



# Free (or Fairly Cheap)

#  *Family Activities & Wellness Resources Newsletter*

#### From

#### Missoula Early Head Start

**2121 39th Street ● Missoula, MT 59803 ● 406-251-9410, ext. 302**

 **December 2013**

**READERS’ GUIDE: *The following activities are arranged to include:***

* ***= Family fun events***
* ***= Adult education opportunities***
* ***= Health and Safety Resources***
* ***= Garage Sales, Bazaars, Fundraisers, etc.***

**FOR INFORMATION ON MISSOULA EARLY HEAD START (MEHS) OR TO SHARE COMMUNITY EVENTS FOR THIS NEWSLETTER, CONTACT: *Jacole Johnson, Family & Community Partnership Coordinator*** *(****251-9410, ext. 302) or*** ***jacolej@ravalliheadstart.org******.***

*MEHS reserves the right to publish items deemed relevant to the audience we serve and as space allows.* ***NOTE: This newsletter is printed before the first week of every new month or soon after, as time permits.***

**PURPOSE: *The purpose of the listings is to provide families, particularly with low-incomes, with an affordable opportunity to become acquainted with the wide range of activities and programs offered throughout the Missoula community for parent-child interactions, family self-sufficiency, recreation, and wellness for adults & children.***

**REQUEST: *Missoula Early Head Start (MEHS) provides this information throughout the community as outreach, recruitment and promotion of our services. Please respect this and post the newsletter at your agency in its entirety with credit to Early Head Start. EHS is a FREE federal program serving prenatal mothers and children from 0-3 years in Home-Based and Center-Based programs. EHS is an equal opportunity provider and employer. It is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.***

**December 1st- 8th**

* **Sunday 12/1 @ 7:30pm: Handel’s Messiah Concert.** University of Montana- Dennison Theatre.Come join us for a live performance of Handel's Messiah (Christmas portion) conducted by Dr. David Edmonds and accompanied by full orchestra and four soloists. Joining the choir this year will be the University Choir and the UM Chamber Chorale, along with a volunteer chorus. The concert is **free**, but donations will be gladly accepted at the door, with proceeds benefiting the 10th International Choral Festival and the UM School of Music Scholarship fund.
* **Monday 12/2 @ 10:30am: Storytime with Mrs. Claus:** Walkingstick Toys (829 S. Higgins.)During the month of December, we are fortunate enough to have the most special visitor every Monday morning at 10:30 to read to us in our little festive shop. Beginning on December 2nd, Mrs. Claus will read holiday stories to/with your kiddos. We hope you'll join us for our magical story hour.
* **Tuesday 12/3 from 6-8pm: Single Parent Strategies:** Presented at Hawthorne School with Parent Educator Ann Douglas. **FREE.** Parenting is a challenging job: even more so without a partner. Managing work, school, kids and everything else on your own can be frustrating and lonely, but not impossible. Learn how to prioritize, organize, and balance the many demands made on you each day as you meet other parents facing the same challenges and obstacles. 2 hrs. Childcare is free. Register at <http://www.eventbrite.com/e/single-parent-strategies-tickets-8534714561?aff=es2&rank=1&sid=fa8c25cc52f711e3914112313913b211>
* **Tuesdays 12/3 @ 5pm: Buttons & Buttonholes:** Missoula Public Library. Join Lynn Weger from Timeless Quilts and learn how to do perfect buttons and button holes. Lynn will bring in two computer controlled Bernina sewing machines to use as well as the library's own sewing machine. If time permits she will also discuss sewing machine maintenance tips. This class is **free** and open to the public.
* **Tuesday 12/3 @ 7pm: UM School of Music presents UM Guitar Ensemble**. Music Recital Hall. **Free** and open to the public.
* **Thursdays 12/5 @ 6pm: Hemming and Other Tricks:** Missoula Public Library. Join Lynn Weger from Timeless Quilts and learn how to hem. Lynn will bring in two computer controlled Bernina sewing machines to use as well as the library's own sewing machine. If time permits she will also discuss sewing machine maintenance tips. This class is **free** and open to the public.
* **Friday 12/6 @ 6pm: The New Hong Kong Chef & Seedlings of Change Present the Annual Fundraiser: Chinese Christmas High Tea!** 2009 Brooks in the Fairway Shopping Center. Enjoy a variety of Appetizers by Chef Wang Hao along with Jasmine Tea and Traditional Chinese Sticky Buns! Raffle Tickets: $1. each or six tickets for $5. Purchase in advance from a SoC representative or at the restaurant also available during the event. The Raffle Drawings take place at 7:30 PM. Raffle items are gift baskets! Each basket is filled to the rim to over flowing and perfect for the upcoming gift giving Holiday Season!
* **Friday 12/6: First Friday!** See additional details in First Friday, SpectrUM & Children’s Museum Missoula info in the “Exciting Ongoing Events” section of this newsletter.

# Saturday 12/7 from 10am- 12:30pm: You and Your Kids Cooking! Eggs Benedict and Tamale Pie: Offered through Dickenson Lifelong Learning Center. Class located at Sentinel High school. Would you like your child to learn how to cook but are not sure where to begin? Then come join the fun in this 100% hands-on cooking class that will get you and your child cooking together. In addition to basic cooking skills, you will learn simple strategies that will make cooking together at home fun and rewarding, regardless of your level of cooking skills. Working together as a team, you and your child will learn all about cracking, separating and poaching eggs, how to make Hollandaise sauce, knife skills, and a whole lot more. Enjoy eggs Benedict for breakfast, and then go home with homemade tamale pie to share with the whole family, along with other recipes you can make at home to continue the learning-to-cook adventure! One child (8 years and older) per parent. $8 early bird fee. Fee waivers available for low income families.

|  |
| --- |
|  |
| * **Saturday 12/7 @ 9am: St. Patrick Hospital Health Insurance Enrollment Fair**. Broadway Building Conference

Center. Fair includes rotating education sessions (Insurance 101 and an overview of the Affordable Care Act). Talk with representatives from participating insurance companies and Certified Application Counselors.* **Saturday 12/7 from 9am- 3pm: Hellgate Elementary PTA Craft Fair**
* **Saturday 12/7 from 9am-6pm & Tuesday 12/10 from 6-8pm: HomeWord’s First Time Home Buyer Education**

**Course:** Our first-time homebuyer education course teaches you how to: Select a lender, Determine affordability, Use credit wisely, Distinguish between different types of loans, Understand home inspections and insurance, Identify special financing programs, Work with a real estate professional, and Evaluate the advantages and disadvantages of homeownership. When you successfully complete the entire course, we provide you with a HUD certificate required for many down payment assistance and other lending programs for first-time homebuyers. The cost for the classes is $20 per person or $35 per household. **Payment is due at time of registration.** You may make payment either online or by dropping off or mailing payment to 1535 Liberty Lane, Ste 116A, Missoula, MT 59808. Childcare vouchers are available at **The Creative Playhouse,** 3825 S 7th W, Missoula, MT 59804, upon payment of the registration fee. Please contact The Creative Playhouse (406) 721-9193 at least one week prior to requiring their services for a reservation for your child. If you must cancel your childcare reservation, please give The Creative Playhouse at least 24 hours notice. * **Saturday 12/7 at 9am, 11:30am & 2pm: The Teddy Bear Tea Party- A Fundraiser for Mountain Home Montana**.

 Each tea party is one hour long. Holiday Inn Downtown. Entertainment, crafts & snacks! Suggested ages 2-10  years old with adult. Ticket Price $10 per person and please find tickets online through our website,  [www.mountainhomemt.org](http://www.mountainhomemt.org)* **Saturday 12/7 @ 10am: Christmas Victorian Tea.** Old Flynn Ranch (2298 Tipperary Way.) A Victorian Tea

with savories, sandwiches and sweets - $10.00. Sale of handmade items. Reservations recommended: 360-4870 |
| * **Saturday 12/7 from noon- 5pm: Festival of Lights Christmas Card Making Station**. Zootown Arts Community

Center (235 N. 1st St West.) Create delightful holiday cards using our supplies furnished by our community art supply room. This event is **free**, donations are greatly appreciated! You could even get a head-start on yourthank you cards to relatives. Come on down!* **Saturday 12/7 from noon- 2pm: Holiday Drop-In Workshop and Activity Time**. Missoula Art Museum

(335 N. Pattee.) In conjunction with Missoula Parade of Lights. Thanks to our partnership with Community Medical Center our Saturday Family Art Workshops are **FREE**!* **Saturday 12/7 @ 3pm: Festival of Lights Christmas Pottery Painting**. Meet the ZACC downtown at the Corkscrew,

located at 105 S 3rd St W, for a Santa plate painting workshop. We provide pre-made pottery, glaze, and brushes. Show up and personalize a plate for Santa's cookies this season!* **Saturday 12/7 from 3-5pm: Parade of Lights Felt Animal**. Selvedge Studio (509 S Higgins Ave) with Indigo.

$3 (includes template and supplies!) Meant for all ages and skill levels, stop in to warm up before the parade and make a cute and quick felt creature to celebrate the Holiday Season |
| * **Saturday 12/7 @ 6pm: 11th Annual Parade of Lights**. Santa is coming to downtown Missoula for the 11th Annual

Parade of Lights, brought to you by Liquid Planet and Datsopoulos, MacDonald, and Lind. Missoula Downtown has a full day of family activities including photos with Santa, holiday crafts, carriage rides, and more. The daykicks off with the Jingle Bell Run at 9:30 am and Santa arrives at the Florence Building at 1 pm. Don't miss the Parade of Lights starting at 6 pm on Higgins, followed by a bonfire and the lighting of the tree. |
|  |
| * **Sunday 12/8 from 9am- 4pm: Holiday Market.** Westside Lanes (1615 Wyoming St.) Montana Crafters of all

kind. Door Prizes, Holiday Fun For Everyone |

* **Sunday 12/8 from 11am- 6pm: 7th Annual Holiday Made Fair.** UM Adams Center. A full day of creative indulgence and holiday shopping featuring over 150 local and regional artists making unique handmade creations. Buy locally this holiday season and bring home a one-of-a-kind present that will be treasured for years to come. The Zootown Arts Community Center (ZACC) will be providing a while-you-wait donation-based gift wrapping service. Help support an amazing local organization dedicated to the creative arts in Missoula. The Lotus Project will once again be hosting the Momma Feeding zone to keep you and your kiddos happy and well feed. Receive additional discounts, savings, or free gifts with purchase from a variety of participating vendors of the EARLY BIRD door buster (11am-noon) and the LAST BEST sale (5pm-6pm). We are introducing a few additions to the event this year including a student art show, merchandise booth, and a non-profit information and activity area. We are thrilled to be expanding the event to make everyone's shopping experience a little easier. This FREE event is family friendly.Check the website <http://www.missoulamadefair.com> for more up-to-date details and a list of participating artists.

**December 9th- 15th**

* **Monday 12/9 @ 10:30am: Storytime with Mrs. Claus:** Walkingstick Toys (829 S. Higgins.)During the month of December, we are fortunate enough to have the most special visitor every Monday morning at 10:30 to read to us in our little festive shop. Mrs. Claus will read holiday stories to/with your kiddos. We hope you'll join us for our magical story hour.
* **Tuesdays 12/10 @ 6pm: Buttons & Buttonholes:** Missoula Public Library. Join Lynn Weger from Timeless Quilts and learn how to do perfect buttons and button holes. Lynn will bring in two computer controlled Bernina sewing machines to use as well as the library's own sewing machine. If time permits she will also discuss sewing machine maintenance tips. This class is **free** and open to the public.
* **Tuesday 12/10 from 6-8pm: Helping Your Child Deal with Bullying:** Presented at Chief Charlo School with Parent Educator Nicole Gratch. **FREE.** Gain strategies for helping your child deal with the ups and downs of recess play. Learn how to help your child interact with other parents and children and communicate with school personnel if necessary. Bullying is intimidation and a power imbalance. It is important for parents to know how to advocate for their child in a bullying situation. 2 hrs. Childcare is free. Register at <http://www.eventbrite.com/e/helping-your-child-deal-with-bullying-tickets8981853967?aff=es2&rank=3&sid=fa8c25cc52f711e3914112313913b211>
* **Wednesday 12/11 @ 7:30pm: Student Recital Series presents Liliana Martinez Garzon, cello, Graduate Recital**. Music Recital Hall. **Free** and open to the public.
* **Thursdays 12/12 @ 6pm: Hemming and Other Tricks:** Missoula Public Library. Join Lynn Weger from Timeless Quilts and learn how to hem. Lynn will bring in two computer controlled Bernina sewing machines to use as well as the library's own sewing machine. If time permits she will also discuss sewing machine maintenance tips. This class is **free** and open to the public.
* **Thursday 12/12 @ 6:30pm: The Alliance Francaise de Missoula’s Christmas Party**. Missoula Winery and Event Center 5646 W Harrier. You are welcome to join us and enjoy a bit of the French Christmas experience. We will have a pot luck style dessert and a Christmas Raffle with a lot of cool prizes. Please bring your favorite Christmas dessert and join in the fun. The admission is **free**. Kids are welcome.
* **Friday 12/13 @ 5:30: Date Night Rec Care by Youth Camps:** University of Montana. Drop off your children at Campus Recreation to play games and activities with the Campus Rec Youth Camps Staff while you have an evening to yourselves! Space is limited, so please register your child at the front desk of the Rec Center by 7pm on the Thursday prior to the scheduled night. Date nights are the 2nd Friday of each month. Ages 4 to 12. Call 243-5295 for more information. Open to the public!
* **Friday 12/13 @ 6:30pm: No Room At The Inn- A Festival of Creches.** Blessed Trinity Catholic Community (1465 eaton St.) Gala Opening for No Room at the Inn: A Festival of Creches. Food, entertainment, raffles, first viewing of the display. Fundraiser for Family Promise of Missoula and Habitat for Humanity of Missoula.
* **Friday 12/13 @ 7pm: Tuba Christmas.** Southgate Mall. Tubas of all shapes, sizes, ages and abilities celebrate 40 years of this great event. You won't believe your eyes and ears!
* **Saturday 12/14 from 9am- 4pm: Chief Charlo PTA Craft Fair**. Come out to South Hills to support our neighborhood elementary school! With food, crafts for kids, and lots of vendors with that perfect holiday gift you've been searching for. This event is free. So come on out!
* **Saturday 12/14 from 10am- 5pm: The Lowell School Hip Holiday Market.** Not your ordinary holiday craft sale! We have live music and your favorite vendors from all over Montana! It's all to support the Lowell School PTA at Missoula's oldest public school building, 1200 Sherwood Street, on the Westside!
* **Saturday 12/14 from 10am – 2pm: Car Safety Seat Check-Up Event.** Missoula Rural Fire Station #1 (2521 South Ave West.) Appointments are required for this event. Please contact Heidi at 549-6172 to schedule a **free** appointment.
* **Saturday 12/14 from 11am- 12:30pm: Saturday Family Art Workshop- Printed Holiday Cards with Melissa Madsen:** Missoula Art Museum (335 N. Pattee.)Explore different printmaking techniques as you create an edition of Holiday Cards to use this season. To secure a spot in these workshops please pre-register at least 2 days in advance. Thanks to our partnership with Community Medical Center our SFAW are **FREE**!
* **Saturday 12/14 @ 11am: Pottery Sale- Hot Cocoa Mugs.** Zootown Arts Community Center (235 N. 1st St West.) Hot cocoa mugs will be on sale today! Make it for Santa, your loved one, your grandma, and more! The possibilities are endless but this sale is not!
* **Saturday 12/14 @ 2pm: Rocky Mountain Ballet’s Theatre’s Christmas Ballet Cabernet.** Top Hat (134 W. Front Street.) An alternative to the usual holiday fare, RMBT presents its Winter Wonderland Kickline, Parade of Toy Soldiers and Sugarplum Salsa.
* **Saturday, 12/14 from 3-7pm: Clay Studio Holiday Open House.** 1106 Hawthorne Unit A. Along with our annual holiday sale, the Clay Studio will host a Holiday Open House with hands-on pottery throwing demos, a family holiday decoration station, raffle items, silent auction works, music, and refreshments on. Come and learn about the Clay Studio and what we have to offer!
* **Sunday 12/15 from 9am- 4pm: Holiday Market.** Westside Lanes (1615 Wyoming St.) Montana Crafters of all

kind. Door Prizes, Holiday Fun For Everyone.

|  |
| --- |
|  |
| spacer |  |

**December 16th – 22nd**

* **Monday 12/16 @ 10:30am: Storytime with Mrs. Claus:** Walkingstick Toys (829 S. Higgins.)During the month of December, we are fortunate enough to have the most special visitor every Monday morning at 10:30 to read to us in our little festive shop. Mrs. Claus will read holiday stories to/with your kiddos. We hope you'll join us for our magical story hour.
* **Tuesday 12/17 from 4-6pm: Kids Klub at the Southgate Mall:** Held on one Tuesday every month, Southgate Mall's Kids Klub hosts **FREE** crafts and activities in Sears Court. Always a big hit with both kids and parents, each month there's a different project based on the season or upcoming holiday. Meet at the Sears court.
* **Thursday 12/19 from 7-10pm: Mama’s Shopping Night:** Walkingstick Toys. Hey there, mamas, we're open late tonight just for you! Enjoy a glass of wine or two as you shop to the dulcet tones of Shane Hickey and his Magical Ukulele. What better way to get your last minute shopping done than hanging after-hours at your favorite local shop? The party and the sales will last from 7 to 10ish, for mamas only!
* **Saturday 12/21 from 12-2pm: Missoula MOM’S Club Clothing Exchange:** Missoula Public Library- Large Meeting Room. This year take a new approach to cleaning out your kids’ closets. Come with your mama friends and families to join us for our ​[monthly​](https://www.facebook.com/events/346844322094020/) Kids Clothing Exchange! Not only will you get their closets and drawers cleaned out, but you’ll also get a chance to hang out with your friends for a couple of hours and "koo" over all the baby clothes. How it works: Begin by emailing us to ​[RSVP](http://trishkins111.wix.com/missoulamomsclub#!book-a-class/c18w2)​ to this event at missoulamomsclub@gmail.com. Although you can donate as many items as you wish anytime you want, we have a 10 item minimum and a 30 item maximum for the monthly exchanges.This item-for-item exchange event is held at our MMC ​[location](http://trishkins111.wix.com/missoulamomsclub#!location/cxkz)​ each month. Moms will each be given stickers to initial for their items. Call MMC @ (406) 640-3990 for more information.
* **Saturday 12/21 @ 2pm: Wild Gift Workshop.** Montana Natural History Center- 120 Hickory St. Nature has a wonderful array of materials to work with. You can make unique gifts from our examples and instructions, or let your creativity run wild with all the pine cones, feathers, stencils, paint, felt, fur, and all the other materials we rounded up for the workshop. A group of artist/naturalist volunteers will be on hand to assist with your gifts and we will have wrapping paper and hot cocoa too. **Admission:** $3/$1 MNHC members

**December 23rd – 31st**

* **Monday 12/23 @ 10:30am: Storytime with Mrs. Claus:** Walkingstick Toys (829 S. Higgins.)During the month of December, we are fortunate enough to have the most special visitor every Monday morning at 10:30 to read to us in our little festive shop. Mrs. Claus will read holiday stories to/with your kiddos. We hope you'll join us for our magical story hour.
* **Tuesday 12/31: First Night Missoula:** 20th Annual community-wide alcohol-free celebration of the arts, with nearly 100 events and activities at more than 30 venues, from noon until midnight. Throughout Downtown Missoula, on the University of Montana campus, and Southgate Mall. We have a lot of exciting events lined up including all of your old favorites. But we also have a lot of fresh new acts to check out as well. Check out the website and watch out for our 2 for 1 button sale happening exclusively at Fact & Fiction on Saturday Dec. 7. View the entire First Night Program Guide at <http://www.missoulacultural.org>

**Exciting On-Going Events:**

**Southgate Mall Holiday Performances:** Southgate Mall welcomes talented musicians and musical school, church, and community groups to perform in its holiday entertainment series that runs from December 2-20. Southgate Mall is fortunate enough to be located in such a gifted and diverse community to be able to put together such a variety of talent to serenade shoppers. A current schedule will be available at Guest Services or by visiting: <http://bit.ly/1hmVfvr>

**Ronald McDonald Gingerbread House Contest:** Enjoy the creativity of locally-made gingerbread houses by families and businesses. The festive confections will be on display from December 6 through December 27 at the main entrance of Southgate Mall. Visitors are asked to vote for their favorite, which will be announced at Tuba Christmas on Friday, December 13 at 6:45pm. Proceeds from the Gingerbread House Contest directly benefit the Ronald McDonald House of Missoula.

**Tour of Trees:**  Thursday 12/5 from 11-7 pm, Friday 12/6 from 11-5 pm, & Saturday 12/7 from 11-5 pm. Admission is $2. Holiday Inn Downtown. 60 Festival Items- 6 ft trees, 3 ft trees, wreaths. During the festival events, a majority of these items will be available for raffle. Each raffle ticket is $2 or 12 for $20. Winning tickets will be drawn at 4 pm on Saturday December 7th.

**Heirloom Winter Farmer’s Market:** The intention of the Heirloom Winter Farmers' Market at the Fairgrounds (in the Floraculture Building) is to showcase the bounty of food products from our region all year long. The market focuses on food and agricultural products and handmade local wares. Every Saturday in November and December 10am-2pm .

**Drop In Holiday Art DIY Activities.** Missoula Art Museum (335 N. Pattee.)December 9-22. Celebrate the season with creativity! Come into the museum and create a holiday ornament or card at our Holiday Project Table in the Museum classroom. Bring a friend or family member and make a special gift Tuesdays - Saturdays 10 am - 5 PM or Sundays 12-5 PM.

**CHILDREN’S MUSEUM MISSOULA:** Visit the Families First Children’s Museum for special events and family fun. For more information, call 541-PLAY or visit [www.childrensmuseummissoula.org](http://www.childrensmuseummissoula.org). 225 West Front Street. The cost of admission is $4.25 per person, and kids under 1 are FREE. Closed on Mondays. Admission to the museum on the following days will get you access to these fun events:

* **Tuesday 12/3 @ 11am: Rice Table Play**
* **Thursday 12/3 @ 2pm: Fun With French**
* **Friday 12/6 First Friday:** Free admission to the Museum between 5 and 7pm! Come enjoy the wonderful pieces of art created by our kid visitors at the Children's Museum!
* **Saturday 12/7 from 2-5pm: FREE** **admission from 2pm until close!** Stop by the Children's Museum to make our special holiday craft as part of the 2013 Parade of Lights event! We will help guide children through the steps as they make their very own snow globe!
* **Wednesday 12/11 from 11-** **11:30am: The Quilt Story:** Fort Missoula will be bringing in a hands-on, interactive trunk full of historical goodies. Listen to the 'Quilt Story' and create your own quilt patch in our art center to help us complete our very own paper quilt
* **Thursday 12/12 @ 2pm: Fun With French**
* **Saturday 1/4: FREE admission day!**
* **Facepainting: Every Wednesday from 11:30- 12:30**
* **Family Yoga**: **Every Thursday from 11- 11:30**

**Lowe’s Build and Grow Saturday Workshops**: Bring the kids and build a wooden project, get free apron, goggles, patch and more! You need to go online to register ahead of time for these workshops at <http://lowesbuildandgrow.com/pages/default.aspx>.

* **Saturday, December 14 at 10am: Train Engines:** The holidays are right around the corner! Bring your child to Lowe's and they can build this festive Train Engine!

**SpectrUM DISCOVERY AREA:** SpectrUM Discovery Area is an interactive science museum newly located at **218 East Front St**., committed to inspiring a culture of learning and discovery for all. There are exhibits, activities, and demonstrations on site as well as super-fun outreach programs that bring our special brand of hands-on science to MT communities and classrooms. Admission is $3.50 for those 4 and older. **Children under age 3 are FREE.** Free passes for families in need are available for check out at the Missoula Public Library. **Open** **Tuesdays- Saturdays 10am- 5pm.**

* **Friday 12/6 from 5-8pm: First Friday.** Join us at the intersection of art and science as we display artwork made by spectrUM visitors!
* **December Events: Thursdays 12/5, 12/12 & 12/19 3:30- 5pm: STEM Role Model Vists:** 12/5Special Guest: Dan Vanderpool and Ryan Bracewell - UM Graduate Students Activity: Bark Beetles and Fungi.

**MISSOULA PUBLIC LIBRARY** The Library offers classes and groups for families and individuals. The Library is located at 301 East Main Street. For information call 721-2665 or visit the website: [www.missoulapubliclibrary.org](http://www.missoulapubliclibrary.org).

* **Free date Night at the Library**- Watch a free new release movie - we'll provide the popcorn, bring your own pop. **Doors open at 6:45 p.m. and close at 7:15 p.m**. for this after-hours event. Enter from the parking lot side of the building. Cheap Date Night offers free movies at the library **every third Friday of the month**
* **Lego Club**: Please join us **every Thursday from 3:30-5 PM** in the Large Meeting Room/ or on the Dragon Rug in the Children’s department for Lego Club. Lego and Duplo pieces provided. The only thing you need to bring is your imagination! Children under 12 must be accompanied by an adult
* **PAWS for Reading Program- Every Thursday from 3:30- 4:30.** Come read to a specially trained (and very sweet) Reading Assistance Dog. They are just waiting for you to read to them.
* **Tiny Tales** (Birth to 36 months)- This unique program is held every **Tuesday, Thursday and Friday at 10:30am**. Babies ages birth through 3 years of age are invited to attend, and must be accompanied by an adult lap. Participants will sing songs, learn fingerplays and nursery rhymes, and hear stories. This program is usually held downstairs in the Large Meeting Room (signs will be posted if being held elsewhere).
* **Storytime** (3-6 years)-Storytimes offer engaging experiences including stories, songs, fingerplays, flannel board stories and more. Preschool Storytime is held all year long at **10:30am on Friday mornings**.
* **Family Storytime** (all ages welcome) is held on **Saturday at 11:00am** and **Sunday at 2:00pm** year-round. This program is usually held upstairs in the Children's Programming Area (on the Dragon rug).
* **Gamers Club!** **Every other Wednesday from 6:30- 8pm**: Our new gamers club is for ALL ages. May be held in the Large Meeting Room unless there is another program - check at the YA desk.
* **Yarns:** **Every Friday from noon-2pm**: Calling all knitters and crocheters! Bring your lunch and your latest project to the Board Room to end your week with some crafty fun!
* **Middle School Writers**: **Every Wednesday from 4-5pm.** For students grades 6-9.
* **Computer Training Lab:** MPL offers a computer lab dedicated to free computer training, including classes on basic computer and internet use, downloading and editing digital photos, and more. Seating is limited as we have only six computer stations available, so call for a spot today.
* **Mondays from 6-7pm, Wednesdays from 12:30- 1:30pm & 6-7pm: Computer Class**. Registration required.
* **Friday 12/20 from 7-** **8:30: Cheap Date Night** featuring a FREE feature film.

**PUBLIC SKATING AT GLACIER ICE RINK:** Public skate sessions are offered throughout the week and are two hours in length. **Bargain Mondays - Every Monday!** Admission: $2; Skate rentals: $1 (Regular Price: Admission: Adult $6, Youth $3, Skate rentals: Adult $4, Youth $2.) Find more information and see the daily schedule at <http://www.glaciericerink.com/Public_Skating>

FIRST FRIDAY! On the “First Friday” of every month, stroll Downtown Missoula art galleries from 5-8 pm to preview local and regional artists’ works and tour the Art Museum of Missoula. FREE. For information, call 543-4238 or visit [www.missouladowntown.com](http://www.missouladowntown.com)

* **First Friday Tastings: 12/6 @ 5pm: Holiday Hors d'oeuvres & Festive Cheese Plates**. $5. Not in the holiday spirit just yet? Then join us for a quick and tasty nudge into the season. GFS Cheese Buyer Jennie Gregory and Emily Walter, GFS Cooking School Manager, are here to inspire you with festive new appetizer ideas and cheese recommendations that are not only super tasty, but won't blow up the holiday budget either. They'll even share tips for throwing a holiday party that eliminates the too-familiar last minute panic. Matt Fry will join the party too, with suggestions for pairing beers and wines with tonight's holiday appetizers. Chevre Devils Thyme Pesto with Preserved Lemon Cream. Fig & Olive Tapenade Roasted Rosemary Hazelnuts.
* **First Friday at Missoula Art Museum** **12/6 from 5-9 PM**. Visit with the artists of Opportunity Resources Inc. ORI encourages self-expression and growth through participation in the arts. Their exhibit at MAM will delight you! Tom Lind, Director of the Arts Program at ORI says, "The art of Opportunity is the fuel of a rather unique self-esteem machine." Hear more about this program at 7 PM. Enjoy music by the KBGA djs while sampling delicious wine, beer, and non-alcoholic beverages. Thanks to the Missoulian for their support of MAM's First Fridays. Always free.

|  |  |
| --- | --- |
|  |  |

|  |
| --- |
|  |

**THE GIRL’S WAY:** They offer a variety of classes for girls age 9-18 and offer a generous sliding scale and full sponsorships! Every Friday from 5-8pm girls ages 9-18 are welcome to join The Girls Way for Friday Fun Nights--featuring movies, games, dance parties, and more. The Girls Way is located at 1515 Wyoming St., Ste. 300. Or visit the website to fill out the financial assistance application and get more information on classes, schedules, etc. [www.thegirlsway.org](http://www.thegirlsway.org) Shuttles from area schools now available! Drop-in price is $5 per class and Thursday Funshops and Friday Fun Nights are $8 each.

* **Thursday FunShops:** **4-6pm:** **December 5, Sewing with Style:** Learn how to create fabric-based fashion pieces with a little help from a needle and thread. All materials will be provided. **December 12, Homemade Holiday Gift Making:** Festive holiday cards, homemade candles, lotions and lip balms are just some of the holiday cheer you can bring to your loved ones during this workshop.
* **Friday Fun Nights: 5-8pm: December 6, Ice Skating:** Meet at TGW and shuttle together to the home of the Missoula Maulers where we’ll skate the night away. **December 13, Holiday Celebration at TGW:** Bring your favorite holiday dish as we showcase dance routines.
* **Family OULA at The Girl’s Way.** Every Saturday at 10:30am The Girls Way offers Family OULA where girls can bring their brothers, parents, guardians, and friends to enjoy this awesome dance workout! $5 per participant. 1515 Wyoming St. Family OULA will run every Saturday until December 14th.

**Mismo Gymnastics- Family Fun Time!** Come play with your little one in this open structured gym time.
Have fun in our foam pits, bounce on our trampolines, and play in the many obstacle courses throughout the gym. Guardian is required on the floor with your child. Children must be under the age of 13 years of age. $8 for everyone! Play Times are offered: **Mondays,** **Wednesdays, & Fridays from 9:30-11am, and Saturdays from 9-10am.** For more information, visit [www.mismogym.com](http://www.mismogym.com)

**Bitterroot Gymnastics- Preschool Playgroup:** Preschool Playgroup is a favorite for kids and parents alike. For playgroup, our gym becomes your playground. We set up fun stations and activities throughout the gym. Parents and children choose the activities that interest them most, including obstacle courses, pit games, trampoline time, swinging, sliding, climbing, and playing on an inflatable. Every time you come it's a new fitness adventure. Monday- Friday 11PM to 12PM & Saturday 10AM. Age: Walking - 5 years old. Price $8 drop in.

**ACTIVE 6 (A Program of the YMCA):** All sixth grade students in Missoula County are eligible for **FREE one-year membership** at the YMCA! To promote wellbeing and healthy lifestyle choices, Active 6 offers structured activities specifically designed for sixth graders, as well as access to a climbing wall, swimming pool, and more. You may sign a child up for Active 6 at the YMCA at 3000 S. Russell St., but a caregiver / parent must be present to register. Call 721-YMCA (9622) for more information. For signing up in the Active 6 program your child will receive a **FREE T-shirt** and more information about the program.

**KUFM RADIO at 89.1 FM**

* **“THE PEA GREEN BOAT”** on MONTANA PUBLIC RADIO (89.1 FM) every Monday-Friday at 4:00 p.m. & **“CHILDREN’S CORNER”** every Saturday from 7:00-9:00 a.m.
* “**Field Notes” and “Field Notes for Kids”** sponsored by Montana Natural History Center include personal observation & discovery by local scientists & community members. Broadcast on Thursdays at 9:25 pm and Sundays at 9:00 pm.

**BARNES & NOBLE STORE EVENTS** (2640 North Reserve Street). **Children’s Story Time every Monday at 10am**. Occasionally on Saturday there is a story time with a costume character appearance (call ahead to verify.) For information: 721-0009.

WILDLIFE FILM FESTIVAL FILMS & MEDIA CENTER at the Roxy Theater (718 South Higgins). Call 728-9380. With wildlife films, there is a chance animal predation or mating may be shown. Film rentals available for $3. Film schedule for the month at [www.wildlifefilms.org](http://www.wildlifefilms.org)

Family Friendly Fridays at the Top Hat: Every Friday from 6-8pm. Live family-friendly music. Free

**MiniNaturalist Program @ The Montana Natural History Center: Dates: Every first and third Thursday of the month from 10-11am**. Every session is filled with exciting new activities, art projects, and discoveries. Lean about the wild world of weasels or try to catch felt fish in your feet like an osprey! We will begin the program with an introduction to the topic before starting songs, dancing, and activities. After the whole-group time miniNaturalists can move between art, writing, movement, and sensory stations set up in the Center. We also have a Discovery Room designed just for young learners with a touch table, puppets, and books.  To learn more about the Montana Natural History Center located at 120 Hickory Street), call 327-0405 or online at [www.MontanaNaturalist.org](http://www.MontanaNaturalist.org). **Admission:** $3 non-members/ $1 MNHC members.

**Local Living Family Center in Florence.** 5501 US HWY 93 N, Suite 3, in Florence, Mt. (beside the Town Pump.) Call for more information: 406-273-0142. Parents and other family members play an important role in supporting children’s growth and development, so the center offers Toddler Time activities FREE of charge! **Every Friday, Toddler Time will be offered at 10:30am**- The classes will rotate between Ready!Set!Play! and Music in Motion!

* **Ready! Set! Play!** Is utilizes Montana’s Early Learning Guidelines to help parents & caregivers learn ways to support children’s learning through fun and interactive activities. Facilitated by Allison.
* **Music and Motion** is the perfect opportunity to introduce your child to structure and fun through the many wonders of music! There will be emphasis on different aspects of being a part of a group who enjoys music. Facilitated by Melissa Sparks and Traci Kutzleb.

**ZOOTOWN ARTS COMMUNITY CENTER :**

* **Free Silkscreen Night**: **2nd Friday of every month** **from 5:30-8:30pm**. Zootown Arts Community Center (235 North 1st Street). (Please register so we know to expect you. Space is limited.) Second Friday celebrations at the ZACC now include a free class in silkscreening. Live music is always on hand, and now guests can print in the ZACC Printshop using our archive of silkscreens from Missoula artists. Zootown staff will be conducting demonstrations. Bring paper, cloth, an apron, a t-shirt, or something else to print upon. For more information, visit <http://www.zootownarts.org> or call 549-7555.
* **Free Community Poetry Group**: **3rd Tuesday from 8-9pm**. Come and experience a unique way to explore the written word. We spend the first few minutes getting adjusted and sharing any poems we may have come across or written throughout our week. Then we'll be introduced to a prompt and write in club for 15-20 minutes that fly by! Anyone is welcome to share what they wrote or just sit back and enjoy the creations of their fellow writers. We celebrate different styles and methods of writing and enjoy the verity of everyone's voice.
* **Free Fiction Workshop:** The ZACC is ecstatic to now offer a fiction workshop for adult writers! This workshop will meet every other Wednesday, from 7 -9pm, and will be open to all writers of any genre. The objectives of this workshop will be completely collaborative, with the pace, format and expectations determined by those who participate. Instructed by Richard Fifield, this class will be a safe space for writers of any skill level or background. Our goal is to provide an audience of peers and an environment for feedback, using the traditional workshop format. (We can assure you, however, that this class will be anything but traditional!) This class will be free, but students will be responsible for providing the photocopies of their own work. This class is not open to current writing students at the University Of Montana. Please register at the ZACC by calling 549-7555. We only have room for ten students, so please enroll as soon as possible!

**Missoula MOM’S Club:** Join a group of local moms and their children! Learn more by visiting their Facebook page, viewing their event calendar at <http://trishkins111.wix.com/missoulamomsclub#!blank/c70y> or calling Patricia at 493-5655. Headquarters are 2117 Wyoming St.

* **Stroller Steppers- Every Tuesday at 5pm.**  Meet at Westside Lanes to join a group of moms while they walk the city trails with their kids in tow!
* **Mom’s Meet Up Group- Every other Wednesday from 3-4pm. (October 2, 16 & 30.)** Come connect with other Missoula Mom's. Suggest your own events for kids to participate in. Meet up and make new friends! That is what this group is all about! We want mom's to feel welcome and have fun.
* **Train socialization- Every Thursday from 11:30am- 1pm.** Meet at the train in Southgate Mall and interact with other parents while the kiddos play!
* **Friday & Saturday Runs at the YMCA:** Meet in the Y Lobby Fridays at 8:30 am and Saturdays at 10:45 am. Free to everyone and child care is available! Runners are split into 3 groups – strollers are welcome. Coed groups meet in the Y Lobby Fridays at 8:30 a.m. and Sat at 10:45 a.m. See more at: <http://www.makeitmissoula.com/family/active-moms-missoula/ymca/>
* **Creative Art Project Sessions, Mom’s Nights Out,** and **Mom’s Book Clubs** are also available!

[**Missoula Parks and Recreation Programs**](http://missoulaforum.org/home/missoula-parks-and-recreation-winter-programs/)**:** Parks and Recreation has a new home for your favorite sports and fitness programs at the Sports and Wellness Center, located at [**1515 Fairview**](https://maps.google.com/maps?oe=&q=google+map+1515+fairview+missoula&ie=UTF8&hq=&hnear=1515+Fairview+Ave,+Missoula,+Montana+59801&gl=us&t=m&z=16&vpsrc=0&iwloc=A)**, inside City Life Community Center**. Best of all, NO membership is required; the Sports and Wellness Center offers affordable and healthy play for the whole family. For more information, or to register for any program, phone 721-PARK or stop by Currents Aquatics Center in McCormick Park. Ask us about recreation grants for low-income families. For more details and registration forms, check out the Parks and Rec website at [www.missoulaparks.org](http://www.missoulaparks.org)

* **MOBASH SKATEPARK** is located at McCormick Park and is open to the public from 7 am-11 pm daily. Helmets are required.
* **FREE BIKE LOAN PROGRAM – DASANI BLUE BIKE PROGRAM** gives Missoula citizens FREE use of 20 new Trek Cruiser Classic bicycles for use on Missoula’s streets & trails. The “Blue Bikes” are housed in storage lockers located next to Currents Aquatics Center in McCormick Park.

**CURRENTS AQUATICS CENTER POOL (indoors)** (600 Cregg Lane by the Orange Street Bridge):

* **Family Night: Fridays 5 – 8pm**: Bring the gang down for some healthy, affordable fun. Purchase 2 regular price admissions and the 3rd patron gets in free!
* **“Try It Free” Membership:** Take a swim, try Aquacize, or warm up in the hot tub—for a full week, on us! “Try It Free” membership is open to new customers only, ages 18 and up, and is limited to one offer per person per year. Free admission is granted for 7 consecutive days after start date. Register any time at Currents. Offer good year-round, to all adults!
* **YOUTH GRANT APPLICATIONS available for low-income families (documentation required).**
* **DISCOUNT CARD: Missoula Resident Discount Card for only $1 (Regular price $2)**
* **SCHOLARSHIPS FOR FAMILIES ON W.I.C.:** Scholarships are available for WIC Participants at Splash Montana and Currents Indoor Water Park! Show your WIC ID Packet at the Parks & Recreation office and receive up to a $100 family scholarship for aquatics programs or family passes at Currents Indoor Water Park! FOR MORE INFORMATION Call Missoula Parks & Recreation at 721-PARK or stop by the Parks & Recreation office at 600 Cregg Lane.
* **LEARN TO SWIM PROGRAM -** Swim Lessons at Currents provide high quality, affordable instruction for infants through adults. The warm, shallow water provides a comfortable learning environment, and instructors provide a playful learning atmosphere so students look forward to their classes and learn through focused fun.

**THE PARENTING PLACE** Located at 1644 South 8th West. Call 728-KIDS (5437) for info and reservations.

* **“CHILD’S PLAY” (FREE Respite Child Care)** Parenting is an important but difficult job, and there are times when both parent and child can benefit from a healthy break. Respite provides an opportunity to meet a family’s needs in a positive way. Respite is offered **Monday and Wednesday from 4-7pm**. Calls to reserve a spot for that night’s session are accepted beginning at 9:00 am on Monday & Wednesday mornings. Dinner is provided. Open to children ages 0-12 years. A safe and nurturing environment is provided.
* **Parenting Classes:** The Nurturing Parenting Program is an excellent curriculum which provides a wide variety of topics suitable for all families. The group setting provides a unique opportunity to explore the wonders and challenges of parenting**.** Contact the office at 406.728.5437 or info@parentingplace.net to register. Topics include: brain development, appropriate expectations, positive discipline, discovering new ways to enjoy being a parent, and much more. Free on-site childcare is provided during each session.
* **Parent Aide Program**: The Parent Aide Program helps to strengthen families through parent education, role modeling, and support. We use a family systems approach, promoting the belief that everyone in the family is equally important, and equally responsible for change. In-home visits (Frequency of visits depend upon the family’s needs.) Empowering parents to identify their strengths and build on them. Offering positive parenting techniques and helping families apply the strategies in their daily lives.
* **Support for Families Touched by Incarceration:** We offer programs in The Missoula Pre-Release Center and the Missoula County Detention Facility. During our ten-week session, incarcerated parents are given the opportunity to explore their own childhoods and consider how those early experiences in life have affected the choices they’ve made and the consequences for those choices. Our goal is to empower each individual: the child, the caregiver and the parent who has been incarcerated.

**YWCA LIFE SKILLS GROUPS** You must register for classes if you are attending. If you register and are unable to attend please call and let us know so other can attend the classes. Child care available for classes, call 543-6691 and let YWCA staff know 24 hours before the class if you need child care. The YWCA is located at 1130 West Broadway.

* **LIVING IN PEACE**: Tuesdays from 6:30-8pm, FREE group dinner 5:15-6:15pm. Living in Peace for women who want to continue to heal through mindfulness, connection with others, and exploration of a topic which includes developing a new tool for living. Call the YWCA for more information. Children’s groups for all ages. Please arrive by 6:15 if you have children.
* **Circle of Peace Support Groups for Children:** Age-appropriate support groups for children from birth to age 18 meet every Tuesday night from 6:30 to 8 p.m. at the YWCA. The curriculum includes therapeutic art activities, non-competitive games; feelings based activities, education about domestic violence, safety planning, healthy conflict management, and a healthy snack. Goals of children’s support groups: to increase self-esteem, to stop the cycle of violence, to teach healthy ways to express feelings and resolve conflicts, and to give children the necessary tools to form healthy relationships.
* **Native Women’s Domestic Violence Talking Circle (***Led by Native women, for Native women)*Tuesdays, 6:30-8:30 p.m.\*Come early for a free meal at 5:30.

Fun Community Organizations & Attractions

* A CAROUSEL FOR MISSOULA –***“If magic can happen anywhere, it can happen in Missoula, where dreams are followed and promises are kept, and where people believe in making a life as well as making a living.”*** OPEN DAILY 11am to 5:30pm September through May. 75¢ for children (<16) and seniors (>55) $2.25 for adults; $1.50 for an adult and child sharing a seat. People with disabilities are always welcome to ride free. 101 Carousel Drive. For more information: 549-8382 <http://www.carrousel.com>

## MONTANA MUSEUM OF ART & CULTURE EVENTS: Located at the University of Montana on 6th Street across from the Adams Center. Gallery hours are Tuesday, Wednesday, & Saturday 12-3pm and Thursday & Friday 12-6pm. For more information, call 243-2019. View upcoming events and exhibits at: <http://www.umt.edu/montanamuseum/exeventsschedule/calendar.aspx>

* **HISTORICAL MUSEUM AT FORT MISSOULA:** The grounds at Fort Missoula are always open and **FREE.** Historical Museum Admission is $3 for adults, $2 for senior citizens, and $1 for students; children under 6 and members of the Friends of the Historical Museum are admitted free. Hours are Monday – Saturday - 10am – 5pm and Sunday - 12pm – 5pm. There is a maximum fee of $10 per family. Call 728-3476 for details or visit <http://www.fortmissoulamuseum.org>.
* **ROCKY MOUNTAIN ELK FOUNDATIONS’ VISITOR CENTER** is open from 8am-6pm Monday-Friday; Saturday and Sunday 9am– 6pm (5705 Grant Creek Road). The Foundation has been named one of 112 “official learning sites” along the Bicentennial Lewis & Clark National Historic Trail. See exhibits of the Corps of Discovery and change of habitat over past 200 years. For information: 225-5355, ext. 545 or [www.elkfoundation.org](http://www.elkfoundation.org) FREE!
* JACOB’S ISLAND BARK PARK: 6 acres at the east of Jacob’s Island Park that is fenced to provide a secure place for owners & their dogs to romp, and have fun off-leash. All dogs using the park must be licensed and have their shots. Please remember to pick up after your dog even in the winter; as this can still cause water contamination come spring. Van Buren & Fifth along Clark Fork River 6am-11pm <http://www.doggoes.com/parks/montana/jacobs-island-dog-park>
* **MISSOULA CHILDREN & NATURE NETWORK:** Missoula Children & Nature (MCN) is a collation of agencies, organizations, businesses and individuals in Missoula who are dedicated to “advocate and facilitate the development of meaningful, life-long connections between children and the natural environment, aimed at improving the health of the youth and the natural world in the greater Missoula area.” For more information about new parks, trails, and to see an open space map, visit the City of Missoula website at <http://www.ci.missoula.mt.us/index.aspx?nid=207>.

## Adult Events and Education Opportunities:

**M.C.P.S. DICKINSON LIFELONG LEARNING CENTER:** There is a wide array of classes offered in the following categories: Adult Basic Education, Arts and Crafts, Business and Career, Computers, Fitness and Dance, Foods and Cooking, Geology Classes and Field Trips, Health and Safety, Home Improvement, Online Classes, Parenting, Photography, Special Interest, Trade and Technical, and more! See below for specific highlighted classes and course descriptions from The Lifelong Learning Center:

* **TABE Testing:** Think you are ready for the GED but what you make sure? Missoula ABLE offers the Test of Adult Basic Education to assess your basic skills in reading, writing, and mathematics. You may take the TABE test to assess your educational needs and to determine if you are ready to take the GED. Call 549-8765 to schedule an appointment. Testing is offered mornings, afternoons, and evenings.
* **GED Testing:** Completing the General Education Development test demonstrates the attainment of skills normally acquired through completion of a high school program. The GED test is available to adults who have not received a high school diploma, are not attending high school, are at least 16 years of age, and are Montana residents.
* **GED Registration:** You must preregister in person at the Lifelong Learning Center at 310 S Curtis. Bring the following to register: State or Government issued picture ID, Social Security Number, Additional required documentation if you are under the age of 19, and the testing fee ($61).

Dickinson Lifelong Learning Center is located at 310 South Curtis. THE CATALOG OF CLASSES THAT REQUIRE NOMINAL FEES IS AVAILABLE by calling 542-4015 or visiting [www.thelifelonglearningcenter.org](http://www.thelifelonglearningcenter.org). Register for classes ASAP—they fill quickly! **SCHOLARSHIPS AVAILABLE FOR LOW-INCOME FAMILIES!** **Be sure to register more than a week in advance to save $5 per class!**

* **RECREATIONAL EQUIPMENT, INC. (REI) - Clinics**: REI (3275 North Reserve Street) **FREE** clinics! You must register before attending a clinic, because space is limited. Go to [www.rei.com/missoula](http://www.rei.com/missoula) to reserve a spot. REI is located on Reserve Street in the Grant Creek Shopping Center.
	+ **Monday 12/9 from 6:30- 8pm:** [**Ski / Snowboard Waxing Basics**](http://www.rei.com/event/44817/session/82236)**:** Taking care of your skis/board will help you have a great time on the slopes. Our technician will examine how and why waxes work and base preparation: structure, repair and stone grinding.
	+ **Wednesday 12/11 from 6:30- 8pm:** [**Snowshoeing Basics**](http://www.rei.com/event/43657/session/82507): Join our experienced REI staff for a class on the basics of snowshoeing. We will focus on the appropriate selection of gear as well as the basics on what you need and where to go to get started.
	+ **Wednesday 12/18 from 6:30- 8pm:** [**Cross-Country Skiing Basics Class**](http://www.rei.com/event/35888/session/82525)**:** Free your heel and your mind will follow. Join REI as we share information and tips for getting into cross-country skiing.
* **LIVING ART OF MONTANA Creativity for Life Workshops:** “Release stress, connect with others, support healing, transform struggles into learning, relax and enjoy your creativity.” Expressive arts and nature-based workshops using the arts and nature to support healing that take place 3 Saturdays per month - year round ( 2 hours a week) for people facing illness or loss, including family members and care providers . Offered free of charge. Donations appreciated. Call 549-5329 or visit [www.livingartofmontana.org](http://www.livingartofmontana.org) for more information.
* **Cancer, Courage & Creativity: Living Art of Montana** (725 W. Alder St., #17 -warehouse mall.) An 8 week workshop series that integrates writing, art, movement and mask making as tools for self exploration for anyone who has or has had cancer. Classes are 5:30-7:30 p.m. on Sept 26, Oct 3,10,17,24,31, and Nov 7 &14. No charge but registration is required by Monday, Sept 23. For more information or to register please call 406-549-5329 or email Youpa Stein at ysteinprograms@livingartofmontana.org.
* **Fight to Fit: Stronger than Cancer: Peak Health and Wellness Center** 5000 Blue Mountain Road. "Stronger than Cancer" . . . sort of says it all about Fit to Fight. This amazing nonprofit organization was co-founded by Alpine Physical Therapy and the Peak Health and Wellness Center to provide an opportunity for individuals with cancer to benefit from a program based on physical therapy principles and practices, utilizing the state of the art equipment at the Peak. The FIT TO FIGHT program helps cancer survivors return to a quality of life where they can re-establish trust in their bodies and return to daily life as a productive member of their community. • Pre-registration is required, as class size is limited. Regular attendance is required to maintain a spot in the program. A complimentary **10 week** Peak membership is available. For more information, visit the Fit to Fight website <http://www.alpineptmissoula.com/our-services/fit-to-fight>. You are also invited to email the Fit to Fight Program Coordinator Dena Saedi at dena@PeakMissoula.com
* Adult Children of Aging Parents: Do you have questions about aging adults in your family? The Women’s Club will host this facilitated support group to cover several topics and guide you through caring for an aging parent. Learn about community agencies, complex emotions, advanced planning, health care system, and facing our own mortality. Facilitated by Renee Burglund, LCPC. **Will meet monthly at The Women’s Club**. **FREE (suggested donation to Missoula Aging Services)**
* **Missoula Aging Services presents- Caregiver Support Group:** 4 - 5 p.m., third Tuesday of month at Missoula Aging Services, 337 Stephens Ave. For family members of an older adult of person with a disability. Please call 728-7682 for more information.
* JEANETTE RANKIN PEACE CENTER: “The Jeannette Rankin Peace Center exists to connect and empower people to build a socially just, non-violent and sustainable community and world.” JRPC is located at 519 South Higgins Avenue. For more information call 543-3955 or visit their website at <http://jrpc.org>.
* Tuesday from noon- 1: Nonviolent communication practice group: In the JRPC library. The group is facilitated by Patrick Marsolek (info@patrickmarsolek.com).
* There are many more classes available- see details at <http://jrpc.org/calendar/>
* **Easter Seals- Goodwill presents – Caregiver Support Groups:** Meetings are held on the **1st Tuesday of each month from 7-8:30pm** at Integrated Therapy Works/ESGW (800 Kensington, Suite 100) and the **2nd Sunday of each month from 2:30-4:30pm** at the Missoula Public Library (301 East Main Street). Easter Seals Goodwill provides services and support to children and families with disabilities. This **FREE** support group is for caregivers and families who have a child with autism spectrum disorders, sensory processing needs, or any other disabilities (physical, behavioral challenges). The group would provide opportunities for caregivers to meet and learn from one another. There will be discussion and presentations on topics of interest to the group. For more information, please contact Abbey Hood at 217-8768 or by email at abigailh@esgw.org.
* Shootin' The Bull Toastmastersmeets every Tuesday at noon at the Rocky Mountain Elk Foundation (5705 Grant Creek Road.) Toastmasters - Where Leaders Are Made. Improve your speaking abilities, whether for public speaking, job interviews, work presentations, media appearances or for your own personal enlightenment! Learn more by visiting http://shootin'the bull.info or call (406)239-9795
* **Treasure State Toastmasters**meets every Thursday at 6pm at Community Medical Center. Toastmasters offer a workshop style program where participants hone their speaking and leadership skills in a low pressure and supportive atmosphere. Whether you are a beginner or a seasoned speaker, Toastmasters has something for you! Increase your confidence. Become a better speaker. Become a better leader. For more information visit http://missoula.toastmastersclubs.org more effectively

|  |  |
| --- | --- |
|  |  |

* **Readings and Signings at Fact and Fiction Bookstore:** For more information call 721-2881 or visit the website: <http://www.factandfictionbooks.com/> to view the complete listing of authors who will be reading/ signing their published works.
* **“Be Here Now” Meditation Community**: Every Monday night from 7:30-8:45pm at the Open Way Mindfulness Center, 702 Brooks, in Missoula. All are welcome, no experience necessary. Free, donations always appreciated. Format includes sitting and walking meditation, a reading, sharing circle and a closing circle for gratitude and healing. For more info email Nicole at beherenowcommunity@yahoo.com or go to www.facebook.com/beherenowcommunity or [www.openway.org](http://www.openway.org). All ages welcome.
* **THE LOTUS PROJECT** has various opportunities available for mothers that can be viewed on their website at <http://www.thelotusprojectmt.org/calendar>. This website also maintains a community resource website containing information about pregnancy & birth, including natural birth, a listing of Missoula-area midwives and doulas, and links to related topics. They are currently offering a **FREE** group:
	+ Breastfeeding Support Group: Thursdays from 9-10am at the Lotus Project (725 West Alder St. Suite 2.) Older siblings welcome as well. For more information contact Melinda Cline at 552-8319.
* **New Mama Support Group:** Every Monday from 10:30am – 11:30am in the Montana Whole Health Building (734 Kensington.) Sponsored by the Nursing Nook. FREE​!!! Call 721-5440 for information.
* **Breastfeeding Support Course**: 4th Thursday of every month: Learn breastfeeding basics, what to expect the first few weeks, and special tips for success. Concerns about returning to work are also addressed. For questions call (406)327-4009 or e-mail mphillips@communitymed.org
* **Le Leche League of Missoula:** All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies and children are always welcome at our meetings. 1st Monday of every month at 10- 11:30am as well as the 3rd Monday of every month at 6:00-7:30pm. Mamas and Mamas-to-be, babies, and children welcome. Meeting held at First Presbyterian Church (235 S. 5th St. W.) in room 210. Learn more by visiting their Facebook page or email missoulalll@gmail.com.
* **Care Net of Missoula:** The following services are offered free of charge: Pregnancy Tests, Complimentary Ultrasounds, Up-to-date Information on all Options, Emotional Support and Encouragement, Post-abortion Counseling, Educational Programs, Life-skill Training, Mentoring for both women and men (parents or parents-to-be), Material Needs (maternity clothes, baby clothes, diapers), and Agency Referrals (for housing and financial aid). All our services are free and confidential. Please contact us to schedule an appointment. 549-0406. 1515 Fairview Ave (upstairs in the City Life Building.)
* **Hepatitis C Support Group at the Open Aid Alliance.** The last Tuesday of every month at 5:30pm. 500 N. Higgins, Suite 100 (across from the Iron Horse). It’s free and food is always provided!

**FREE BIRTH AND BEYOND SERIES:** 6-8pm at the Missoula City County Health Department. 301 W Alder Street. Partner or support person welcome. Open enrollment to the community, FREE, but you must pre-register. \*Attend all 3 classes and be entered into a drawing for a car seat! Please call 406-258-4750 to register for classes or to request more information. You may also visit the website at <http://www.co.missoula.mt.us/healthservices/Homevisiting/BirthAndBeyond.htm>.

* **“Birth Basics”** (1st Thursday of each month): stages of labor, medical procedures, comfort measures, presented by a certified childbirth educator. **“Breastfeeding”** (2nd Thursday of each month): benefits, positions, latch, presented by RN, board certified lactation consultant. **“And Beyond”** (3rd Thursday of each month): preparing for life with a newborn, mother’s recovery, presented by an RN certified in community health.

Monday Movie Night-**.** Top Hat Lounge. FREE. Starts at 9pm. Call for movie listings 728-9865

**RESOURCES FOR TIGHT BUDGETS**

**CHILD SAFETY EQUIPMENT FOR FAMILIES IN NEED - PROTECT YOUR HEAD WITH REDUCED-COST HELMETS! Helmet prices - Bike $8.00, Multi Sport (skateboarding, in-line skating, rollerblading, ice skating, kayaking) $10.00, Ski $20.00, Equestrian $23.00.** **Also selling front and rear LED lights for $5.** Helmet sales are regularly offered by St. Patrick Hospital Trauma Services. Frequent helmet sales are held in the Broadway Building in the 5th floor lobby. **December sale date is Thursday, December 12 from noon-3pm**.

**LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)**: **Applications are available to assist and/or discount fuel bills from October 1-April 30 for households meeting income guidelines.** Assistance benefits go directly to the home heating fuel vendors in one payment and are based on the type & size of dwelling. Applications are available at Human Resource Council (HRC) office at 1801 South Higgins. Call 728-3710 with questions. <http://www.hrcxi.org/energy_asst.php>

**WEATHERIZATION KITS – Northwestern Energy:** Contact NorthWestern Energy Division Office (1801 South Russell Street) for any free weatherization kits that may be available. Weatherization Starter Kits available only to NorthWestern Energy natural gas home heating space or water heating customers who have not received a kit at any prior event. **For more information and a full schedule of upcoming Weatherization Events and videos on How to Install a Kit, visit www.northwesternenergy.com or call (800) 823-5995.**

**HOME RESOURCE – SUSTAINABLE BUSINESS COUNCIL:** GET CHEAP HOME SUPPLIES!!!! Home Resource is part of the Sustainable Business Council: a non-profit network of businesses, organizations & individuals working towards a sustainable economy in Western Montana. Home Resource sells salvaged and donated building materials at bargain prices. Store is located at 1515 Wyoming, Suite 100. Hours: Monday-Thursday 9 am-6 pm; Friday-Saturday 9 am-5:30 pm; Sundays 10am-4pm. For more information call 541-8300, or visit the website: [**www.homeresource.org**](http://www.homeresource.org)

**FREECYCLE NETWORKTM IN MISSOULA:** Interested in getting rid of items for your home? Or looking for free materials and home furnishings? Visit the Missoula’s Freecycle website at <http://groups.freecycle.org/Missoula-Freecycle/posts/all> to post your ad or respond to an ad to exchange goods. Help prevent bulk items from being unnecessarily put in landfills by recycling them.

**Missoula’s Free Cycles:** Community Bicycle Shop: 732 S. 1st St W. (3 blocks west of Orange St., just south of the Clark Fork River).Open Community Bike shop: Monday - Saturday 12 to 6pm. During open shop, you can fix your own bike, get used parts, checkout a loaner bike or build your own free bike thru the bikewell program. We have volunteers to assist you in your project. These services are free, yet donations into our donation jar are much appreciated. If you want to build your own free bike, we ask that you perform 4 hours of volunteer service and take one bikewell class. The one hour bikewell class, which covers bike safety and maintenance, and gives an orientation to how the shop is set up, is offered Tuesdays at 6pm, Wednesdays at 5pm and Thursdays at 1pm. There is no need to sign up, just show up. After volunteering and taking the class, you can build a free bike, with our help. Allow 3-8 hours to build a bike from our stock of donated bicycles. You can also checkout bikes for $1/day, $5/week, $15/month, $30/season or semester.

**MISSOULA MEDICAL RESOURCES**

* **CHILD SPORTS PHYSICALS:** Available for $20 at Partnership Health Center (323 West Alder Street). Call 258-4789 to schedule.
* **PARTNERSHIP PANDA PROGRAM – Partnership Health Center (Planning care; Preparing for tomorrow; Placing importance in your child’s health care):** Pediatric healthcare for children of all ages. Doctors and nurses available for low-income families. Call 258-4789 to schedule an appointment.
* **Mammograms & Breast Exams** for qualifying low-income women at Partnership Health Center. Call 1-888-803-9343 to schedule your appointment.

**MISSOULA COMMUNITY MARKET CO-OP HAPPENINGS** Community Food Solutions (CFS), a community food market, is supported by the Community Food Projects Program of the USDA Cooperative State Research, Education and Extension Service. Annual membership starts at $35. If that is more than you can afford, do not let the limitations of your wallet discourage you from joining CFAC. As a member, you will be joining together with other members in creating a cooperatively-owned local marketplace that benefits not only consumers and producers, but the community as a whole. As a member you can start saving on local and natural foods through the Co-op’s buying club. <http://www.missoulacfac.org/> Call NMCDC for an application 829-0873 or 721-3425 or stop by our office to pick one up at 819 Stoddard.

**“REAL MEALS” – Community Dinners for Women “**Real meals,” a project of Women’s Economic Justice and Missoula Community Co-op, is a meal prepared and shared amongst women in collaboration to create community and opportunity. Women celebrate the sharing of vision, labor, skills and nourishment. Real meals' utilizes local food as much as possible for each meal. Participants will take portions of the meal home for freezing, family or healthy leftovers.

Meals are held every second Thursday of the month at Orchard Gardens Community Barn, 210 N. Grove Street from 6:00-9:00 pm. Suggested donation is $7 or whatever you can contribute. **Food Stamps (EBT) are accepted**. Call Kate for details or transportation arrangements at 728-2369. <http://www.nmcdc.org/cooprealmeals.html>

**FREE WEEKLY SERIES OF COOKING & NUTRITION CLASSES offered by the Expanded Food & Nutrition Education Program (EFNEP):** Series of 5, 1 ½ -hour classesto low-income families with children.   Small groups of families learn cooking shortcuts and make low-cost recipes in class.  They also discuss food safety, ideas for feeding children and grocery shopping.  Adult EFNEP classes are held at a variety of places, including the Missoula Extension office, WIC, U of M, Young Families, Joseph's Residence, Mountain Home or places that serve limited-income families. For more information about EFNEP group classes (time, day and location) call Barbara or Liz (EFNEP nutrition assistants) at 258-4207 or stop by the office at 2825 Santa Fe Court or visit: <http://www.missoulaeduplace.org/adult-expanded-food-nutrition-program.html>

FIREWOOD PERMITS: LOLO NATIONAL FOREST - See Website [www.fs.usda.gov/lolo](http://www.fs.usda.gov/lolo) for general information and conditions. FIREWOOD PERMITS: Firewood permits are issued to individuals for private use. A permit costs $5.00 per cord with a minimum purchase of 4 cords and a maximum of 12. Permits are valid from March 31 of one year to March 31st of the next. Firewood permits authorize an individual to cut and remove dead down trees and logs from National Forest and BLM lands. There is a requirement in effect on the Lolo National Forest that firewood cutting, or related disturbance, is not allowed within 150 feet of any running stream, pond, lake, or wet areas to protect water quality and fish habitat.

**Local Food Resources:**

|  |  |  |
| --- | --- | --- |
| **Missoula Food Bank**219 S 3rd St W(406) 549-0543**Store Hours: Monday-Friday 10am-1pm; Mondays, Tuesdays & Thursdays 5pm-7pm**  | **The Salvation Army of Missoula** 339 W. Broadway406-549-0710 **Pantry Hours:** Monday-Wednesday 9-4, Thursday-Friday 9-2 | **City Food Ministries** 2811 Latimer406-532-7711**Open Saturday 10-12** |
| **Missoula 3:16 Rescue Mission** 506 B Toole Ave406-549-4673**Pantry: Monday-Saturday 1-2** **Lunch: 12-1** | **Seeley Swan Community Food Bank**behind Elementary School on School Lane, Seeley Lake MT 406-677-5025Emergency food (3 day supply) 8 times per yr. **Open** Tuesdays, 12-4. | **CLC Food Pantry** 3801 Russell St.**Pantry:** 2nd and 3rd Mondays of the month from 4-5:00 pm except holidays |
| **River of Life** 4007 Hwy 200 East Missoula, MT 59808**Pantry:** 3rd & 4th Saturday of every month 1-3pm | **Midtown Church Food Pantry**1750 South Ave W**Hours:** Tuesday-Thursday 10-2Mostly non-perishables |

|  |
| --- |
| **The Poverello Center** 535 Ryman St406-728-1809 |

 |

**Second-Hand/ Thrift Stores/ Clothes Resources:**

|  |  |  |
| --- | --- | --- |
| **Secret Seconds**920 Kensington Avenue(406) 541-3210 | **Secret Seconds- 2nd Location**1136 West Broadway Street (406)549-1610 | **Bethel Community Church****1601 S. 6th St West****FREE clothes Tuesdays 10am-2pm (men's, women's, teen's, children & infant clothes)** |
| **[Teen Challenge Thrift Store](http://local.yahoo.com/info-37652232-teen-challenge-thrift-store-missoula;_ylt=AkLXgwCdJTg5O24oKWX3TnmHNcIF;_ylv=3?csz=Missoula%2C+MT)**1035 Mount Ave(406) 728-1171 | **[Kid Crossing Incorporated](http://local.yahoo.com/info-17108871-kid-crossing-incorporated-missoula;_ylt=AqMng901rLvgrQiUhg2yqxCHNcIF;_ylv=3?csz=Missoula%2C+MT)**1940 Harve Ave(406) 829-8808 | **[Bargain Corner](http://local.yahoo.com/info-17107818-bargain-corner-missoula;_ylt=AtSH3j8P7OJMaHT7SwMA4wqHNcIF;_ylv=3?csz=Missoula%2C+MT)**200 S California St(406) 543-4926 |
| **[Missoula 3:16 Thrift Boutique](http://local.yahoo.com/info-63901797-missoula-316-thrift-boutique-missoula;_ylt=AieqbYt_cJWGV9d0zUH9emCHNcIF;_ylv=3?csz=Missoula%2C+MT)**400 W Front St(406) 728-5538 | **Zootown Thrift Shop**1444 West Broadway(406) 552-7732 | **Pass It On Missoula**2426 W Central Ave (406) 274-6430 |
| [**Salvation Army**](http://local.search.yahoo.com/r/_ylt%3DA2KJjb2hLmtQ.DkAu33umYlQ%3B_ylu%3DX3oDMTE0b2RidmlqBHBvcwMxMgRzZWMDc3IEY29sbwNzcDIEdnRpZANVU0wwMDBfMQ--/SIG%3D12gnatmoq/EXP%3D1349230369/%2A%2Ahttp%3A/local.yahoo.com/info-17115871-salvation-army-missoula)339 W Broadway St(406) 549-0710  | **The Sharing Closet**Frenchtown Christian Center(406)626-0300 or (406)626-2527 | **Goodwill**2300 Brooks Street(406) 549-6969 |
| **ReStyle Clothing Exchange**

|  |
| --- |
| 331 SW Higgins Ave(406) 317-1650 |

 | **DejaNu Consignment Boutique** 1733 South Ave West(406) 728-3352 | **Senior Center Thrift Shop**705 S. Higgins Ave(406)543-7154 |
| **River of Life (East Missoula)**4007 Hwy 200 East Unit 4Open the 3rd & 4th Saturday of the month or by appointment (406) 282-1765 | [**Donation Warehouse**](http://local.search.yahoo.com/r/_ylt%3DA2KJjb1KMGtQMHoAHD_umYlQ%3B_ylu%3DX3oDMTE0aXRwczQ4BHBvcwMzNARzZWMDc3IEY29sbwNzcDIEdnRpZANVU0wwMDBfMQ--/SIG%3D12k5ivh94/EXP%3D1349230794/%2A%2Ahttp%3A/local.yahoo.com/info-97454308-donation-warehouse-missoula) **(household items only- no clothing)**1804 North Ave W, Ste D(406) 240-4042  | **Roomers Consignment Gallery (no clothing)**1805 Brooks Street(406) 549-0129 |

## Important Resources:

**MISSOULA URBAN DEMONSTRATION PROJECT (MUD):** MUD is a project to help Missoula live in sustainability. For more information about events, resources, or classes, contact MUD at info@mudproject.org, call 721-7513, or visit the website [www.mudproject.org](http://www.mudproject.org). MUD is located at 629 Phillips Street.

* There are various workshops available at a cost. Fees are reduced for MUD members. Check out the current workshops at http://www.mudproject.org/page/workshops
* **Borrow from the tool library (members only)**: Hours are Monday-Thursday 4-7 pm; Saturdays 9 am-Noon

**WHERE SEX OFFENDERS LIVE – FAMILY WATCHDOG WEBSITE:** Type in your home address or a family member’s address. The website will bring up a map of the neighborhood with small colored boxes on it. The small house icon represents the address; the colored boxes represent sex offenders in the area. Click on the colored boxes and it will bring up the offender’s photograph and the exact address, names and employers. Click ALL AROUND; you will be amazed at the information you get:[**http://www.familywatchdog.us/**](http://www.familywatchdog.us/)

**EAT SMART - MOVE MORE PROGRAM.** *Missoula City-County Health Department’s* MOVE MORE Program is looking at ways to increase physical activity in school- age children. They believe strongly in holistic approaches, and are particularly interested in different ways to increase kid’s physical activity beyond school hours. Regular physical activity can improve concentration, decrease and prevent depression, decrease stress and anxiety, and even help kids sleep better. **http://www.co.missoula.mt.us/healthservices/EatSmart/index.htm**

**LOCAL RECYCLE RESOURCES: Drugs-Equipment-Wastes**

* **PRESCRIPTION DRUG DISPOSAL: 24-hour drug drop box located at the back door of the Missoula Police Department (435 Ryman- near the Mountain Line Bus Station).** Medications accepted with no questions asked. Syringes, sharps, and pressurized canisters (inhalers for example) will **not** be accepted.
* **RECYCLE UNBROKEN “cfl bulbs” – FREE:** Because these new compact fluorescent bulbs contain small amounts of mercury, they should be recycled & not thrown away! **ACE HARDWARE and HOME DEPOT** recycles them free of charge!
* **RECYCLE OLD THERMOSTATS – FREE: ACE HARDWARE** will recycle old thermostats that contain small amounts of mercury.
* **LOCAL ELECTRONIC RECYCLE PROGRAM:** The **Staples Office Stores** collect the following for recycling – cell phones, PDA’s, pagers (portion of proceeds to Sierra Club); rechargeable batteries; inkjet & toner cartridges (donates $1 to public education).
* **“KEEP MISSOULA CLEAN & GREEN”** with recycling all our green waste EKO COMPOST has opened the gates Monday-Saturday from 8 am-6 pm in April, May & June to leave all ORGANIC MATERIALS (leaves, limbs, lawn clippings, woody bio-mass or urban wood waste that has not been painted or treated.)

**HIGHER EDUCATION SUPPORT FOR LOW-INCOME STUDENTS:** The Educational Opportunity Center (EOC) is a support & resource to Missoula community potential students, particularly who are low-income and/or the first in their family to go to college. EOC is a federally-funded grant that helps potential students with financial aid, admissions, career exploration, college readiness and navigating the system. Please contact the coordinator, Jamie McGarvey, for assistance: 243-7917 or jamie.mcgarvey@mso.umt.edu FREE group sessions. To register: call 549-8765 at the Lifelong Learning Center (310 South Curtis)