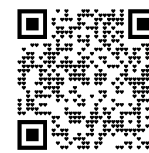




Heart Club Calendar

Plan your year, stay connected and make a difference!



[Leader Resources](#)

Connect and Learn

Leadership Development Series: September, November, January & April

Join Heart Association staff, the Youth Leadership Council and club officers for four 45-minute sessions designed to build your leadership skills, share best practices and help you make a lasting impact.

[**Register Here**](#) ▶

Key Dates

While your Heart Club can plan activities at any time, we encourage you to celebrate these key dates whenever possible. They are a great opportunity to connect your club's efforts to a nationwide movement.

Check the [**Key Dates**](#) tab in Leader Resources regularly for toolkits and resources to help your club participate.

- **Friday, September 11:** 9/11 Day of Service - 25th Anniversary
- **Friday, October 16:** World Restart a Heart Day
- **Tuesday, December 1:** Giving Tuesday
- **Friday, February 5:** National Wear Red Day
- **Wednesday, April 7:** National Walking Day
- **April 18-24:** National Volunteer Week

What is the Heart Club Calendar?

Your Heart Club should organize at least one activity within each of the four pillars throughout the year. Use the suggested activities for each semester as inspiration to help build your annual plan and align events with key dates and awareness campaigns.

This calendar is designed to help your club:

- Plan meaningful activities across all four pillars
- Engage members and strengthen connections
- Align initiatives with key dates throughout the year
- Create a positive and lasting impact in your community

Use the activities in this calendar as inspiration as you plan your year. You do not need to do everything included!



Building a Successful Year

Launch & Grow

Build your foundation for success.



1. Complete the [Get Started Checklist](#) for new and returning Heart Clubs.
2. Use the [Heart Club Recruitment & Retention](#) resource to promote your club and grow members.
3. Share your proud moments and ask for help from your peers on the [Heart Club Discord Server](#).

Make an Impact

Engage members through meaningful action.



1. Plan one activity for each Heart Club pillar. Use [Heart Club Pillars](#) for ideas or develop your own.
2. Follow all [Heart Club Activity Guidelines](#) and school policies when planning activities.
3. Share your Heart Club in action! Use the [Social Media Toolkit](#) for guidance.

Close the Year

Celebrate achievements and prepare for next year.



1. Review the [Wrapping Up The Year Checklist](#). Celebrate your Heart Club's impact, hold officer elections, complete the year-end survey and support a smooth leadership transition.
2. Looking to volunteer over the summer? Check the [Leader Resources](#) for the Summer Supplement!

Heart Club Calendar

Examples to inspire your club's activities across the four pillars.

[Share your events on our Discord!](#)

Fundraising



Giving Tuesday

Alliance Academy for Innovation Heart Club created a fundraiser where students or parent/guardians donated spare change they found in their cars.

Leadership



National Wear Red Day

Collaborate with other student organizations and turn your campus red in support of women's heart health on National Wear Red Day like Texas Tech!

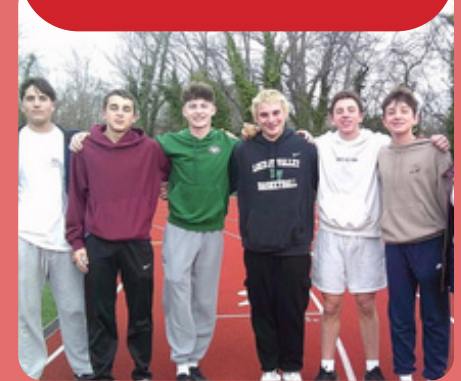
Impact



World Restart a Heart Day

Mt. Carmel Heart Club hosted a Hands-Only CPR training with their school's swim team to teach Hands-Only CPR and AED use.

Well-Being



National Walking Day

Locust Valley Heart Club hosted a walk on campus for students, teachers and administrators to participate in National Walking Day.

Fall Semester

[Click here for
Leader Resources](#)



Club Fair

FOCUS AREA

Promote Heart Club

Host a table to share more about Heart Club and recruit new members. Discuss and schedule your Heart Club's pillar activities for the year.

RESOURCES

[Club Recruitment & Retention](#)

[Heart Club Handbook](#)

World Restart a Heart Day

FOCUS AREA

Nation of Lifesavers

Put your detective skills to work in the Cardiac Emergency Response Race and help spotlight AEDs, CPR and emergency preparedness.

RESOURCES

[World Restart a Heart Day](#)

[Nation of Lifesavers](#)

Connect and Learn

Leadership Development Series

Join us in **September** for the **2026-2027 Heart Club Kickoff!**

Meet the Youth Leadership Council, connect with fellow club leaders and learn strategies to grow your club and maximize your impact.

Leadership Tip

Can't join the Heart Club Kickoff Live? Host a watch party with your Heart Club and enjoy the recording together as you plan your year!

Key Dates

September: [Self-Care Awareness Month](#)

9/11: [9/11 Day of Service - 25th Anniversary](#)

9/15: [National Voter Registration Day](#)

10/10: [World Mental Health Day](#)

10/16: [World Restart a Heart Day](#)

10/29: [World Stroke Day](#)

Don't Forget!

All new and returning Heart Club Members must submit the Consent Form: heart.org/consentform

Fall Semester

[Click here for
Leader Resources](#)



Scientific Sessions

FOCUS AREA

Cardiovascular Science

Invite members to explore the latest cardiovascular science in the resources provided and to share a breakthrough or career path that inspired them.

RESOURCES

[Scientific Research](#)

[Conference Coverage](#)



Giving Tuesday

FOCUS AREA

Fundraising

Learn how donations fuel the Association's mission. Fundraise on Giving Tuesday, Dec 1, or use the day as a deadline to schedule a future fundraiser.

RESOURCES

[Fundraising Checklist](#)

[Heart Club Pillars](#)

Connect and Learn

Leadership Development Series

Join us in **November** for a special **Scientific Sessions Edition!**

Learn about the latest breakthroughs in cardiovascular science and hear from researchers on their career journeys.

Leadership Tip

Stay connected with Heart Association events in your area! Find [Local Events Here](#). For help, email heartclub@heart.org

Key Dates

November: [National Career Development Month](#)

11/8: [National STEM Day](#)

December: [Holiday Season](#)

12/1: [Giving Tuesday](#)

Don't Forget!

Use the [Heart Club Activity Guidelines](#) as you plan your Fundraiser(s) and other Pillar Activities.

Spring Semester

[Click here for
Leader Resources](#)



Building Healthier Habits

FOCUS AREA

Life's Essential 8

Pick a healthy living theme each week in January and challenge members to build heart-healthy habits. Volunteer at a local health fair to share resources.

RESOURCES

[Health Fair Resources](#)

[Health Lessons](#)



National Wear Red Day

FOCUS AREA

Go Red for Women

In celebration of National Wear Red Day, help turn your school campus red to raise awareness for the #1 killer of women. Rock your red on social [#WearRedDay](#)

RESOURCES

[Heart Disease in Women](#)

[National Wear Red Day
Toolkit](#)

Connect and Learn

Leadership Development Series

Join us in **January** as we prepare for **American Heart Month!**

Hear from survivors, explore ideas for engaging your campus and get ready to make February one to remember.

Leadership Tip

Connect with school administrators and other student organizations to unite your campus in support of National Wear Red Day and amplify your impact.

Key Dates

1/1: [New Year's Resolutions & Building Better Habits](#)

1/18: [MLK Jr. Day & Black History Month](#)

February: [American Heart Month](#)

2/5: [National Wear Red Day](#)

2/7-2/14: [Congenital Heart Disease Awareness Week](#)

Don't Forget!

Stay connected by [following and tagging us](#). We'd love to celebrate your Heart Club's impact!

Spring Semester

[Click here for
Leader Resources](#)



National Walking Day

FOCUS AREA

Physical Activity

Celebrate National Walking Day by organizing opportunities for students to get active and walk with friends. Share your impact using [#WalkingDay](#).

RESOURCES

[National Walking Day Toolkit](#)

[Physical Activity Resources](#)



National Volunteer Week

FOCUS AREA

Service Leadership

Celebrate Volunteer Week by recognizing your members and sharing gratitude with healthcare workers, teachers and other community heroes.

RESOURCES

[Gratitude Event](#)

[End of Year Checklist](#)

Connect and Learn

Leadership Development Series

Join us in **April** to celebrate **National Volunteer Week!**

We'll recognize the incredible impact Heart Clubs are making and honor outstanding clubs and student volunteers with special awards.

Leadership Tip

Host officer elections and complete the Heart Club End-of-Year Survey to receive member certificates and graduation cords for seniors.

Key Dates

March: [National Nutrition Month](#)

March: [National Sleep Month](#)

April: [Stress Awareness Month](#)

4/7: [National Walking Day](#)

4/18-24: [National Volunteer Week](#)

Don't Forget!

Invite your members to join the final session of the [Leadership Development Series!](#)