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GONE BY FEBRUARY? Top 10 Resolutions Broken Instantly

Most habits die by 'Quitter's Day' (2nd Friday of Jan).

- 1. Gym Every Day [80% Fail]:** Over-ambitious scheduling.
- 2. Strict "No Sugar" [75%]:** The 'all-or-nothing' trap.
- 3. Quitting Coffee [70%]:** Monday morning reality hits.
- 4. 5:00 AM Wake Up [68%]:** Cold, dark mornings.
- 5. 1 Book Per Week [62%]:** Time commitment underestimated.
- 6. Saving 50% Income [55%]:** Unexpected January bills.
- 7. New Language [52%]:** Steep learning curve fatigue.
- 8. Total Digital Detox [48%]:** Work requires smartphones.
- 9. Daily Morning Journal [45%]:** Lost in the morning rush.
- 10. Inbox Zero [40%]:** Post-holiday email avalanche.

Source: Behavioral Trend Analysis



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JANUARY 2026

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FREE

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What To Do in Bancroft & Area This Month

January in Bancroft is full of ways to get active and connect with the community. Enjoy free public skating at the North Hastings Community Centre on January 3rd and 4th, thanks to local sponsorships. Stop by the Royal Canadian Legion on January 4th for Progressive Euchre, a fun afternoon of cards and friendly competition.

Art enthusiasts can visit the Art Gallery of Bancroft for Alex Jack's "Landscape Engaged" exhibit running throughout the month, with an opening reception on January 2nd. The Bancroft Village Playhouse also kicks off its winter programming with January's screening of Kiss of the Spider Woman, starring Jennifer Lopez, Tonatiuh Elizarraraz, and Diego Luna.

To wrap up your week, join Friends for Dinner (every Sunday) at Cenotaph Park for a community potluck under the red tents—open to everyone, with shared food, stories, and warmth.

North Hastings Community Centre	Bancroft Royal Canadian Legion	Art Gallery Of Bancroft	Bancroft Village Playhouse	Friends for Dinner

HOROSCOPE FOR THIS MONTH

- CAPRICORN** (Dec 22 – Jan 19)
This is your season, and it's all about direction. You're setting practical goals, but remember to celebrate how far you've come. A small win early in the month brings big motivation.
Lucky Numbers: 4, 12, 19, 28, 33, 45
- AQUARIUS** (Jan 20 – Feb 18)
Your creativity kicks into high gear as new ideas flow easily. Friends and collaboration play a key role this month — lean on your community for inspiration.
Lucky Numbers: 7, 13, 21, 32, 38, 47
- PISCES** (Feb 19 – Mar 20)
A month for reflection and renewal. You're drawn to quiet moments, art, and self-care. Let clarity arrive naturally instead of forcing answers.
Lucky Numbers: 3, 9, 17, 25, 33, 42
- ARIES** (Mar 21 – Apr 19)
New year, new drive. Your leadership shines, but patience will serve you better than speed. Focus on one goal at a time for the best results.
Lucky Numbers: 1, 8, 16, 27, 35, 44
- TAURUS** (Apr 20 – May 20)
January brings a need for balance — comfort on one side, adventure on the other. A small change in routine sparks unexpected joy.
Lucky Numbers: 5, 14, 22, 30, 37, 46
- GEMINI** (May 21 – Jun 20)
Your curiosity is strong this month. Try something new and challenge yourself. A mid-month conversation could open unexpected doors.
Lucky Numbers: 2, 11, 18, 29, 34, 48
- CANCER** (Jun 21 – Jul 22)
January invites you to rest and recharge. Focus on home, connection, and emotional grounding. You'll feel renewed by the month's end.
Lucky Numbers: 6, 15, 23, 31, 40, 49
- LEO** (Jul 23 – Aug 22)
The spotlight is on you in a positive way. Your confidence and warmth inspire others, leading to new opportunities.
Lucky Numbers: 3, 12, 20, 28, 39, 41
- VIRGO** (Aug 23 – Sep 22)
You start 2026 with focus and determination. Organization is your superpower, but don't hold yourself to perfection — steady progress wins.
Lucky Numbers: 9, 17, 26, 33, 42, 47
- LIBRA** (Sep 23 – Oct 22)
Harmony returns as the new year brings clarity. Open communication strengthens relationships and brings peaceful balance back into your life.
Lucky Numbers: 4, 10, 19, 27, 38, 43
- SCORPIO** (Oct 23 – Nov 21)
Transformation continues into the new year. You're releasing what no longer fits and stepping into deeper confidence and power.
Lucky Numbers: 8, 16, 24, 31, 37, 49
- SAGITTARIUS** (Nov 22 – Dec 21)
January reignites your adventurous spirit. Travel, learning, or new projects fire up your imagination. Stay optimistic — momentum is on your side.
Lucky Numbers: 5, 13, 22, 30, 44, 48

JOKES

Q: Why did the snowman quit dating apps?
A: Too many people said they wanted something "long-term," and he knew how that ends.

Q: Why did the snowplow driver wave dramatically at 6 a.m.?
A: He knows he's the villain AND the hero.

Q: Why did the frozen lake get a therapist?
A: Everyone kept walking on it, and it had deep trust issues.

Q: What do you call a cow that is slipping on ice?
A: A milkshake.

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TRIVIA

Q: What Canadian animal can smell food buried under one metre of snow?
A: The red fox.

Q: What winter bird in Northern Ontario can slow its heart rate dramatically to survive extreme cold nights?
A: The chickadee.

Q: What frozen treat was originally invented by pairing fresh maple sap with clean snow?
A: Maple taffy (or maple sugar-on-snow).

Q: What winter constellation is easiest to spot in January skies above Northern Ontario?
A: Orion.



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