

# January 2026

## PRAIRIE FAMILY CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat	2026 Goals
				1	2	3 Start a NEW list of goals for the month	..... ..... ..... ..... .....
4	5	6	7 Go on a walk	8	9 Come volunteer with us!	10	..... ..... ..... ..... .....
11	12 <b>Food Bank of the Rockies 9am</b>	13	14	15	16 Family game night	17	..... ..... ..... ..... .....
18	19	20 Check out our Thrift Store	21	22 <b>Senior Commodities</b>	23	24 Socialize with friends/family	..... ..... ..... ..... .....
25 Craft Day	26	27 Check out our newsletter	28	29	30	31	..... ..... ..... ..... .....

Celebrate your progress, not perfection.