



Social Media Content

Q3 2026



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July 2026

JUNE 2026							AUGUST 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23 ³⁰	24 ³¹	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Canada Day International Joke Day	2	3	4 Independence Day 4th of July/America250
5 National Workaholics Day	6	7 International Peace & Love Day	8	9	10	11 National 7-Eleven Day
12	13	14	15	16	17 World Emoji Day	18
19 National Ice Cream Day	20	21 National Junk Food Day	22	23 Leo Season	24	25 National Wine & Cheese Day
26 National Aunt & Uncle Day	27	28	29	30	31	1

Hashtags

#CanadaDay #TrueNorth #OhCanada #InternationalJokeDay #AllJokes
 #KnockKnock #4thOfJuly #IndependenceDay #RedWhiteAndBlue #America250
 #NationalWorkaholicsDay #AllWorkNoPlay #RiseAndGrind
 #InternationalPeaceAndLoveDay #SpreadLove #BeKindToOneAnother
 #National7ElevenDay #711 #SlurpeeDay #WorldEmojiDay #Emojis #SmileyFace
 #NationalIceCreamDay #SweetTreat #Sundaes #NationalJunkFoodDay #Chips
 #Snacks #LeoSeason #Lion #Leos #NationalWineAndCheeseDay
 #CheeseWithThatWine #NationalAuntAndUncleDay #Aunties #Uncles

Notes



July 2026



Canada Day

July 1

Oh, we're proud to be Canadians today! Wishing everyone a #HappyCanadaDay! Let this day remind us of the strength, kindness, and unity that make Canada the great country it is 🍁!

#CanadaDay #TrueNorth #OhCanada



Independence Day/4th of July/America250

July 4

America, you don't look a day over 200! Wishing America a happy 250 years! This #4thOfJuly, let's remind ourselves what it means to be a proud American! Now, let's get the fireworks started 🎆!

#4thOfJuly #IndependenceDay #RedWhiteAndBlue
#America250



International Peace & Love Day

July 7

In today's tumultuous world, you'd be surprised how far peace, love, and kindness can go! Let's spread a little extra positivity today for #InternationalPeaceAndLoveDay 🕊️💕🌈!

#InternationalPeaceAndLoveDay #SpreadLove
#BeKindToOneAnother

Notes

[illegible]

July 2026



National Ice Cream Day

July 19

Sundaes 🍌. Waffle cones 🍦. Malts & shakes 🍹. From the parlor. From the ice cream truck. Down the frozen food aisle. It doesn't matter how or where you eat your ice cream, so long as you're indulging in it today on #NationalIceCreamDay.

#NationallceCreamDay #SweetTreat #Sundaes



Leo Season

July 23

You're gonna hear them ROAR! It's #LeoSeason🦁! People born under this sign (July 23 - Aug. 22) are considered natural-born leaders. They are creative, passionate, and a little stubborn.

#LeoSeason #Lion #Leos



National Aunt & Uncle Day

July 26

Aunts and uncles. They're like your parents, only slightly cooler 😊! Show your favorite aunties and uncles how much they mean to you on #AuntAndUncleDay!

#NationalAuntAndUncleDay #Aunties #Uncles

Notes

[illegible]

Bonus



International Joke Day

July 1



National 7-Eleven Day

July 11



National Junk Food Day

July 21



National Workaholics Day

July 5



World Emoji Day

July 17



National Wine & Cheese Day

July 25

Notes

[illegible]

August 2026

JULY 2026							SEPTEMBER 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31		27	28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 Planner Day
2	3 International Day of Friendship	4	5	6	7	8 International Beer Day Digital Nomad Day
9 National Book Lovers Day	10 National Lazy Day	11	12	13	14	15 National Relaxation Day
16	17 National Nonprofit Day	18	19	20	21	22
23 Virgo Season 30	24 31 Eat Outside Day	25	26 National Women's Equality Day National Dog Day	27	28	29

Hashtags

#PlannerDay #Planning #WeekPlanned #InternationalDayOfFriendship
 #FriendsForever #BirdsOfAFeather #InternationalBeerDay #IceColdBeer
 #Beer #DigitalNomadDay #WorkFromAnywhere #WorkHardPlayHard
 #NationalBookLoversDay #ReadABook #BookWorm #NationalLazyDay
 #BeLazy #ChillDude #RelaxationDay #Relax #ChillOut #NationalNonprofitDay
 #Charity #GiveBack #VirgoSeason #Virgors #NationalWomensEqualityDay
 #InspiringWomen #WomenSupportWomen #NationalDogDay
 #MansBestFriend #PuppyLove #EatOutsideDay #picnic #OutdoorEating

Notes



August2026



Planner Day

August 1

Are you more of a digital planner, or do you like to track your days with stickers, colored pens, and washi tape? No matter how you're doing it, tackle the busy day ahead with your handy-dandy planner 📅! #PlannerDay

#PlannerDay #Planning #WeekPlanned



International Day of Friendship

August 3

Today's the day for your ride or dies, your new coffee buddies, your future groomsmen! Happy #InternationalDayOfFriendship to the ones that have our backs no matter what. Commemorate your friend with matching T-shirts or tumblers.

#InternationalDayOfFriendship #FriendsForever
#BirdsOfAFeather



National Lazy Day

August 10

Save today's chores for tomorrow and those pesky work meetings for next week. Today, we don't feel like doing anything 😎! It's #NationalLazyDay!

#NationalLazyDay #BeLazy #ChillDude

Notes

[illegible]

August 2026



Virgo Season

August 23

They're about to get their groove on! It's #VirgoSeason🍷!
Folks born under this sign (Aug. 23 – Sept. 22) are considered loyal, analytical, shy, and hard-working.

#VirgoSeason #Virgors



National Women's Equality Day

August 26

Equality for all women means equality for everyone! Happy #NationalWomensEqualityDay to all the incredible women making an impact everywhere! #WomenEmpowerment #WomenEmpoweringWomen

#NationalWomensEqualityDay #InspiringWomen
#WomenSupportWomen



Eat Outside Day

August 25

It's way too pretty outside to be stuck eating indoors! Grab your pals and your lunch for a new change of scenery! Tell us where you're eating for #EatOutsideDay.

#EatOutsideDay #picnic #OutdoorEating

Notes

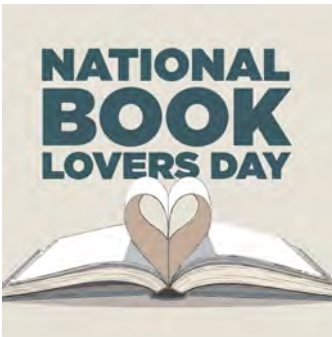
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Bonus



International Beer Day

August 8



National Book Lovers Day

August 9



National Nonprofit Day

August 17



Digital Nomad Day

August 8



National Relaxation Day

August 15



National Dog Day

August 26

Notes

[illegible]

September 2026

AUGUST 2026							OCTOBER 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	1	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Self-improvement Month	2	3	4	5
6	7 Labor Day National Feel the Love Day	8 International Literacy Day	9	10	11 National Day of Service and Remembrance/ Patriot Day	12 National Day of Encouragement
13 Grandparent's Day	14	15	16	17	18	19
20 National Dance Day	21	22	23 First Day of Fall/ Autumnal Equinox Libra Season	24	25	26 National Pancake Day
27	28	29	30	1	2	3

Hashtags

#LaborDay #DontWearWhiteAfterLaborDay #DayOff #NationalFeelTheLoveDay
 #EmbraceTheLove #LoveYou #InternationalLiteracyDay #LiteracyIsFun
 #ReadABook #NeverForget #PatriotDay #September11th
 #NationalDayOfEncouragement #WordsOfWisdom #Advice #GrandparentsDay
 #GrandmaGrandpa #WeLoveGrandparents #NationalDanceDay #DancingFeet
 #Dance #FallSeason #AutumnalEquinox #FallsHere #LibraSeason #Libras
 #NationalPancakeDay #Pancakes #PancakesOverWaffles
 #SelfImprovementMonth #ImproveUponYourself #OnePercentBetter

Notes



September2026



Labor Day

September 7

Celebrate all the hard work you do by working hard at celebrating the long weekend ahead of you! Happy #LaborDay to all the workers who help keep the world moving.

#LaborDay #DontWearWhiteAfterLaborDay #DayOff



International Literacy Day

September 8

What better way to embrace #InternationalLiteracyDay than by picking up something good to read, whether it's your favorite novel, your go-to newsletter, or rereading old diary entries.

#InternationalLiteracyDay #LiteracyIsFun #ReadABook



National Day of Encouragement

September 12

You can handle any obstacle in front of you! You just have to put your mind to it! Share some positive messages to keep you and your team going today for #NationalDayOfEncouragement.

#NationalDayOfEncouragement #WordsOfWisdom #Advice

Notes

[illegible]

September 2026



National Dance Day

September 20

Grab those dancing shoes and get to practicing! We're shimmying and grooving all night long for #NationalDanceDay 🕺! Tell us the first move you're busting out on the dance floor.

#NationalDanceDay #DancingFeet #Dance



First Day of Fall/Autumnal Equinox

September 23

The air is getting crisp, the leaves are changing colors, and we have a sudden hankering for warm apple cider 🍏! It's the #FirstDayOfFall! Time to curl up in your favorite flannel and let the warm smells of autumn fill your home.

#FallSeason #AutumnalEquinox #FallsHere



Libra Season

September 21

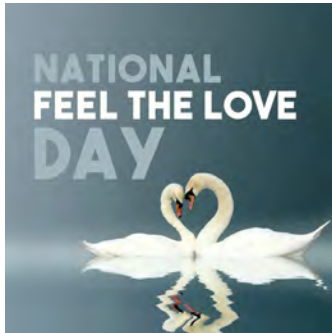
Balancing the scales of justice! Welcome to #LibraSeason🗓️!
People born under this sign (Sept. 23 - Oct. 22) are considered diplomatic, cooperative, gracious, and indecisive.

#LibraSeason #Libras

Notes

[illegible]

Bonus



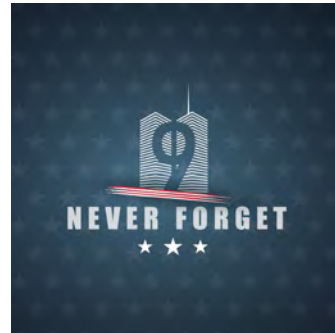
National Feel the Love Day
September 7



Grandparent's Day
September 13



Self-improvement Month
ALL MONTH



National Day of Service and
Remembrance/Patriot Day
September 11



National Pancake Day
September 26

Notes

[illegible]