

The Recreation Committee Recommends for May

May is National Date Your Mate Month, National Asparagus Month, National Salad Month, and Skin Cancer Awareness Month.

May 1st: May Day and Lei Day

The month of May got its name from the goddess Maia, considered the goddess of fertility, because it was believed that she oversaw the plants on earth and helped them grow. May 1st is a day to celebrate spring in many European cultures.

In Hawaii, May 1st is Lei Day, a celebration that was established in 1929. People of each island wear a lei with a special flower designated for that island. This day is in dedication to the tradition of making and wearing leis in Hawaii.

May 5th: Cinco de Mayo

Observed in both Mexico and the United States, Cinco de Mayo means the 5th of May. It celebrates Mexico's victory over the French at the battle of Puebla on May 5th, 1862. Get your tacos on!

May 9th: Mother's Day

Always celebrated on the second Sunday in May in America, Mother's Day is celebrated on different days in many countries. It's a way to celebrate not only mothers but all of those women who have been mother figures in your life. More phone calls are made on Mother's Day than on any other day of the year!

May 11th: National Eat What You Want Day

Yes, there is an official day to give up those healthy eating habits and eat whatever strikes your fancy! Not sure how to celebrate: go to this site for some ideas <https://www.daysoftheyear.com/days/eat-what-you-want-day/>

May 15th: Armed Forces Day

In 1949 this day was instituted to celebrate those in all branches of the armed forces. Originally there were Army, Navy, and Air Force Days. When the Department of Defense was created to assemble our forces under one agency, Armed Forces Day came into being as well.

May 31st: Memorial Day

This day honors the fallen soldiers in our armed forces who have died in defense of America. By tradition, flags are flown at half mast until noon on this day to honor the dead. This tradition began during the civil war when citizens laid flowers on the graves of those who gave their lives in battle. This day is also the unofficial beginning of the summer season.