

Friendship International



JANUARY 16, 2026

IS JANUARY THE BEST TIME FOR NEW GOALS?

January gets a lot of attention as the time to start fresh. People talk a lot about New Year's resolutions and you have probably been asked, "What's your New Year's resolution?" For some people, that question feels stressful, not helpful.

January is the middle of winter when the days are short and cold. It is a season that naturally makes us want to slow down, stay inside, read, rest, and save energy.

If you don't feel ready to "start fresh" in January, that's okay. It doesn't mean you are lazy or unmotivated. It may just mean you are listening to your body.

For many people, spring feels like a more natural beginning, when the world starts to come alive again. For others, the start of a new school year feels like the right time to create new habits and routines.

I experienced this myself last year. In January, my only goal was to go outside for a walk most days. The walk could be short. Consistency and getting out of the house mattered more than distance.

By March, I felt ready for a bigger goal. I challenged myself to walk 10,000 steps a day that month. It was hard, and I didn't do it perfectly, but it motivated me to keep moving. So even with a slow start and busy seasons of life, I ended 2025 with an average of more than 9,000 steps a day. I don't think that challenge would have worked for me in January and I may have fizzled out early. I wasn't ready yet!

The takeaway is simple. Be gentle with yourself. It's okay to start January slowly and quietly. When inspiration comes, no matter what month it is, take it. The best time to begin a new habit is when it feels right for you.

Recently a friend asked me: So what's your walking goal for 2026? I answered in a way that feels right for January, "Just keep going."



UPCOMING DATES

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| January 16 | First Friendship Meeting of the Spring Semester |
| January 19 | <i>Martin Luther King Jr Day (No school for Fayette County)</i> |
| January 23 | Favorite Phone Apps |
| January 30 | Dancing & Cupid Shuffle |

BRING ON THE SNOW!

Are you ready for more snow this winter? If you would like to get out and go sledding the next time it snows, let's talk about what you need to know!

If you don't have a sled yet, try to get one before the next snowstorm. Many stores sell out quickly during snowy weather, making it tricky to find one last minute.

Next, make sure your snow gear is ready! You and your family likely already have good coats, hats, and boots. Waterproof snow pants and gloves are worth the investment—they make a big difference when playing in the snow. Check sales or consignment stores for great deals, and don't forget to grab a pair for yourself so you can enjoy the snow too!

If you can't find snow gear, layer up! The top layer may get wet and cold, but multiple layers underneath can help you stay dry longer. Be sure to head inside and warm up before anyone gets too uncomfortable. If you don't have a place to sled outside your home, [click here for a list of the "Best Sledding Hills in Lexington,"](#) created by [LexFun4Kids!](#)



A WINTER ADVENTURE: OWL PROWL



Want to go out on a winter adventure? Several local places host something called an "Owl Prowl." This involves park staff leading you on a dark evening hike in search of those elusive nighttime creatures!

Check out the links below for more information about upcoming "Owl Prowls" at Ravens Run and Kelley's Landing. One is free and one has a fee. Both have required registration.

[OWL PROWL AT KELLEY'S LANDING JAN 17](#)

[OWL PROWL AT RAVEN'S RUN JAN 24](#)



[SNOWY OWL CRAFT \(GOOD FOR KIDS\)](#)



[MOROCCAN SPICED TURKEY SOUP](#)