

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 Food Bank of the Rockies 9am	13	14	15	16 Family game night	17
18	19	20 Check out our Thrift Store	21	22 Senior Commodities	23	24 Socialize with friends/family
25 Craft Day	26	27 Check out our newsletter	28	29	30	31

Celebrate your progress, not perfection.