











January 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>1 Resolution Run 10 am, Pineview Park, register*</p> <p>*= pre-registration required for this event</p>	<p>2 Food Bank Hours: M/T/Th 10-7, Wed/Fri 10-11</p> <p>EmPower Place Hours: Mon/Wed/Friday 10-11, Tues/Thurs 10-6</p>	<p>3 Baby Bistro, 10:00-11:30 Msla Food Bank</p> <p>Preschool Art with a Purpose, 10-12, MPL</p> <p>Active 6, 4-6 pm, YMCA, open to Msla 6th graders</p> <p>Yoga, 6:30 pm, MPL, register here*</p>	<p>4 Senior Skate, 9:45 Glacier Ice Rink, reg*</p> <p>Tiny Tales, 10:30, EmPower Place</p> <p>Blue Block Building, 11 am-5 pm, MPL</p> <p>Teen Leaders Club, 5-7 pm, YMCA, register*</p>	<p>5 Tiny Tales, 10:30 MPL</p> <p>Active 6, 3-5 pm, YMCA, open to area 6th graders</p> <p>Insectarium 3 pm MPL</p> <p>Kids Cook with Chop Chop, 3:30 pm, MPL</p> <p>Teen Tabletop Games, 5-7 pm, YMCA</p>	<p>6 Tiny Tales and Story Time, 10:30 am MPL</p> <p>Yarns @ MPL Knitting Group, 12-2 pm, MPL</p> <p>Families First, 12-1, EmPower Place</p> <p>First Friday, 5-8 pm, downtown Missoula</p>	<p>7 Winter Market, 9-3, Southgate Mall</p> <p>Bring a Friend Day, 10:30, Glacier Ice Rink</p> <p>Family Workshop, 11-12:30, MAM, drop-in</p> <p>Sober/Sober Ally Workout, 7 pm 2001 S Russell, reg*</p>
<p>8 Currents Aquatic Center, 12-6 pm. With city discount card, ages 0-17, seniors & spectators are \$5 or less.</p> <p>Art Lounge, 12-4, ZACC</p>	<p>9 Cheap Skate, 2-3 pm, Glacier Ice Rink, registration encouraged*</p> <p>Newspapers in Genealogy Research 1:30 MPL</p> <p>Lego Club, 2:30-5, MPL</p>	<p>10 Baby Bistro, 10:00-11:30 Msla Food Bank</p> <p>Memory Café, 2 pm MPL</p> <p>Community Cooking, 6-7:30 pm, MPL</p> <p>Yoga, 6:30 pm, MPL reg*</p>	<p>11 Senior Skate, 9:45 Glacier Ice Rink, reg*</p> <p>Parent/Tot Skate, 10:45, Glacier Ice Rink, reg*</p> <p>Teen Leaders Club, 5-7 pm, YMCA, register*</p>	<p>12 Tiny Tales 10:30 MPL</p> <p>Active 6, 3-5 pm, YMCA, open to area 6th graders</p> <p>Insectarium 3 pm MPL</p> <p>School Meals Event, 5:30, Msla Food Bank</p>	<p>13 Family Fun Time, 10-1, YMCA</p> <p>Tiny Tales and Story Time, 10:30 am MPL</p> <p>Spectr UM, 2-6 Tues-Sat., MPL</p>	<p>14 Winter Market, 9-3, Southgate Mall</p> <p>Young Kids Dance Party, 11 am, @ MCAT in MPL</p> <p>Stop Animation Workshop for Kids, 1-3, MPL</p>
<p>15 HERE Montana, an outdoor rec group for BIPOC community. Find on Instagram.</p> <p>Research Studies for Kids, 12-5 pm, ages 3+ MPL</p>	<p>16 Martin Luther King, Jr. Day Celebration, 6 pm, St. Anthony's Church, 217 Tremont</p> <p>Art Lounge & indoor play space, 10-6, ZACC</p>	<p>17 Baby Bistro, 10:00-11:30, Msla Food Bank</p> <p>Active 6, 4-6 pm, YMCA, open to Msla 6th graders</p> <p>Yoga, 6:30 pm, MPL, register*</p>	<p>18 Families First Kids Cooking Class 4 pm MPL</p> <p>Teen Leaders Club, 5-7 pm, YMCA, register*</p> <p>Fossil Rocks! Lecture, 6 pm MPL</p>	<p>19 Active 6, 3-5 pm, YMCA, open to 6th grade</p> <p>You're an Engineer, 3:30-4:30 pm, MPL</p> <p>Teen Tabletop Games, 5-7 pm, YMCA</p>	<p>20 MakerSpace Open Hours, 9 am-1 pm, MPL</p> <p>Families First Community Connections, 10-12 MPL</p> <p>Missoula Art Museum, 10-5 Tues-Sat, all ages</p>	<p>21 Winter Market, 9-3, Southgate Mall</p> <p>Story Time 10:30 MPL</p> <p>Young Kids Dance Party, 11 am, @ MCAT in MPL</p>
<p>22 Art Lounge and Indoor Play Space, 12-4, ZACC</p> <p>Research Studies and Activities for Kids, 12-5 pm, ages 3+ MPL</p>	<p>23 Cheap Skate, 2-3 pm, Glacier Ice Rink, registration encouraged*</p> <p>Lego Club, 2:30-5 pm, MPL</p> <p>Learn to Video Edit, 2-4 pm, MCAT @ MPL. Reg*</p>	<p>24 Bowling, 9 am -11 pm, Westside Lanes</p> <p>Baby Bistro, 10:00-11:30, Msla Food Bank</p> <p>Active 6, 4-6 pm, YMCA, open to Msla 6th graders</p> <p>Yoga, 6:30 pm, MPL, register*</p>	<p>25 Parent/Tot Skate, 10:45, Glacier Ice Rink, reg*</p> <p>Teen Leaders Club, 5-7 pm, YMCA, register*</p> <p>MT Racial Equity Project Book Club, 6 pm, MPL</p>	<p>26 Tiny Tales 10:30 MPL</p> <p>Spectr UM, 2-6 Tues-Sat., MPL</p> <p>Active 6, 3-5 pm, YMCA, open to 6th graders</p> <p>Teen Tabletop Games, 5-7 pm, YMCA</p>	<p>27 Tiny Tales and Story Time, 10:30 am MPL</p> <p>Yarns @ MPL Knitting Group, 12-2 pm, MPL</p> <p>Spectr UM, 2-6 Tues-Sat., MPL</p> <p>Lego Club, 2:30-5 pm, MPL</p>	<p>28 Winter Market, 9-3, Southgate Mall</p> <p>Story Time 10:30 MPL</p> <p>Young Kids Dance Party, 11 am, @ MCAT in MPL</p> <p>Stop Animation Workshop for Kids 1-3 MPL</p>
<p>29 Art Lounge and Indoor Play Space, 12-4, ZACC</p> <p>Research Studies and Activities for Kids, 12-5 pm, ages 3+ MPL</p>	<p>30 Cheap Skate, 2-3 pm, Glacier Ice Rink, registration encouraged*</p> <p>Lego Club, 2:30-5 pm, MPL</p> <p>Learn to Video Edit, 2-4 pm, MCAT @ MPL. Reg*</p>	<p>31 Baby Bistro, 10:00-11:30, Msla Food Bank</p> <p>Preschool Art, 10-12 MPL</p> <p>Active 6, 4-6 pm, YMCA, open to Msla 6th graders</p> <p>Yoga, 6:30 pm, MPL, register*</p>	<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>       		



Find more free and low-cost activities on our website:

www.5210letsmovemissoula.org/

