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DEIJA COMMEMORATIONS CALENDAR

MAY 2026

Asian American, Native Hawai'ian, and Pacific Islander Heritage Month is a celebration of the histories of Americans hailing from across the Asian continent, Native Hawaii and the Pacific islands of Melanesia, Micronesia, and Polynesia.

Haitian Heritage Month is a celebration in the U.S. of Haitian heritage and culture. May was selected due to events of historical and cultural significance that occurred that month.

Jewish American Heritage Month is a celebration of the contributions and experiences of Jewish Americans and highlights how America's Jewish communities have shaped and been shaped by the cultural, social, and economic fabric of the United States.

Mental Health Awareness Month is a dedicated time to raise awareness, fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness. The theme for 2026 is Stigma grows in silence. Healing begins in community.

Older Americans Month pays tribute to older adults in our communities. The 2026 theme is Champion Your Health, which focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

May 1
Beltane (May Day) is a festival associated with purification and fertility in the Pagan and Wiccan religions. It represents the peak of Spring and the beginning of Summer.

May 1
Buddha Day (Vesak; Vesākha Pūjā) marks the birth, enlightenment, and death of the historical Buddha, Siddharta Gautama.

May 1
Corn Planting/Flower Moon is one of 13 thanksgiving celebrations recognized by many Native American communities.

May 5
Cinco de Mayo celebrates the Mexican victory over the French at the Battle of Puebla.

May 5
Lag BaOmer is a Jewish holiday which marks the passing of Rabbi Shimon (the first to publicly teach the mystical dimension of the Torah known as the Kabbalah). It also marks a time between Passover and Shavuot when there was a ceasing of death caused by plague.

May 10
Mother's Day became a holiday in the U.S. following the efforts of Anna Jarvis in the early 1900s as a way of honoring the sacrifices mothers have made for their children. Jarvis later denounced the holiday due to the commercialism that surrounded it.

May 17
International Day Against Homophobia, Transphobia, and Biphobia is a global initiative that aims to raise awareness about discrimination, violence, and challenges faced by the LGBTQIA+ community.The theme for 2026 is At the Heart of Democracy.

May 19
Malcolm X Day honors the life and legacy of the civil rights leader and minister and spokesperson for the Nation of Islam.

May 21
World Day for Cultural Diversity for Dialogue and Development highlights the richness of world cultures and the essential role of intercultural dialogue for achieving peace and sustainable development.

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May 21 - 23
Shavuot is a Jewish feast that commemorates the spring harvest and the giving of the Torah on Mount Sinai.

May 22
Harvey Milk Day recognizes the life and legacy of gay activist, organizer, and one of America's first openly gay elected official.

May 23
Disability Reproductive Equity Day is a day dedicated to promoting the bodily autonomy and dignity of disabled people.

May 23
Declaration of the Báb is a holiday celebrated by Baha'i's commemorating when the Báb announced that he was the new messenger of God.

May 24
Pansexual and Panromantic Visibility Day brings awareness to and celebration of these identities.

May 24 - 29
The Hajj is an annual pilgrimage to the holy city of Mecca, which Muslims are called to do at least once in their lifetime if they are able to.

May 25
George Floyd Remembrance Day is a time to honor him and every person whose life has been cut short due to systems of racism and discrimination.

May 26
Memorial Day is a day of remembrance for those who have died in service of the United States of America.

May 26 - 27
Eid al-Adha (The Feast of Sacrifice) is an Islamic holy day when Muslims remember the sacrifice made by the Prophet Ibraham.

May 28
The Ascension of Baha'u'llah marks the passing of the prophet-founder of the Baha'I faith.