



Diversity and Inclusion Calendar 2023

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 use 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 16	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 25	Burns Night	A Burns supper is a celebration of the life and poetry of the poet Robert Burns, the author of many Scots poems.	Cultural Celebrations

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 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 20	Family Day (ON, AB, SK and NB)	A holiday celebrating the importance of families and family life to people and their communities.	Cultural Celebrations
February 21	Carnival/ Shrove Tuesday	Also known as Pancake Tuesday, this is the last day before the long fast for Lent for some Christians in Canada.	Religious and Spiritual
February 22	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

February 22	Ash Wednesday	Many Christians in Canada mark Ash Wednesday as the first day of Lent. It is the beginning of the Lenten fast and is the day after Shrove Tuesday.	Religious and Spiritual
February 22- April 6	Lent	The Christian season of spiritual preparation before Easter to set aside time for reflection on Jesus Christ—to consider his suffering, sacrifice, his life, death, burial, and resurrection	Religious and Spiritual

MARCH

Date(s)	Name	Description	Category
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 8	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 17	St Patricks Day/ Irish Heritage Day	A day that remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century and also celebrates Irish culture.	Cultural Celebrations
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 23 – April 20	Ramadan	Ramadan is the ninth month in the Islamic calendar and is a period of prayer, fasting, charity-giving and self-accountability for Muslims in Canada.	Religious and Spiritual

APRIL

Date(s)	Name	Description	Category
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 2	Palm Sunday	Many Christians in Canada remember Jesus Christ's triumphal entry into Jerusalem on Palm Sunday, which marks the beginning of Holy Week.	Religious and Spiritual
April 4	National Caregivers Day	A day to showcase Canadians' experiences in caregiving and recognize the enormous contributions caregivers make to our society	Awareness Days
April 5-13	Passover	Passover, is a major Jewish holiday that occurs in the spring on the 15th day of the Hebrew month of Nisan and celebrates the	Religious and Spiritual

		deliverance of Jewish people from slavery in Egypt. Begins in the evening of the first day and ends in the evening of the last day.	
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 7	Good Friday	The day when Christians commemorate the crucifixion of Jesus Christ, which plays an important part in the Christian faith and is recognized as a statutory holiday in all Canadian provinces and territories except Quebec.	Religious and Spiritual
April 8	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
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 9	Easter Sunday	Celebrates Jesus Christ's resurrection after his death, which is described in the Christian Bible.	Religious and Spiritual
April 10	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 14	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 15	Orthodox Holy Saturday	Holy Saturday is the day when Jesus lay in his tomb after his death, according to Christian belief. Many Orthodox Christian churches in Canada often observe Holy Saturday at a later date than the Holy Saturday date observed by many western churches.	Religious and Spiritual
April 16	Orthodox Easter	The Orthodox Christian date for Easter Sunday, also known as Pascha, is often at a later date than the Easter date observed by many western churches.	Religious and Spiritual
April 16-22	National Volunteer Week	A week to join together and applaud the immense contributions that Canadian volunteers make to our country, our communities and millions of our lives.	Awareness Days
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	Religious and Spiritual

		Islamic holy book, to the prophet Muhammad (also known as Mohammad).	
April 22	Earth Day	An annual event celebrated worldwide to demonstrate support for environmental protection	Awareness Days
April 22	Eid ul Fitr	A Muslim event that marks the end of the month-long fast of Ramadan and the start of a feast that lasts up to three days in some countries.	Religious and Spiritual
April 24-25	Yom HaZikaron (Israeli Memorial Day)	A day of celebration for Israeli Memorial Day. Begins at sundown on Tuesday, May 3, 2022 and ends at nightfall on Wednesday, May 4, 2022.	Religious and Spiritual
April 25-26	Yom HaAtzma'ut	A time that begins at sundown on the first day and ends at nightfall on the second day, where many Jewish Canadians remember Israel's Independence Day.	Religious and Spiritual
April 26	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 1-6	Safety and Health Week	A week to educate employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home, and in the community.	Awareness Days
May 1-7	Mental Health Week	A week that encourages real social connection, the kind of human connection that puts an end to loneliness and isolation.	Awareness Days
May 8-14	National Nursing Week	A week to highlight the many contributions of nursing to the well-being of Canadians	Awareness Days
May 14	Mothers Day	Many Canadians celebrate this day by showing their appreciation for mothers or mother figures.	Cultural Celebrations
May 15	International Day of Families	This day provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families.	Awareness Days
May 18-19	Yom Yerushalayim (Jerusalem Day)	An Israeli national holiday commemorating the reunification of Jerusalem and the establishment of Israeli control over the Old City. Begins at sundown on May 28 and ends at nightfall on May 29	Religious and Spiritual
May 22	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.	Cultural Celebrations
May 28	Pentecost	Pentecost is a Christian observance commemorating the descent of the Holy Spirit on Jesus Christ's disciples, according to the Bible.	Religious and Spiritual

May 30	World 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 Days
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JUNE

Date(s)	Name	Description	Category
All Month	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 Days
All Month	Recreation and Parks Month	A movement that promotes the benefits of recreation and parks for physical, social, and environmental health.	Awareness Days
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 Days
June 7	Clean Air Day	A day to recognize how important good air quality is to our health, our environment, and the economy and become aware of the dangers of air pollution.	Awareness Days
June 8-14	Rivers to Oceans Week	A week that recognizes species such as the American Eel and Chinook Salmon, which are vital to their ecosystems and culturally significant to Indigenous Peoples, and they make incredible migrations from freshwater to saltwater.	Awareness Days
June 14	World Blood Donor Day	A day where Canadian Blood Services honours its 420,000 Canadian blood donors who save lives, as well as the millions of international donors who help contribute to the 108 million blood donations collected globally each year.	Awareness Days
June 18	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 Celebrations
June 20	World 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 Days
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 Celebrations

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 Celebrations
June 28-July 2	Eid ul Adha	A significant annual Islamic observance for many Muslims in Canada that commemorates Ibrahim's willingness to sacrifice his son to God.	Religious and Spiritual

JUNE

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.	Cultural Celebrations
July 14	International Non-Binary People's Day	An occasion to shine a light on those who identify as non-binary and celebrates the rich diversity of the community.	Awareness Days
July 15	Parks Day	An annual event designed to highlight the role that parks play in maintaining healthy ecosystems and contributing to human well-being.	Awareness Days
July 19	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.	Religious and Spiritual

AUGUST

Date(s)	Name	Description	Category
August 1-2	Tu B'Av	Tu B'Av is a minor Jewish holiday and is celebrated as a holiday of love. It begins at sundown on the first day and ends at nightfall on the second day	Religious and Spiritual
August 7	Civic/Provincial Holiday	The first Monday of August is celebrated by people in many parts of Canada and is a statutory holiday in some provinces and territories.	Cultural Celebrations
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.	Cultural Celebrations
August 15	National Acadian Day	Highlights the contribution of Acadians to the Canadian cultural fabric, recognizing their historical presence on the land, and celebrating their cultural diversity.	Cultural Celebrations
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.	Cultural Celebrations

August 30	Raksha Bandhan	A Hindu festival that celebrates brother and sister relationships	Religious and Spiritual
August 31	National Overdose Awareness Day	A global event that aims to raise awareness of overdose and reduce the stigma of drug-related death.	Awareness Days

SEPTEMBER

Date(s)	Name	Description	Category
All Month	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 Days
September 4	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 Celebrations
September 7	Ukrainian Heritage Day	A day to recognize and celebrate the contributions that Ukrainian Canadians have made towards the development of Ontario.	Cultural Celebrations
September 10	World Suicide Prevention Day	An opportunity for people across the globe to raise awareness of suicide and suicide prevention.	Awareness Days
September 10	National Grandparent's Day	This day recognizes the importance of grandparents to the structure of every family and in the nurturing, upbringing and education of children.	Awareness Days
September 11	National Day of Service	A day with the mission to celebrate and promote the strength, kindness, and generosity Canadians have demonstrated in the face of hardship.	Awareness Days
September 15-17	Rosh Hashana	Many Jewish Canadians celebrate Rosh Hashana (or Rosh Hashanah), which begins at sundown on the first day and ends at nightfall on the last day, and is also known as the Jewish New Year.	Cultural Celebrations
September 17	Terry Fox Run	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 Days
September 21	World Alzheimer 's Day	A day where Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.	Awareness Days
September 21	International day of Peace	A day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.	Awareness Days
September 23	September Equinox	An occurrence when the Sun shines directly on the Equator and the length of day and night is nearly equal.	Awareness Days
September 24-25	Yom Kippur	Yom Kippur is a Jewish holiday known as the Day of Atonement. Many Canadians of Jewish faith in Canada spend the day fasting and	Cultural Celebrations

		praying and the day begins at sundown on the first day and ends at nightfall on the second day.	
September 29-October 6	Sukkot	A Jewish event also known as the Feast of Tabernacles, that lasts for about seven days and takes place in the first month of the year in the Jewish calendar. It begins at sundown on the first day and ends at nightfall on the last day.	Religious and Spiritual
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 Days
September 30	National Day for Truth and Reconciliation	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 Days

OCTOBER

Date(s)	Name	Description	Category
All Month	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 Days
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 Days
October 1-7	Mental Illness Awareness Week	A national public education campaign designed to help open the eyes of Canadians to the reality of mental illness	Awareness Days
October 9	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 10	World Mental Health day	A day with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.	Awareness Days
October 15-24	Navaratri (Durga Pooja)	A major Hindu festival held in honour of the divine feminine. For many people it is a time of religious reflection and fasting; for others it is a time for dancing and feasting.	Awareness Days
October 22-28	Canadian Down Syndrome Awareness Week	A week dedicated to celebrating the great support efforts of Canadians and to empower individuals with Down syndrome and their families	Awareness Days
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

NOVEMBER

Date(s)	Name	Description	Category
All Month	Movember	A month dedicated to raising money, making a difference in mental health & suicide prevention, prostate cancer and testicular cancer.	Awareness Days
November 1	Karva Chauth	Karwa Chauth is an annual one-day festival that honours the Hindu god Shiva and goddess Parvati.	Religious and Spiritual
November 1	All Saints' Day	All Saints' Day is a celebration of all Christian saints, particularly those who have no special feast days of their own, in many Roman Catholic, Anglican and Protestant churches.	Religious and Spiritual
November 1	World Compassionate Communities Day	A day that aims to mobilize and connect people through local compassionate actions related to dying, death, caregiving and grief.	Awareness Days
November 2	All Souls' Day	A Christian day of almsgiving and prayers for the dead and the intent is for the living to assist those in purgatory.	Religious and Spiritual
November 5-11	Veterans' Week	A week-long opportunity for Canadians to honour the extraordinary efforts and sacrifices of our veterans.	Cultural Celebrations
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 Celebrations
November 12	Diwali/Deepavali	Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains and Sikhs.	Cultural Celebrations
November 28	Giving Tuesday	Giving Tuesday harnesses the potential of social media and the generosity of people around the world to bring about real change in their communities.	Awareness Days

DECEMBER

Date(s)	Name	Description	Category
December 3-24	Advent	Advent is a season of the liturgical year observed in most Christian denominations as a time of waiting and preparation for the celebration of the Nativity of Christ.	Religious and Spiritual
December 5	International Volunteer Day	A unique chance for volunteers and organizations to celebrate their efforts, to share their values, and to promote their work among their communities.	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 and Spiritual

		religious freedom. It begins at sundown on the first day and ends at nightfall on the final day.	
December 8	Bodhi Day	One of the most significant days in Buddhist history and is generally observed quietly. Meditation or chanting practices may be extended.	Religious and Spiritual
December 10	Human Rights Day	A day celebrating the United Nations General Assembly adoption of the Universal Declaration of Human Rights (UDHR).	Awareness Days
December 21- January 1	Yule	The winter solstice is an ancient pagan holiday known for rituals and traditions that celebrate nature and setting one's intentions for the coming season.	Cultural Celebrations
December 21	December Solstice	The winter solstice in the Northern Hemisphere is when it is the darkest day of the year.	Awareness Days
December 21	Dongzhi	A Winter Solstice Festival celebrated in China. It's a traditional festival on the shortest day and longest night of the year.	Cultural Celebrations
December 24	Christmas Eve	Christmas Eve in Canada is the last day of preparations for the Christmas Day and Boxing Day holidays.	Religious and Spiritual
December 25	Christmas Day	Many Christians in Canada mark the birth of Jesus Christ on December 25, which is known as Christmas Day where many exchange gifts and enjoy festive meals.	Religious and Spiritual
December 26	Boxing Day	Boxing Day is a holiday for many Canadians and it gives people the chance to take part in the post-Christmas sales or watch ice hockey games.	Cultural Celebrations
December 26- January 1	Kwanzaa	A day where celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal.	Cultural Celebrations
December 31	New Years Eve	New Year's Eve is a day of reflection of the past year's events and a time to prepare for the New Year.	Cultural Celebrations