



Prairie Family Center.

# JANUARY

# 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					01 Start new goals for the month!	01 Start new goals
02 Go on a walk	03 Check out our website!	04 Play a card game	05 Craft night	06 Volunteer at our nonprofit!	07 Coffee with friends	08 Lets try a new recipe
09 FOOD BANK OF THE ROCKIES @BCC 9 AM	10 Try a new work out	11 Help a neighbor	12 Family game night	13 Call a friend	14 Make pancakes	15 Yoga
16 Clean up trash	17 Pizza party	18 Breakfast with kids	19 Movie night	20 Feed the birds	21 Go to the lake	22 Date night
23 Board Game Night	24 Try a new recipe	25 Paint a picture	26 SENIOR COMMODITIES @PFC	27 Read a good book	28 Breakfast for dinner	29 Go to the movies
30 SET NEW GOALS!	31					

# EVENTS

Call us at 719-346-5398 for any questions about our monthly events!

Check us out  
@[www.prairiefamilycenter.com](http://www.prairiefamilycenter.com)  
Find us @ 1040 Rose avenue,  
Burlington CO 80807

## DONATE

Donate to our nonprofit by scanning the code!

