Day)
National Babysitters Day: 9 (Saturday before Mother's Day)
National Miniature Golf Day: 9 (2nd Saturday)
*National Moscato Day: 9
National Train Day: 9 Link (2nd Saturday)
National Windmill Day: 9 (2nd Saturday)
*Occupational Safety and Health Professionals Day: 9 Link
Stay Up All Night: 9 (2nd Saturday)
World Belly Dance Day: 9 Link (2nd Saturday)
World Fair Trade Day: 9 (2nd Saturday)
*World Lupus Day: 10
Mother's Day: 10 Link Link
Mothers At The Wall Day: 10
*Dia De La Madre: 10
*Eat What You Want Day: 11
*Hostess Cupcake Day: 11 Link
*Root Canal Appreciation Day: 11 Link
National Women's Check-up Day: 11 Link (Second Monday)
*Fibromyalgia and Chronic Fatigue Syndrome Awareness Day: 11 Link
International Awareness Day for Chronic Immunological and Neurological Diseases: 12 Link
*International Nurses Day: 12 Link Link
*Limerick Day: 12
*National Nutty Fudge Day: 12 Link
*Odometer Day: 12
*Frog Jumping Day: 13 Link
Donate A Day's Wages To Charity: 13 (Second Wednesday)
National Night Shift Workers Day: 13 (Second Wednesday)
National Third Shift Workers Day: 13 (Second Wednesday)
Receptionists Day: 13 (Second Wednesday)
*Buddah Day: 14
*National Chicken Dance Day: 14 Link
*The Stars and Stripes Forever Day: 14
*Underground America Day: 14
*Hyperemesis Gravidarum Awareness Day: 15
*International Day of Families: 15
Isra Al Mi’Raj: 15
*National Chocolate Chip Cookie Day: 15 Link
*International MPS Awareness Day: 15 Link
*National Tuberous Sclerosis Day: 15 Link
*Nylon Stockings Day: 15
*Peace Officer Memorial Day: 15
*Straw Hat Day: 15 Link
Endangered Species Day: 15 Link (3rd Friday)
International Virtual Assistants Day: 15 (3rd Friday)
O. Henry Pun-off Day: 15 (3rd Friday)
NASCAR Day: 15 Link (3rd Friday)
National Bike to Work Day: 15 Link (3rd Friday)
National Defense Transportation Day: 15 (3rd Friday)
National Pizza Party Day: 15 (3rd Friday)
Do Dah Day: 16 [Link]
*National Piercing Day: 16
Armed Forces Day: 16 (3rd Saturday)
*Biographer's Day: 16
Do Dah Day (Birmingham): 16 [Link] (3rd Saturday) Note: Several cities have a Do Dah Day.
Mike, The Headless Chicken Day: 16-17 (Always 3rd weekend) [Link]
National Learn To Swim Day: 16 (Saturday of Week Before Memorial Day)
Mimosa Day: 16
*National Sea Monkey Day: 16 [Link]
Preakness: 16 (3rd Saturday)
Bay to Breakers Race: 17 (3rd Sunday) Note: Oldest Footrace in America!
Morel Mushroom Day: 17-18 (Weekend After Mother's Day)
Neighbor Day: 17 (Sunday before Memorial After Mother's Day)
*Syttende Mai: 17
*World Hypertension Day: 17 [Link]
*World Information Society Day: 17
*World Telecommunications Day: 17
*World Neurofibromatosis Day (NF Day): 17 [Link]
*HIV Vaccine Awareness Day: 18 [Link]
*I Love Reeses Day: 18 [Link]
*International Museum Day: 18 [Link]
*Mother Whistler Day: 18
*Visit Your Relatives Day: 18
Accountant's Day or Accounting Day: 18 [Link]
*Boys Club Day: 19
*May Ray Day: 19
National Hepatitis Testing Day: 19
National Museum Day: 19 [Link]
*National Asian & Pacific Islander HIV/AIDS Awareness Day: 19 [Link]
*World Autoimmune Arthritis Day: 19-21 [Link]
*Eliza Doolittle Day: 20
Emergency Medical Services for Children Day: 20 [Link]
*Everybody Draw Mohammed Day: 20 [Link]
National Employee Health & Fitness Day: 20 [Link] (3rd Wednesday)
Turn Beauty Inside Out Day: 20 [Link] (3rd Wednesday)
*Weights & Measures Day: 20
*American Red Cross Founder's Day: 21
*End of the World or Rapture Party Day: 21 (Prediction) [Link]
Hummus Day: 21 (3rd Thursday)
*I Need A Patch For That Day: 21
*National Wait Staff Day: 21
One Day Without Shoes Day: 21 [Link]
*Sister Maria Hummel Day: 21
*World Day for Cultural Diversity for Dialogue & Development: 21
Victoria Day: 22 (Always celebrated on the weekend before Memorial Day in the US.)
*Canadian Immigrants Day: 22
Don't Fry Day: 22 (Friday Before Memorial Day) [Link]
*Harvey Milk Day: 22
Heat Awareness Day: 22  Link  (4th Friday)
*International Day for Biological Diversity: 22
*National Maritime Day: 22
National Title Track Day: 22  Link  (4th Friday)
*World Goth Day: 22  Link

Heat Awareness Safety Day: 22 (4th Friday in May)  Link
National Wig Out Day: 22 (Always Fri. before Memorial Day)
Amateur Radio Military Appreciation Day (ARMAD): Moved to June.  Link  (Usually Sat Before Memorial Day)
International Day to End Obstetric Fistula: 23
International Jazz Day: 23 (Always Sat. before Memorial Day)
Julia Pierpont Day: 23  (4th Saturday)
*Declaration of the Bab Day: 23
National Heritage Breeds Day: 23  Link  (Saturday of 3rd Full Week)
National Polka Day: 23-24  Link  (Saturday of 3rd Full Week)
Shavuot: 23
*National Taffy Day: 23  Link
*World Crohn's and Colitis Day: 23  Link
*World Turtle Day: 23
*Brother's Day: 24
Indianapolis 500: 24 (Sunday of Memorial Day Weekend)
International Tiara Day: 24
*Morse Code Day: 24  (Some also observe on April 27)
Buddah Day: 25  Link  (Celebration Date) Note: Historical date is always April 8
*Cookie Monster's Birthday: 25  Link  (See also November 2)
*National Missing Children's Day: 25
*National Tap Dance Day: 25
*Nerd Pride Day or Geek Pride Day: 25  Link
*Towel Day: 25  Link
Memorial Day: 25 (Observed.)  (Traditionally on 30th)
Prayer for Peace Memorial Day: 25
*World Lindy Hop Day: 26
*Cellophane Tape Day: 27
National Senior Health & Fitness Day: 27  Link  (Last Wednesday)
World MS Day (Multiple Sclerosis): 27  Link  (Last Wednesday)
*Sierra Club Day: 28  Link
*Slugs Return From Capistrano Day: 28
*Ascension of Baha'u'llah: 29
Bats Day: 29-31  Link
Hug Your Cat Day: 29  Link  (Last Friday)
*Learn About Composting Day: 29
*International Day of United Nations Peacekeepers: 29
*Put A Pillow On Your Fridge Day: 29  Link
*Loomis Day: 30
*Mint Julep Day: 30  Link
The Wicket World of Croquet Day: 30  Link
*What You Think Upon Grows Day: 31
*World No-Tobacco Day: 31
NOTE: An * in front of the day means that the observance is on the same date every year regardless of the day it falls on.