



Prairie Family Center.

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	01 Start new monthly goals	02 Breakfast with kids	03 Walk your dog	04 Try a new workout	05 Bake cookies	06 Go to the movies
07 Help a neighbor	08 Read a good book	09 Play a card game	10 Go for a swim	11 Compliment a stranger	12 Coffee with friends	13 Craft night
14 FOOD BANK OF THE ROCKIES @BCC 9am	15 Check out our website!	16 Come volunteer at our nonprofit!	17 Family game night	18 Breakfast for dinner	19 Volunteer at our non profit!	20 Yoga
21 Clean up trash	22 Movie night	23 SENIOR COMMODITIES @PFC	24 Thanksgiving	25 Call a friend	26 Go to the lake	27 Date night
28 Start a journal	29 Giving Tuesday!	30 Take a walk in the park				

Connect with us

Follow us on FB to see what events and classes we have going on @Prairie Family Center

Reach us @

www.prairiefamilycenter.com

Call us @ 719-346-5398

1040 Rose Avenue, Burlington CO 80807

Donate to our Non-profit by scanning our code with your phone!

