



# September 2023 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>United Way of Missoula County</p>	<p>Fun places that are \$5 or less or FREE!</p>			<p><b>Food Bank Hours:</b> Mon/Tues/Thurs 10-7 Wed/Fri 10-1</p> <p><b>EmPower Place Hours:</b> Mon/Tues/Thurs 10-6 Wed/Fri 10-1</p> <p><b>*= pre-registration required for this event</b></p>	<p><b>1 Missoula Art Museum</b>, open 10-5 Tuesday-Saturday</p> <p><b>Art Club for All Abilities and Ages</b>, 1-3 pm, BASE, <b>register*</b></p> <p><b>Spectr UM</b>, 2-6 Tuesday-Saturday, MPL</p>	<p><b>2 Kiwanis B-ball</b>, free to grades 6-8, <b>register early to get a spot*</b> (starts 3/24)</p> <p><b>Parks &amp; Rec School's Out Camps</b>, sliding fee scale, <b>register*</b></p> <p><b>Clark Fork Market</b>, 8-1, 101 Carousel Drive</p>
<p><b>3 Art Lounge and Indoor Play Space</b> 12-4 Sundays, ZACC</p> <p><b>Sober/Sober Ally Co-Ed Basketball</b>, 7:30-9 pm, City Life Center, <b>register*</b></p>	<p><b>4 Labor Day Holiday</b></p>	<p><b>5 Baby Bistro</b>, 10:00-11:30 Msla Food Bank</p> <p><b>Read with Dogs</b> 3:30 MPL</p> <p><b>Spectr UM</b>, 2-6 Tuesday-Saturday, MPL</p>	<p><b>6 Blue Blocks</b> 11-3 MPL</p> <p><b>NAMI Connection</b>, 1 pm, St Paul's Church Annex</p> <p><b>Women Bike Msla</b> Florence Ride, 5:30, meet @ Blue Mtn Rd. near the Peak</p>	<p><b>7 Child Development Screenings</b>, 10-12 MPL</p> <p><b>MT Book Festival</b> 11-6 MPL</p> <p><b>Kids Cook with Chop Chop</b>, 3:30 -4:30 pm, MPL</p> <p><b>Teen Leaders Club</b>, 4:30 pm, YMCA, <b>register*</b></p>	<p><b>8 Big Read Food Drive</b> thru 10/11/23, MPL</p> <p><b>Sober/Sober Ally Co-Ed Kickboxing</b>, 5:30-6:30 pm Fridays, Crosswinds, <b>register*</b></p> <p><b>Music &amp; Storytelling with Jack Gladstone</b>, 8 pm, ZACC</p>	<p><b>9 Msla Farmers' Market</b>, 8-12:30, @ XXXX's Out of the Darkness Walk, 10 am, Paddleheads Stadium</p> <p><b>MCAT Young Kids Dance Party</b>, 11 am, MPL</p>
<p><b>10 Carousel for Missoula</b>, open 12-5 daily, Caras Park</p> <p><b>MCAT: One-day Short Film Production</b>, 2-5 pm, MPL</p> <p><b>Maker Space Walk-In Hours</b>, 2:30-5 pm, MPL</p>	<p><b>11 MCAT Tour and Training</b>, 2-3 pm, MPL</p> <p><b>MCAT Learn to Video Edit</b>, 2-3 pm, MPL</p> <p><b>Lego Club</b>, 2:30-5, MPL</p> <p><b>UM Living Lab</b>, 3-6 pm, MPL</p>	<p><b>12 Preschool Art</b>, 11 am -12 pm, MPL</p> <p><b>Baby Bistro</b>, 10:00-11:30 Msla Food Bank</p> <p><b>Memory Café</b>, 2 pm, MPL</p> <p><b>Read with Dogs</b>, 3:30-4:30 pm, MPL</p>	<p><b>13 Spectr UM</b>, 2-6 Tuesday-Saturday, MPL</p> <p><b>Stories of Home</b>, 6 pm, ZACC</p> <p><b>Dads and Dialogues</b>, 6-7:30 pm, MPL, <b>reg*</b></p>	<p><b>14 YMCA Yoga @ the Library</b>, 12-1 pm, MPL</p> <p><b>Cooking Demo by United We Eat</b>, 3-5 pm, MPL</p> <p><b>Teen Leaders Club</b>, 4:30 pm, YMCA, <b>register*</b></p>	<p><b>15 Tiny Tales &amp; Story Time</b>, 10:30 am, MPL</p> <p><b>Yarns @ MPL Knitting Group</b>, 12- 2pm, MPL</p> <p><b>Sober/Sober Ally Co-Ed Kickboxing</b>, 5:30-6:30 pm Fridays, Crosswinds, <b>reg*</b></p>	<p><b>16 Beginning Bird Walk</b>, 10-1, Lee Metcalf NWR</p> <p><b>Cider Pressing</b>, 10:30-11:30, Travelers Rest</p> <p><b>Spontaneous Construction Festival</b>, 11 am, Home Resources</p>
<p><b>17 Walk to Defeat ALS</b>, 10 am, McCormick Park, <b>register*</b></p> <p><b>Stories and Stones</b>, 12 pm, Msla City Cemetery</p> <p><b>MCAT Community Radio Auditions</b>, 2-5 pm, MPL</p>	<p><b>18 MCAT Learn to Video Edit</b>, 2-3 pm, MPL</p> <p><b>Lego Club</b>, 2:30-5, MPL</p> <p><b>UM Living Lab</b>, 3-6 pm, MPL</p> <p><b>Race &amp; Change Across Cultures and Generations</b>, 6-7:30 pm, MPL</p>	<p><b>19 Baby Bistro</b>, 10:00-11:30 Msla Food Bank</p> <p><b>Preschool Art</b>, 11 am -12 pm, MPL</p> <p><b>Spectr UM Science</b>, 2-6 pm, Tues-Saturday, MPL</p> <p><b>Read with Dogs</b>, 3:30-4:30 pm, MPL</p>	<p><b>20 Blue Blocks</b>, 11-3, MPL</p> <p><b>Middle School Writers' Group</b>, 3:30-5:00, MPL</p> <p><b>Kids Cooking Class</b>, 4-5 pm, MPL</p> <p><b>Symphony Kids</b>, 4:30-5:30 pm, MPL</p>	<p><b>21 YMCA Yoga @ the Library</b>, 12-1 pm, MPL</p> <p><b>Game Night for All Abilities</b>, 1-4 pm, BASE, <b>reg*</b></p> <p><b>You're an Engineer</b>, 3:30-4:30 pm, MPL</p> <p><b>Talk Time</b>, 5:30-7, MPL</p>	<p><b>22 Families First Community Connections</b>, 11-12, MPL</p> <p><b>Sober/Sober Ally Co-Ed Kickboxing</b>, 5:30-6:30 pm Fridays, Crosswinds, <b>reg*</b></p>	<p><b>23 Painting in the Park</b>, 10:30, Travelers Rest</p> <p><b>Kids' Activity</b>, 1-3 pm, MNHC</p> <p><b>Moon Randolph Homestead</b> open 11 am-5 pm</p>
<p><b>24 Safe Kids Fair</b>, 12-3 pm, Community Medical Center Campus</p> <p><b>MCAT Music</b>, 12 pm MPL</p> <p><b>Sober/Sober Ally Co-Ed Basketball</b>, 7:30-9 pm, City Life Center, <b>register*</b></p>	<p><b>25 Genealogy for the Absolute Beginner</b>, 1:30-3 pm, MPL</p> <p><b>Lego Club</b>, 2:30-5, MPL</p> <p><b>Art Lounge and Indoor Play Space</b>, 10-6 ZACC</p>	<p><b>26 Bowling</b>, 9-5, Westside Lanes</p> <p><b>Baby Bistro</b>, 10:00-11:30 Msla Food Bank</p> <p><b>Preschool Art</b>, 11-12, MPL</p> <p><b>Read with Dogs</b>, 3:30-4:30 pm, MPL</p>	<p><b>27 Blue Blocks</b>, 11-3 MPL</p> <p><b>Carousel for Missoula</b>, open 12-5 daily, Caras Park</p> <p><b>Big Sky Writers' Group</b>, 4:30-5:30, Big Sky HS Library</p>	<p><b>28 Tiny Tales</b>, 10:30 MPL</p> <p><b>YMCA Yoga @ the Library</b>, 12-1 pm MPL</p> <p><b>Talk Time</b>, 5:30-7, MPL</p> <p><b>Teen Leaders Club</b>, 4:30 pm, YMCA, <b>register*</b></p>	<p><b>29 Maker Space Walk-In Hours</b>, 9:30-12:30 MPL</p> <p><b>Yarns @ MPL Knitting Group</b>, 12-2 pm, MPL</p> <p><b>Sober/Sober Ally Co-Ed Kickboxing</b>, 5:30-6:30 pm Fridays, Crosswinds, <b>reg*</b></p>	<p><b>30 Story Time</b>, 10:30, MPL</p> <p><b>MCAT Young Kids Dance Party</b>, 11 am, MPL</p> <p><b>MCAT Stop Animation Workshop for Kids</b>, 1-3 pm, MPL</p>





# Are you back to school ready?

## Add school **breakfast** and **lunch** to your to-do list!

Applying for free and reduced school meal benefits is easy! Here's how:

1. Do you have SNAP, TANF, or FDPIR benefits? Your child will automatically receive free meals at school! Look for a letter from your school district confirming benefits or call to confirm.
2. **\*\*NEW for SY23-24\*\***  
Signed up for Medicaid? Your child will automatically receive free OR reduced meals at school! Look for a letter from your school district confirming benefits or call to confirm.
3. If you don't automatically qualify for free or reduced meals, fill out an application online @ [dca.opi.mt.gov/frapp](https://dca.opi.mt.gov/frapp).
4. Eat breakfast + lunch!
5. Fill-up on fruits, vegetables, whole grains, milk, and lean proteins!

### Life happens...

You can apply or reapply for school meals at any point throughout the school year if your income, living arrangement, or household size changes.

- Check your school meal benefits
- Get school supplies
- Tune up your bike for an active commute to school