



January – National Mentoring Month

Strengthen chapter connections by fostering meaningful mentoring and networking opportunities. Encourage members to support one another, share experiences, and build lasting bonds within your DAR community.

February – National Heart and Stroke Month: Fitness Challenge

Promote women's heart health and stroke awareness through educational programs and wellness-focused activities. Inspire members to prioritize cardiovascular health and participate in chapter-wide fitness efforts.

Numbers due from Chapter on March 15

March – Women's History Month

Honor the trailblazing women who shaped our nation's history. Highlight their achievements through a chapter program, presentation, or a purposeful minute during your meeting.

April – Move More Month: Exercise Challenge

Get moving! Encourage members to increase physical activity and embrace wellness. A chapter exercise challenge is a fun and motivating way to stay active together. Numbers due from chapters by May 15

May – Mental Health Awareness Month

Engage members beyond traditional meetings. Explore new ways to connect, support, and uplift one another as Daughters—strengthening emotional well-being across your chapter.

June – Flag Day Celebrations

Celebrate our shared bond of patriotism. Unite your chapter in honoring the American flag—stars and stripes forever!



July – Celebrate the Women of DAR

Through service projects, mentoring, and outreach, they bring encouragement, leadership, and strength to those around them. Send me a write-up about their exceptional service, and we will feature them on the DOC and Facebook. Submissions due June 15.

August – National Wellness Month: Fitness Challenge

Share stress-relieving tips, wellness ideas, and healthy habits to support the well-being of chapter members. Encourage participation in a chapter fitness challenge to promote unity and self-care. Chapter numbers are due by Oct. 15

September – National Family Month

Celebrate members who balance career, family, and volunteer service. Don't forget—National Daughters Day is September 25, a perfect opportunity to honor the young women who inspire us. Please submit a chapter member you would like to recognize. . Submissions due August 15.

October – Strength of Women Month: Fitness Challenge

Focus on health, career, and life's challenges. Together, Celebrate Daughters illuminate strength and resilience. Encourage chapter participation in a fitness challenge to promote wellness and unity. Chapter numbered are due by Nov. 15.

November – Career Development Month

Share inspiring experiences and connect members across generations through career conversations. Highlight professional growth, mentorship, and shared wisdom within your chapter.

December – National Giving Month

Embrace the spirit of generosity. Support DAR through Development initiatives and participate in DAR Giving Tuesday. Every act of giving strengthens our mission and the work we cherish.