

GREATER DFW

# Things to Do

JANUARY  
2026

## Get Your Yearly Budget in Order

Plan ahead this year and take a few minutes to get your yearly budget done. If you've never created one, there are many resources online to help.

[nerdwallet.com/article/finance/how-to-budget](https://nerdwallet.com/article/finance/how-to-budget)

## Game of Thrones: The Exhibition

October 4, 2025 – April 5, 2026

The Exhibition will showcase an immersive collection of original costumes worn by the iconic characters, props from the show, and a behind-the-scenes look at the development of the groundbreaking series.

[arlingtonmuseum.org/gameofthrones](https://arlingtonmuseum.org/gameofthrones)

## Start a New Workout Routine

If it's been a while since you were regularly active, now is the time to create some healthy habits. If you've been working out regularly, maybe it's time to freshen up your routine. New Year, New You!

[mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269](https://mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269)

## 2026 MLK Celebration Week

In January 2026, Dallas will host its 44th annual MLK celebration, themed "Remaining Awake Through a Great Transformation." Events include the MLK Gala, essay scholarships, and the annual parade.

[dallasmlkcenter.com](https://dallasmlkcenter.com)

## Cozy Up with a Good Book

Cold weather pairs perfectly with a good book. Choose something fresh you've been wanting to read or even reread an old favorite. You can't go wrong when it's chilly outside.

## Go Ice Skating

Stay in the winter spirit, do something most Texans don't regularly do, and go ice skating. Get the family out for a day of fun.

[dallas.culturemap.com/news/entertainment/ice-skating-rinks-holidays-dfw](https://dallas.culturemap.com/news/entertainment/ice-skating-rinks-holidays-dfw)

## Support The Stars

Go out and support the Dallas Stars!

[nhl.com/stars](https://nhl.com/stars)



## Fort Worth Stock Show & Rodeo

Jan 16 - Feb 7, 2026

Experience the lively Fort Worth Stock Show & Rodeo, a vibrant celebration of Western heritage held at the new Dickies Arena. Enjoy thrilling rodeo events, livestock showcases, interactive kids' activities, a vast shopping area, the "Moo-seum Experience," the downtown All Western Parade, live music, a bustling carnival, delicious food, and more in this festive extravaganza.

[fwssr.com](https://fwssr.com)

## Prep for the Cold

Check your winter weather preparedness by examining your house just in case we have a wild winter as we have in recent years. If the power goes out, you will be ready.

[saoempprep.com/Portals/0/Files/WinterStorm/Winter-Weather-Preparedness-Guide-en.pdf](https://saoempprep.com/Portals/0/Files/WinterStorm/Winter-Weather-Preparedness-Guide-en.pdf)

## Learn to Make Mocktails

If you are taking part in dry January, try out one of these interesting mocktail recipes.

[bonappetit.com/gallery/best-mocktail-recipes](https://bonappetit.com/gallery/best-mocktail-recipes)

## Give Back

Start your year off on a positive note and volunteer at a local charity. Volunteering tends to die down after the holidays. Let's make 2026 the best year yet. Give back to your community each month, not just at the beginning of the year.

[volunteermatch.org](https://volunteermatch.org)

## NCAA National Championship Game

On January 19th the NCAA National Championship football game will be played. If you are a sports fan, you won't want to miss this.

[collegefootballplayoff.com](https://collegefootballplayoff.com)

## Meal Prep

Eat better this year by taking control over what you eat on the go. Make time to learn new healthy recipes and ways of creating meals to-go.

[goodhousekeeping.com/food-recipes/a28377603/how-to-meal-prep/](https://goodhousekeeping.com/food-recipes/a28377603/how-to-meal-prep/)



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## Support The Mavericks

Go out and support the Dallas Mavericks! The team has 10 home games in January to choose from.

[nba.com/mavs/](https://nba.com/mavs/)



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