



# May 2025 Free & Low-Cost Activities

Activities in Green are FREE & Activities in Blue are \$5 or Less.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Thank you to our 5-2-1-0 Sponsor:</p>	<p>Fun places that are \$5 or less or FREE!</p>		<p><b>Msla Food Bank Hours:</b> Mon/Tues/Th 10 am-7 pm Wed/Fri 10 am-1 pm <b>EmPower Place Hours:</b> Mon/Tues/Th 10 am-6 pm Wed/Fri 10 am-1 pm <b>Senior Ctr Lunch</b> served M-F, 11:30-12:30. Cost: \$5 for ages 60+</p>	<p><b>1</b> <b>Create w/ Kevin</b>, 3-6 Thursdays, EmPower Pl. <b>Teen Art Project</b>, 3 pm Thursdays, MAM, <a href="#">register</a> <b>Women Bike Missoula Ride</b>, 5:30, meet @ XXXXs, all are welcome</p>	<p><b>2</b> <b>Family Fun Time</b>, 9-11 am Fridays, YMCA, \$5 per family, non-members welcome <b>Storytime and Songs</b>, 11-12 Fridays, EmPower Place <b>First Friday</b>, 5-8 pm, Downtown Missoula</p>	<p><b>3</b> <b>Missoula Farmers' Market</b>, 8-12:30, XXXXs <b>Movement for Your Mental Health</b>, 10-11 am, MPL <b>Roll &amp; Read Event</b>, 11-1, McCormick Park <b>The Gathering @ Tmsm???</b>, 12-4 pm, Travelers' Rest</p>
<p><b>4</b> <b>Volunteering @ Fort Msla Native Plant Garden</b>, 9-11 am Sundays, all ages <b>Family Fun in the Kitchen</b>, 12 pm, MPL <b>Carousel for Missoula</b>, 11-5:30 daily, Caras Park</p>	<p><b>5</b> <b>Tech Café</b>, 1 pm, Msla Aging Services <b>Art in the Moment</b>, 1:30, MAM, call 318-8242 to reg. <b>LEGO Club</b>, 2:30-5 pm, MPL <b>UM Roots Spring Gig</b>, 7-9 pm, Free Cycles</p>	<p><b>6</b> <b>Silver Sneakers</b>, 9-10 am Tuesdays, Greater Good Health, <a href="#">register*</a> <b>Tiny Tales</b>, 11:45-12:15 Tuesdays, EmPower Place <b>Baby Bistro</b>, 10-11:30 am Tuesdays, MFB&amp;CC</p>	<p><b>7</b> <b>Spice Kits</b> at MPL, 9 am-8 pm, Demo Kitchen <b>Story Time for Diverse Abilities</b>, 1-2 pm, MPL <b>Generations in Motion</b>: volunteers needed, M-F, times vary, contact <b>Parks &amp; Rec</b></p>	<p><b>8</b> <b>Resource Access Day</b>, 12-3 pm, MPL <b>YMCA Yoga at the Library</b>, 12-1 pm Thursdays, MPL <b>Dream Bigger Teen After-School Program</b>, 3-6 pm Tues/Th, MPL, <a href="#">apply here</a></p>	<p><b>9</b> <b>Tiny Tales</b>, 10:30, MPL <b>Art Club for All Abilities</b>, 1-3 pm, BASE <b>English Country Dance</b>, 7-9:30, Elks Lodge, \$5-10 donation requested</p>	<p><b>10</b> <b>Town Bound Birding</b>, 7-9 am, Waterworks Trhd. <b>Mt Dean Stone Trail Volunteering</b>, 10-2, location TBA, with 5 Valleys Land Trust <b>Kids' Fishing Day</b>, 10-12:30, McCormick Park</p>
<p><b>11</b> <b>Marshall Mtn Sprouts Kids' Run</b>, 12:30, Marshall Mtn Park, <a href="#">register here</a> <b>Sober/Sober/Sober Ally Basketball</b>, 5:30-7 pm Sundays, 1001 Cleveland, <a href="#">reg</a></p>	<p><b>12</b> <b>Line Dancing</b>, 10 am Mon+Sat, Msla Senior Center, \$5, all ages and abilities <b>LEGO Club</b>, 2:30-5 pm, MPL <b>Fix-It Clinic: Bike Repair &amp; Maintenance</b>, 11:30, MPL, outside, weather dependent</p>	<p><b>13</b> <b>Infant to 3-yr Old Play-group</b>, 10:30 Tuesdays MPL <b>Memory Café</b>, 2 pm MPL <b>Explore with SpectrUM</b>, 3-6 pm Tuesdays, EmPower Place, drop-in <b>Read w/ Dogs</b>, 3:30, MPL</p>	<p><b>14</b> <b>Dungeons &amp; Dragons</b>, 5:30-8:30 Wednesdays, Lowell Elem, gr 3-8, donations welcome, pizza served <b>Irish Hurling Clinic</b>, 6:30-8 pm, Fort Msla Regional Park Rugby Pitch, \$5 cash or check, ages 18+</p>	<p><b>15</b> <b>Tiny Tales</b>, 10:30 MPL <b>YMCA Yoga @ MPL</b>, 12 pm Thursdays, MPL <b>Create w/ Kevin</b>, 3-6 Thursdays, EmPower Pl. <b>Scavengers Photography Club</b>, 6-8, MNHC, free</p>	<p><b>16</b> <b>Art with a Purpose</b>, 11-12, MPL <b>Yarns Knitting Group</b>, 12-2 Fridays, MPL <b>Discovery Area Science Activity</b>, 2-6 pm Tues-Sat, MPL</p>	<p><b>17</b> <b>Bike to the Library Day</b>, 9-5:30, MPL <b>Beginning Bird Walk</b>, 10-1, Lee Metcalf NWR <b>Moon-Randolph Homestead Open Hrs</b>, 11-5 Saturdays <b>Little Dipper Kids' Trail Run</b>, 2 pm, Pineview Park, <a href="#">reg*</a></p>
<p><b>18</b> <b>Freestyle Movement w/ Ember Msla</b>, 10-12 Sundays, 2126 Dixon, donations welcome <b>Salsa Dance Class</b>, 1-2 pm Sundays, 2704 Brooks, \$10, on-site childcare available for ages 3-10</p>	<p><b>19</b> <b>Mini Naturalist PreK Program</b>, 10-11 am, MNHC <b>Art Supply Closet and Indoor Play Space</b>, 10-6 Mon-Sat, ZACC <b>Make &amp; Mend Fiber Arts</b>, 6 pm Mondays, Joseph's Coat</p>	<p><b>20</b> <b>MCAT: Video Camera Tour</b>, 2-3 pm, MPL <b>UM Living Lab Open</b>, 3-6 pm, MPL <b>African Dance Class</b>, 6-7:30 pm, PAR/TV, UM, \$10 (UM students free)</p>	<p><b>21</b> <b>Story Time for Diverse Abilities</b>, 1-2 pm, MPL <b>Middle School Writers' Group</b>, 3:30-5 pm, MPL <b>Kids' Cooking Class</b>, 4-5 pm, MPL</p>	<p><b>22</b> <b>Create with Kevin</b>, 3-6 pm, Thursdays, EmPower Place <b>MCAT: Introduction to Podcasting</b>, 2-3, MPL <b>Teen Art Project</b>, 3 pm Thursdays, MAM, <a href="#">register</a></p>	<p><b>23</b> <b>Family Fun Time</b>, 9-11 am Fridays, YMCA, \$5 per family, non-members too <b>Art Club for All Abilities</b>, 1-3 pm, BASE <b>Young Adult Writers' Group</b>, 3:30-5:30, MPL</p>	<p><b>24</b> <b>Young Kids' Dance Party</b>, 11 am, MPL <b>Ghosh Yoga</b>, 11:30, Headwaters Hot Yoga <b>Teen Open Studio</b>, 12:30-3:30 Saturdays, MAM, free, drop-in</p>
<p><b>25</b> <b>Volunteering @ Fort Msla Native Plant Garden</b>, 9-11 am Sundays, all ages <b>Art Supply Closet and Indoor Play Space</b>, 12-4 Sundays, ZACC <b>PainSavvy Health Literacy Class</b>, 1-2 pm, MPL</p>	<p><b>26</b> <b>Memorial Day</b>  <b>Carousel for Missoula</b>, 11-5:30 daily, Caras Park</p>	<p><b>27</b> <b>Baby Bistro</b>, 10-11:30 am Tuesdays, MFB&amp;CC <b>Read with Dogs</b>, 3:30, MPL <b>Singing for Women of All Ages</b>, 6:30-9 pm, Grace United Methodist Church</p>	<p><b>28</b> <b>Drop-in Nature Journaling</b>, 11:30-1, MNHC <b>MakerSpace Sewing Drop-In Hours</b>, 2-5 pm, MPL <b>Boardgames &amp; Relax</b>, 4:30-6:30, MPL</p>	<p><b>29</b> <b>Tiny Tales</b> 10:30 MPL <b>Discovery Area Science Activity</b>, 2-6 pm Tues-Sat, MPL <b>Dream Bigger Teen After-School Program</b>, 3-6 pm Tues/Th, MPL, <a href="#">apply here</a></p>	<p><b>30</b> <b>Historical Museum at Fort Missoula</b>, 9 am-5 pm daily, free to Msla Co residents <b>Art with a Purpose</b>, 11-12, MPL <b>Yarns Knitting Group</b>, 12-2 Fridays, MPL</p>	<p><b>31</b> <b>Missoula Farmers' Market</b>, 8-12:30, XXXXs <b>Clark Fork River Market</b>, 8-1, 225 S Pattee St. <b>Line Dancing</b>, 10 am Mon + Sat, Msla Senior Center, \$5, all ages and abilities <b>Story Time.</b>, 10:30, MPL</p>

