



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

January 2014

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 or Katie Leary, Family & Community Partnership Coordinators (251-9410, ext. 302), jacolej@ravalliheadstart.org, or katiel@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.*

January 1st - 5th

- ♥ **Thursday 1/2 @ 11am: Parks and Rec Customer Appreciation Day at Currents:** Come to Currents Aquatics Center on the first Sunday of each month wearing your Missoula Parks and Rec shirt from any event, program or camp that you or your family member has attended and receive a discount.
- ♥ **Friday 1/3: First Friday!** See additional details in First Friday, SpectrUM & Children's Museum Missoula info in the "Exciting Ongoing Events" section of this newsletter.
- ❖ **Saturday 1/4 @ 10am: Cravings, Overweight, and the Blood Sugar Rollercoaster.** Natural Grocers- Vitamin Cottage (2530 S. 3rd St W.) Learn to achieve optimal health and weight by forgetting everything you've been led to believe. Join Missoula's Natural Grocers Nutrition Health Coach, Katy McCauley, MS, RDN, as she explains how the foods we choose to eat interact with our body's hormonal response and ultimately lead to a state of health or disease. FREE (Also offered Tuesday 1/21 @ 6pm)
- ♥ **Saturday 1/4 from 10am- 5pm: FREE Admission Day at the Children's Museum:** Come learn and play for free! Kiddos and families can enjoy free admission thanks to the generous support of ZillaState. This is part of an ongoing free admission series offered by the Children's Museum in 2014.
- ♦ **Saturday 1/4 @ 11am: Mark Twain in Montana.** Traveler's Rest State Park (6717 Highway 12 West, Lolo.) Travelers' Rest State Park presents its annual Winter Storytelling Series. This week Michael Delaney appears as Mark Twain in Montana. Geared for adults.

January 6th - 12th

- ♥ **Wednesday 1/8 @ 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 1/10 @ 5:30pm: Gallery Opening: The ZACC Staff and Friends Group Show and Silk-Screening Night.** Zootown Arts Community Center (235 N. 1st St W.) At the ZACC we have a wealth of talent from our staff, board, studio holders, and volunteers that often goes unseen. In January we're coming out from behind the great curtain and unveiling the talent. Come to be shocked, surprised, and stultified by the variety of mediums here by the ZACC family. For the silk-screening night, come in with a blank shirt, tote bag, or scarf and leave with one of the house designs printed anywhere of your choosing! Learn about our print shop, printing processes, and artworks in the process. Donations accepted. No registration necessary--just come on by!
- ♦ **Friday 1/10 @ 6pm: Cooking Demo: The Battle of Green Smoothies vs. Juicing.** Natural Grocers/ Vitamin Cottage (2530 S. 3rd St W.) Join host Sallee Lee and come prepared to learn about the benefits of green smoothies and juicing and why you may want to start incorporating them into your life! If you are already a Green Smoothie/Juicing Warrior, we welcome you to come learn more with us and get some new recipes and ideas! FREE.
- ❖ **Saturday 1/11 from 7am – 1pm: Missoula Chamber's 17th Annual Health Fair.** Southgate Mall. We will be offering free to low cost screenings throughout the day, which will include a lipid panel test, blood pressure, spinal screenings and many others. The focus of the Health Fair is to educate the public through informative and comprehensive free or low cost screenings. Screenings can range from bone density tests to chiropractic screenings. We also want to offer information regarding simple lifestyle changes, such as change in diet, smoking, exercise and stress management that can help the average person make simple changes in their lifestyle to improve their self-health. This year the Chamber Safety Committee is proud to present "Slips, Trips & Falls" at this year's health fair. You can watch this presentation in front of the JC Penny store from 12 p.m. - 1 p.m. There is no cost to attend, you do not have to RSVP.
- ♦ **Saturday 1/ 11 from 9am-6pm: Financial Fitness Class:** Homeward's **FREE** Financial Fitness class teaches you how to take charge of your financial life, including: getting organized, creating a budget that works, saving for future goals, understanding how to manage credit, rebuilding credit, avoiding financial pitfalls and consumer traps, and understanding taxes and insurance. Classes are held at Homeward (Solstice Building), 1535 Liberty Lane (corner of Broadway & Russell- use west side entrance.) Register online at <http://www.homeward.org/our-services/homebuyer-education/>. For questions or more information, call Holly, 532-4663 x10 or email info@homeward.org. Childcare vouchers available for The Creative Playhouse.
- ♥ **Saturday 1/11 @ 11am: Coyote Series: Winter storytelling at Traveler's Rest State Park** (6717 Highway 12 West, Lolo.) Stephen Small Salmon, Pend d'Oreille Elder, tells Coyote Stories. **Story Time for children** will include Native American stories and a craft activity.
- ❖ **Saturday 1/11 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 1/11 @ 11am: Pottery Sale- Wall Plaques.** Zootown Arts Community Center (235 N. 1st St W.) Start your new year off right with a wall plaque reminding you of that New Year's Resolution! "Live every day", "Get outside", "Welcome"...Make your house that much more inviting and your resolutions that much more positive. Come in and paint a plaque today. They will be on sale today only!
- ♥ **Saturday 1/11 from 11am- 12:30pm: Saturday Family Art Workshop- Snowbirds with Cindy Laundrie:** Missoula Art Museum (335 N. Pattee) These snow birds don't fly south for the winter, they stick around for the cold and white season! Place your favorite bird in a winter wonder scene by simplifying it into simple shapes and colors to create a bold winter composition and collage. The whole family is invited to make art together. Older children can be left alone to create but parents are asked to stay with children under age 7. To be ensured a

spot in these workshops please pre-register at least two days in advance. Priority is given to children and families. All materials are provided. Thanks to our partnership with Community Medical Center our SFAW are **FREE!**

January 13th – 19th

- ♥ **Tuesday 1/14 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 1/16 from 11:30- 1pm: Media Literacy Enrichment Training.** Sponsored by the Missoula Forum for Children and Youth. Location to be announced. Contact Anna Semple at 721-3000 ext 1023 for location and more information. **FREE**
- ♦ **Saturday 1/18 @ 11am: Place Names and Landscapes: Winter storytelling at Traveler's Rest State Park** (6717 Highway 12 West, Lolo.) Salish Elder Louis Adams tells stories of Place Names and Landscapes. Geared for adults.

January 20th – 26th

- ♥ **Monday 1/20: Martin Luther King Jr. Day Celebration** - Join NCBI Missoula and the MLK Jr. Day Planning Committee for our annual rally at Caras Park at 5pm and community celebration at St. Paul's Lutheran Church following (202 Brooks.) This event is always free and open to the community. More information coming soon- visit <http://www.ncbimissoula.org>
- ♦ **Tuesday 1/21 @ 7pm: Photography Lecture- Night Photography with Doug Johnson.** Rocky Mountain School of Photography (216 N. Higgins.) Low light can be difficult for many competent photographers and the most sophisticated camera systems. In this insightful lecture, Doug Johnson will present easy solutions to solve the challenges of exposure, white balance and contrast, so you can venture out with confidence to capture the spirit of the light at night. **FREE.**
- ♦ **Thursday 1/23 from 6 – 8pm: Conflict Resolution/ Kelso's Choice.** Lewis and Clark School with Parent Educator Dara Newman. Kelso's Choice assumes that all young people are capable of becoming peacemakers. Parents will gain the tools to teach their children conflict management, thereby helping them become their own peacemakers. 2hrs. Childcare is free. Register online at www.childrensmuseummissoula.org or call 721.7690.
- ❖ **Friday 1/24 from 10am- 3pm: 2013 ANNUAL MISSOULA "PROJECT HOMELESS CONNECT."** Project Homeless Connect is a national initiative aimed at connecting the homeless with core services during a one-day, one-stop service event. Missoula's event is at the First United Methodist Church (300 East Main Street – across from the Missoula Public Library). For info: 728-7682, 728-1809, mhill@missoulaagingervices.org or volunteerpov@montana.com. **FREE SERVICES: Medical care, dental care, housing/shelter info, family services, senior services, credit reports, pet services, employment, clothing, haircuts, food and more!!!** **No appointments necessary.** The goal of this event is to improve services and housing for people experiencing homelessness in Missoula. Project Homeless Connect is a collaborative effort between service providers, local businesses, nonprofits, and volunteers that will help homeless individuals and families gain access to over 60 services in one day. ***This FREE event is geared not only for Homeless families, but for any person or family who is living in temporary housing or at-risk of not having housing in the near future.***
- ♥ **Saturday 1/25 @ 10am: Frost Fever Frozen Frolic.** Join Parks and Rec for this annual 5k along the Riverfront System. Register at Currents Aquatics Center by Jan. 12 for a discounted price plus the guarantee of a cozy long-sleeve T-shirt on race day. All racers will receive a 50% off coupon to Currents Aquatics Center. Register at Currents. Participants must fill out a registration form.
- ♦ **Saturday 1/25 @ 11am: Kootenai Stories: Winter storytelling at Traveler's Rest State Park** (6717 Highway 12 West, Lolo.) Dr. Vernon Finley of Salish-Kootenai College tells Kootenai Stories. Geared for adults.
- **Saturday 1/25 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 Kids Clothing Exchange! How it works: Begin by emailing us to RSVP 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 each month. Moms will each be given stickers to initial for their items. Call MMC @ (406) 640-3990 for more information.

January 27th – 31st

- ♦ **Wednesday 1/29 from 6 -8pm: Why Do They Do That? Understanding What Motivates Your Child's Behavior.** Presented at Russell School with Parent Educator Julia Hammond. Behavior is a form of communication, especially for children. For example, when a sibling hits another sibling, fails to listen to Mom or Dad when asked to go to bed, or refuses to complete their homework; our children are attempting to tell us something. Understanding what it is they are attempting to communicate can help you understand their behavior, be proactive in managing the behavior, and reinforce the behaviors that you want to see more of. 2hrs. Childcare is free. Register online at www.childrensmuseummissoula.org or call 721.7690.
- ♥ **Friday 1/31 @ 7pm: Missoula Symphony Orchestra presents the Family Concert, "Mayhem on the Symphony Express!"** This is a high energy and educational one hour concert designed specifically for kids to enjoy with their parents. Dennison Theatre, University of Montana. Tickets \$8 for all ages. For tickets and more information call 721-3194, go to www.missoulasympphony.org, or stop by office at 320 E. Main St., Missoula

Exciting On-Going Events:

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. 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:

- ♥ **Friday 1/3 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 1/4: FREE admission day!**
- ♥ **Wednesday 1/8 from 11- 11:30am: Kindermusik** with Valerie
- ♥ **Friday 1/10 from 11- 11:30am: Taekwondo for Kids:** Master Corbin from Championship Training will be stopping by to teach you kicks and blocks. Come move fast like a ninja and give your loudest kihap.
- ♥ **Wednesday 1/15 from 4-4:30pm: Peaceful Heart:** Jess Matthiae of Peaceful Heart Yoga Missoula returns to the Children's Museum and will share her children's peace/mindfulness techniques. We are so excited to learn all about relaxation techniques! * Social skills, empathy, compassion, and emotional awareness!
- ♥ **Friday 1/24 from 11- 11:30am: Taekwondo for Kids:** Master Corbin from Championship Training will be stopping by to teach you kicks and blocks. Come move fast like a ninja and give your loudest kihap.
- ♥ **Wednesdays from 11:30- 12:30:** Facepainting
- ♥ **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, February 8 at 10am: Build a Mystery Item:** There will not be a January 2014 Lowes Build and Grow Workshop. Every month, kids of all ages can build a free project at Lowe's on select Saturdays from 10a-11a (local time) during the Build & Grow workshop

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 1/3 from 5-8pm: First Friday.** Join us at the intersection of art and science as we display artwork made by spectrUM visitors!
- ♥ **Thursdays 1/2, 1/9, 1/16, 1/23 and 1/30 3:30- 5pm: STEM Role Model Visits**
- ♥ **Wednesdays 1/22 & 1/29 from 11-noon: SpectrUM's Science Sprouts Early Childhood Program:** Parents and kids, come explore science together!

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.

- ♥ **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 1/10 from 7:00-9:00: Free Foreign Film Night**
- ♦ **Friday 1/17 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

- ♦ **Fondue: First Friday Tastings at the Good Food Store @ 5:30 pm**. \$5. The Swiss made fondue popular but it was actually first referenced in Homer's Iliad, where it was humbly described as a mixture of goat cheese, wine and flour. Tonight we'll sample the classic Swiss recipe, but also take a dip into fondue varieties that highlight brie, chocolate and a favorite Norwegian winter cheese, Gjetost, fondly known as "Ski Queen." GFS Cheese Buyer Jennie Gregory will explain the qualities necessary for a fondue cheese and Cooking School Manager Emily Walter will stir together the fondue recipes and suggest what best to dip into them. Matt Fry will join us too, with recommended wine and beer pairings for tonight's fondues.
- ♥ **Family Friendly Friday with Frederico Brothers at the Top Hat Lounge @ 6pm**. Free. All ages welcome.

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 Shuttles from area schools now available! Drop-in price is \$5 per class and Thursday Funshops and Friday Fun Nights are \$8 each.

- ♥ **Closed the month of January for Winter Holiday**

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

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

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. Learn 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 mini Naturalists 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. 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 as 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. 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!
- ♥ **Young Artist's Afterschool Program:** This engaging after-school art teaches young artists art fundamentals, history, techniques, and purposes while experimenting with a variety of fun mediums. When: Mondays Ages 6-11 (3:15-5:30), Wednesdays Ages 6 – 11 (3:15 - 5:30), Thursdays Ages 6 – 11 (2:15 - 5:00), Fridays Ages 12-16 (3:30 - 5:30.)

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 Wednesday 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 Sunday, call for times. (January 5, 12, 19 and 26.)** 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: Parks and Recreation has a new home for your favorite sports and fitness programs at the Sports and Wellness Center, located at **1515 Fairview, 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

- ♥ **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. "Play all Day" passes \$7. People with disabilities are always welcome to ride free. 101 Carousel Drive. For more information: 549-8382 <http://www.carousel.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 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.” 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. 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 to reserve a spot. REI is located on Reserve Street in the Grant Creek Shopping Center.
 - **Monday 1/13 from 6:30- 8pm: Ski / Snowboard Waxing Basics:** 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 1/15 from 6:30- 8pm: Winter Camping Basics Class:** Learn how to plan, stay warm, select winter appropriate gear and what to expect when setting up camp and during your overnight.
 - **Wednesday 1/22 from 6:30- 8pm: Snowshoeing Basics:** 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.

- ♦ **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 for more information.
- ♦ **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 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. 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>. Or, email Dena Saedi at dena@PeakMissoula.com.
- ♦ **Adult Children of Aging Parents:** 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 Toastmasters** meets 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'thebull.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. Become a better speaker. Become a better leader. For more information visit <http://missoula.toastmastersclubs.org>
- ♦ **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. 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 and Fridays from 9-10am at the Lotus Project (725 West Alder St. Suite 2.) Older siblings welcome. 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 missoulall@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. Email Kathryn.schaefer2@providence.org for the date of the January sale.

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 \(HRC\)](http://www.hrcxi.org/energy_asst.php) 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, a 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: www.homeresource.org

FREecycle NETWORK™ IN MISSOULA: Interested in getting rid of and preventing items from being unnecessarily put in landfills? 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.

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. Services are free, yet donations 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 how the shop is set up, is offered Tuesdays at 6pm, Wednesdays at 5pm and Thursdays at 1pm. No sign ups necessary. After volunteering and taking the class, you can build a free bike, with our help. 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 NMCD 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. **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 classes to 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 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. Broadway 406-549-0710 Pantry Hours: Monday-Wednesday 9-4, Thursday-Friday 9-2	City Food Ministries 2811 Latimer 406-532-7711 Open Saturday 10-12
Missoula 3:16 Rescue Mission 506 B Toole Ave 406-549-4673 Pantry: Monday-Saturday 1-2 Lunch: 12-1	Seeley Swan Community Food Bank behind Elementary School on School Lane, Seeley Lake MT 406-677-5025 Emergency 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 10-2 Mostly non-perishables	The Poverello Center 535 Ryman St 406-728-1809

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. 6 th St West FREE clothes Tuesdays 10am-2pm (men's, women's, teen's, children & infant clothes)
Teen Challenge Thrift Store 1035 Mount Ave (406) 728-1171	Kid Crossing Incorporated 1940 Harve Ave (406) 829-8808	Bargain Corner 200 S California St (406) 543-4926
Missoula 3:16 Thrift Boutique 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 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 4 Open the 3 rd & 4 th Saturday of the month or by appointment (406) 282-1765	Donation Warehouse (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. 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/>

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 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)