



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 Satellite Site @Methodist Church 9am-3pm	02 Compliment 3 people today	03 Go camping
04 Go to your local pumpkin patch	05 Try a NEW workout	06 Nurturing Parenting @PFC 12-2pm @5:30-8pm @Stratton Methodist Church	07 Get offline	08 Satellite Site @Stratton Methodist Church @ 9am-3pm	09 Watch a movie	10 Go dancing
11 Have a family bonfire	12 Mobile Pantry @Burlington Community Center 9am	13 Nurturing Parenting @PFC 12-2pm @5:30-8pm @Stratton Methodist Church	14 Smile	15 Satellite Site @Stratton Methodist Church 9am-3pm	16 Try no phones at dinner table	17 Bake a pie
18 Make a family tree	19 Surround yourself with positive people	20 Nurturing Parenting @PFC 12-2pm @5:30-8pm @Stratton Methodist Church	21 Be kind to strangers	22 Senior Commodities @10am @PFC Satellite Site @Stratton Methodist Church 9am-3pm	23 Take a walk	24 Put on an outfit you like
25 Walk to the library	26 Try a new dinner recipe	27 Nurturing Parenting @PFC 12-2pm @5:30-8pm @Stratton Methodist Church	28 Host a Halloween movie night	29 Satellite Site @Stratton Methodist Church 9am-3pm	30 Respite Care for Foster/Adopt Families @Methodist Church @4PM	31 TRUNK OR TREAT CALL US @719-346- 5398 FOR MORE DETAILS

**PROVIDING OUR COMMUNITY WITH EDUCATION AND RESOURCES NEEDED TO BUILD AND SUPPORT HEALTHY AND FUNCTIONAL FAMILIES**

CALL US @ 719-346-5398 FOR ANY QUESTIONS REGARDING OUR PROGRAMS OR VISIT US @1040 ROSE AVENUE, BURLINGTON CO 80807. CHECK OUT OUR WEBSITE @WWW.PRAIRIEFAMILYCENTER.COM Give us a LIKE on FACEBOOK to follow us for more updates!