



Diversity & Inclusion Calendar 2024

The 2023 Diversity and Inclusion Calendar keeps track of days that may have special meaning for community residents, families and team members in The Orchards all in one place: religious and spiritual days of significance, cultural celebrations, awareness days and health promotion days. Staying aware of these days and scheduling activities around them will help us create an inclusive community, 365 days a year.

The Diversity and Inclusion Calendar is not an exhaustive list, nor is it intended to be used for accommodation requests. We will update this document as needed. We will schedule different events each year and we welcome any feedback or suggestions that you may have Events@orchardsra.ca

JANUARY

Date(s)	Name	Description	Category
All Month	Alzheimer's Awareness Month	A month that encourages learning about dementia and its impact on Canadians.	Awareness Days
January 1	New Year's Day	The first day of a new year. This date is commonly known as New Year's Day and is a statutory holiday in all Canadian provinces and territories, and organizations	Cultural Celebrations
January 1	Shogatsu / Gantan-sai (New Years)	New Year (正月, shōgatsu) is the most important holiday in Japan. Years are traditionally viewed as completely separate, with each providing a fresh start.	Cultural Celebrations
January 4	World Braille Day	A day to raise awareness of the importance of Braille as a means of communication in the full realization of the human rights for blind and partially sighted people.	Awareness Days
January 7	Orthodox Christmas Day	This date works out to be December 25 in the Julian calendar, and is similarly a time to celebrate the birth of Jesus Christ, who is believed to be the Son of God.	Religious and Spiritual
January 13	Lohri	An annual thanksgiving day in Hinduism and Sikhism and a popular harvest festival. Farmers celebrate Lohri during a rest period before cutting and gathering crops.	Religious and Spiritual

January 14	Orthodox New Year	Many Orthodox Christian Canadians celebrate the New Year on January 1 in the Julian calendar, which falls on or near January 14 in the Gregorian calendar.	Religious and Spiritual
January 15	Martin Luther King Jr. Day	A federal holiday in the United States marking the birthday of Dr. Martin Luther King, Jr., leader of the modern American Civil Rights Movement.	Cultural Celebrations
January 22	Lunar New year	An event typically celebrated in China and other Asian countries that begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later.	Cultural Celebrations
January 24	International Day Of Education	Originally proclaimed by the UN General Assembly, the observation aims to bring awareness to the importance of education for peace and development.	Awareness Day
January 27	Family Literacy Day (Canada)	Family Literacy Day seeks to bring awareness to the importance of reading and writing in children. It aims to encourage parents and caregivers to promote reading and writing.	Awareness Day

FEBRUARY

Date(s)	Name	Description	Category
All Month	Black History Month	Canadians are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians, past and present.	Awareness Days
All Month	Heart Month	A month to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease	Awareness Days
February 1	World Hijab Day	A day to celebrate all of the Muslim women who choose to wear the hijab. This day strives to foster religious tolerance by inviting all women to experience the hijab for one day.	Cultural Celebrations
February 2	Groundhog Day	Groundhog Day in Canada focuses on the concept of a groundhog coming out of its home in mid-winter to “predict” if spring is on its way in the Northern Hemisphere.	Cultural Celebrations
February 10	Lunar New Year	Lasts 2 weeks; it is customary to get new clothes or give presents of cash in red envelopes (the colour red is considered lucky). 2024 is the Year of the Dragon.	Cultural Celebrations

February 14	Valentine's Day	An opportunity for people in Canada to tell somebody that they love them in a romantic way.	Cultural Celebrations
February 17	Random Acts of Kindness Day	Random Acts of Kindness Day is an effort to make kindness the norm.	Cultural Celebrations
February 19	Family day (AB, BC, NB, On, SK)	This holiday celebrates the importance of families and family life of people and their communities.	Regional Holiday
February 19	Heritage Day (Nova Scotia)	A holiday celebrating the importance of families and family life to people and their communities.	Cultural Celebrations
February 28	Pink Shirt Day	Pink Shirt Day, also known as National Anti-Bullying Day, is a day when people come together by wearing pink shirts to school or work to show that they are against bullying.	Awareness Days

MARCH

Date(s)	Name	Description	Category
March 3	World WildLife Day	World Wildlife Day aims to celebrate the world's plants and animals while raising awareness of issues that impact wildlife.	Awareness Day
March 8	International Women's Day	A day celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights	Awareness Days
March 10 or 11- April 10	Ramadan	One of the pillars of islam lasts for a month. It is the ninth month in the Islamic Lunar Calendar.This is the holiest time of the Islamic Year. It is a month of fasting, worship, and spiritual development. Muslim Fast between dawn and sunset for the entire month. It is a time of abstinence and contemplation.	Religious month.
March 19	Naw Ruz (Iran, Afghanistan, Kurdish)	New year; observance of spring equinox symbolising spiritual growth and renewal.	Religious and Spiritual
March 21	World Down Syndrome Day	A day to help raise awareness on what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.	Awareness Days
March 25	Holi	One of the most celebrated festivals of India. Sometimes called the "festival of love", this Hindu festival brings people together, forgetting all resentments and bad feelings towards each other.	Religious and Spiritual
March 29	Good Friday	The day when Christians commemorate the crucifixion of Jesus Christ, which plays an important part in the	Religious and Spiritual

		Christian faith and is recognized as a statutory holiday in all Canadian provinces and territories except Quebec.	
March 30	Holy Saturday	Holy Saturday falls between Good Friday and Easter Sunday in Canada and it commemorates the day when Jesus Christ lay in the tomb after his death for the Christian faith.	Religious and Spiritual
March 31	Easter Sunday	Celebrates Jesus Christ's resurrection after his death, which is described in the Christian Bible.	Religious and Spiritual

APRIL

Date(s)	Name	Description	Category
April 1	Easter Monday	Easter Monday is the day after Easter Sunday, which commemorates Jesus Christ's resurrection, according to the Christian Bible.	Religious and spiritual
April 2	World Autism Awareness Day	On World Autism Awareness Day, we recognize those on the autism spectrum, their families, caregivers, and communities	Awareness Days
April 7	World Health Day	A global health awareness day celebrated every year under the sponsorship of the World Health Organization (WHO), as well as other related organizations.	Awareness Days
April 9	Vimy Ridge Day	Vimy Ridge Day is an annual observance to remember Canadians who victoriously fought in the battle of Vimy Ridge in northern France during the First World War	Cultural Celebrations
April 10 or 11	Eid ul -Fitr	Eid Ul - Fitr is one of the two major holidays celebrated by Muslims at the end of the holy month of Ramadan. The day starts with prayers and a big meal is usually the main event, but there's lots of other ways people celebrate too. People all over the world will be celebrating Eid al-Fitr with family and friends this week.	Religious Holiday

		It's a religious festival in Islam at the end of the ninth Islamic month of Ramadan. Muslims celebrate this festival as depends	
April 13	Vaisakhi	Vaisakhi is an ancient spring harvest festival that has been observed in the Punjab region for many centuries.	Cultural Celebrations
April 14	Orthodox Good Friday	Many Orthodox Christian churches in Canada often observe Good Friday at a later date, and the observance focuses on Jesus Christ's death, which is described in the Christian Bible.	Religious and Spiritual
April 17	Equality Day	Also known as the Anniversary of the Canadian Charter of Rights and Freedoms which was signed in 1982.	Awareness Days
April 17	Laylatul Qadr (Night of Power)	A day, according to Islamic belief, that commemorates the night when God (Allah) revealed the Qur'an (or Koran), which is the Islamic holy book, to the prophet Muhammad (also known as Mohammad).	Religious and Spiritual
April 22	Earth Day	An annual event celebrated worldwide to demonstrate support for environmental protection	Awareness Days
April 24	Administrative Professionals Day	The day recognizes the work of secretaries, administrative assistants, receptionists, and other administrative support professionals.	Awareness Days

MAY

Date(s)	Name	Description	Category
May 2	Orthodox Good Friday	Many Orthodox Christian churches in Canada often observe Good Friday at a later date, and the observance focuses on Jesus Christ's death, which is described in the Christian Bible.	Religious and Spiritual
May 12	Mother's Day	This day is for all the great moms in the world.	Awareness Day
May 20	Victoria Day	Victoria Day, also known as May Two-Four, May Long, and May Long Weekend, is a Canadian holiday on the Monday preceding May 25.	Holiday

MAY30	World's MS Day	A day to celebrate global solidarity and hope for the future and a time to share stories, raise awareness and campaign with everyone affected by MS.	Awareness Day
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June

Date(s)	Name	Description	Category
June	Pride Month	A celebration of the 2SLGBTQI+ community, which includes individuals who identify as two-spirit, lesbian, gay, bisexual, transgender, queer and intersex, as well as a range of other gender and sexual identities and expressions	Awareness Day
June	Recreation and Park Month	A movement that promotes the benefits of recreation and parks for physical, social, and environmental health.	Awareness Day
June 4	National Health and Fitness Day	An initiative to challenge Canada to become the Fittest Nation on Earth and a day encouraging Canadians to get out and get active in any way they wish.	Awareness Day
June 16, 17	Eid- Al - Adha	Known as the "Feast of Sacrifice", the revered observance coincides with the final rites of the annual Hajj in Saudi Arabia. Eid al-Adha commemorates the Quranic tale of Prophet Abraham's willingness to sacrifice his son Ishmael as an act of obedience to God.	Religious and Spiritual Day
June 16	Father's Day	A day for people to show their appreciation for fathers and father figures, which may include stepfathers, fathers-in-law, guardians (eg. foster parents), and family friends.	Cultural Celebration

June 20	World's Refugee Day	World Refugee Day, an international observance observed June 20 each year, is dedicated to raising awareness of the situation of refugees throughout the world.	Awareness Day
June 21	National Indigenous Peoples Day	National Indigenous Peoples Day celebrates the unique heritage, diverse cultures, and outstanding achievements of the nation's Indigenous peoples.	Cultural Day
June 27	Canadian Multiculturalism Day	A day to discover and celebrate the various cultures that bring Canadian society to life by participating in the virtual activities happening across the country.	Cultural Celebration

July

Date(s)	Name	Description	Category
July 1	Canada Day	A day that celebrates when Canada became a self-governing dominion of Great Britain and a federation of four provinces.	Holiday
July 8	Muharram/Islamic New Year	A time for many Muslims in countries such as Canada to observe the start of the Islamic New Year on the first day of Muharram. It will begin in the evening of the first day and ends in the evening of the second day.	Religion Day
July 15	Parks Day	An annual event designed to highlight the role that parks play in maintaining healthy ecosystems and contributing to human wellbeing.	Awareness Day

August

Date(s)	Name	Description	Category
August 5	Civic Holiday - Canada	The first Monday in August is a holiday across most of Canada, but the holiday is named differently in different areas. It is not recognized in Quebec,	Regional Celebration

		Newfoundland and Labrador, Nunavut and the Yukon.	
August 12	International Youth Day	An opportunity to celebrate and mainstream young peoples' voices, actions and initiatives, as well as their meaningful, universal and equitable engagement.	Awareness Day
August 19	World Humanitarian Day	A day where the world commemorates humanitarian workers killed and injured in the course of their work, and to honour all aid and health workers around the world.	Awareness Day
august 19	Raksha Bandhan	A Hindu Festival that celebrates brother and sister relationship.	Cultural Day

Septembar

Date(s)	Name	Description	Category
Septembar	World Alzheimer's Month	A month to raise awareness around the issues that affect people living with dementia, such as stigmatisation, misinformation and more	Awareness Day
September2	Labour Day	An event celebrated on the first Monday of September that originally gave workers the chance to campaign for better working conditions or pay.	Cultural Celebration
September 7	Ukrainian Heritage Day	A day to recognize and celebrate the contribution that Ukrainian Canadians have towards the development of Ontario.	Cultural Celebration
September 10	World Suicide Prevention Day	An opportunity for people across the globe to raise awareness of suicide and suicide prevention.	Awareness Day
september 10	National grandparents Day	This day recognizes the importance of grandparents to the structure of every family and in the nurturing, upbringing and education of children	
September 17	Terry Fox day	The Terry Fox Run is an annual non-competitive charity event held in commemoration of Canadian cancer activist Terry Fox to raise money for cancer research.	Awareness Day

September 21	World's Alzheimer Day	A day where Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.	Awareness Day
September 30	Orange Shirt Day	A day to recognize and raise awareness about the history and legacies of the residential school system in Canada.	Awareness Day
September 30	Orange Shirt Day	A national day to explore the rich and diverse cultures, voices, experiences and stories of the First Nations, Inuit, and Métis peoples and ensure public commemoration of the tragic and painful history and legacy of residential schools remains a vital component of the reconciliation process	Awareness Day

October

Date(s)	Name	Description	Category
October	Breast Cancer Awareness	An international health campaign to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure	Awareness Day
All Month	Women's History Month	A month to celebrate the contributions of women and the important milestones in women's rights in Canadian history.	Awareness Month
All Month	Islamic History Month	Recognizes the important contributions of Canadian Muslims to Canadian society, and the cultural diversity of the Canadian Muslim community.	Awareness Month
October 6- 12	Mental Illness Awareness Week	A national public education campaign designed to help open the eyes of Canadians to the reality of mental illness	Awareness Week
October 2- 4	Rosh Hashanah Judasim	Jewish New Year; anniversary of the creation of the world; symbols of this holiday are apples and honey for a sweet new year.	Religious and spiritual celebration
October 14	Thanksgiving Day	An event that takes place on the second Monday of October and acts as a chance for people to give thanks for a good harvest and other fortunes in the past year.	Cultural Celebrations

October 31	Halloween	A day to mark the night when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living and where children may trick-or-treat in their neighborhood.	Cultural celebrations
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November

Date(s)	Name	Description	Category
November	Movember	A month dedicated to raising money, making a difference in mental health & suicide prevention, prostate cancer and testicular cancer.	Awareness Days
November 1	Karwa Chauth	Karwa Chauth is an annual one-day festival that honours the Hindu god Shiva and goddess Parvati.	Cultural Celebration
November 11	Remembrance Day	A day where Canadians honour and remember the people who have served, and continue to serve, Canada during times of war, conflict and peace.	Cultural Celebration
November 11	Diwali	Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains and Sikhs.	Cultural Celebration

December

Date(s)	Name	Description	Category
December 3	International Day of Persons with Disabilities	Celebrates and acknowledges the experience and capabilities of people with disabilities since 1992.	Awareness Days
December 7 - 15	Hanukkah	Hanukkah, also known as the Festival of Lights, is an eight-day Jewish observance to remember the Jewish people's struggle for religious freedom. It begins at sundown on the first day and ends at nightfall on the final day.	Cultural Celebration
December 24	Christmas Eve	Parts of the world have their Christmas dinner and gift exchange with a celebration prior to midnight.	Cultural Celebration
December 25	Christmas Day	Celebrating the birth of Christ; Eastern Orthodox celebration dates vary according to Julian and Gregorian calendars.	Cultural Celebration
December 26	Boxing Day	In the past, this was the day when churches opened their alms boxes and distributed the contents to the poor.	Cultural Celebration

December 26 - 31	Kwanza	An African American and Pan-African holiday celebrated by millions of the African community throughout the world, Kwanzaa brings a cultural message which speaks to the best of what it means to be African and human in the fullest sense.	Cultural Celebration
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