



March 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>Msla Food Bank Hours: Mon/Tues/Th 10 am-7 pm Wed/Fri 10 am-1 pm EmPower Place Hours: Mon/Tues/Thurs 10-6 Wed/Fri 10-1</p>	<p>Missoula Senior Center Lunch served M-F, 11:30-12:30. Cost: \$5 for ages 60+. Price for general public = \$8</p>	<p>Thank you to our 5-2-1-0 Sponsor:</p> <p>United Way of Missoula County</p>	<p>1 Line Dancing, 10 am, Msla Senior Center, \$5 Ghosh Yoga Class, 11:30 Saturdays, Headwaters Hot Yoga, \$5, register* Teen Open Studio, 12:30-3:30 Saturdays, MAM, free, drop-in</p>
<p>2 Freestyle Movement w/ Ember Msla, 10-12 Sundays, 2126 Dixon Ave, donations welcome Drop-in Volleyball, 5 pm, City Life Gym, \$5 card/online</p>	<p>3 Mini Naturalist PreK Program, 10-11 am, MNHC Tech Café, 1-3 pm, Msla Aging Services, drop-in Art in the Moment, 1:30, MAM, in partnership with Alzheimer's Association</p>	<p>4 Baby Bistro, 10-11:30 am every Tues, MFB&CC Infant to 3-yr Old Playgroup, 10:30 Tuesdays MPL Explore w/ Spectrum, 2-6 pm Tuesdays, EmPower PI</p>	<p>5 Week of the Young Child, 10-12, MPL Senior Skate, 10-11 am, Glacier Ice Rink, \$5, reg* Dungeons & Dragons, 5:30-8:30, Lowell Elem, gr 3-8</p>	<p>6 YMCA Yoga 12 pm MPL Teen Art Project, 3 pm, MAM, register* Create w/ Kevin, 3-6 Thursdays, EmPower PI Cooking for Kids, 3:30-4:30, MPL, drop-in</p>	<p>7 Families First: International Women's Day, 10-5, MPL Tiny Tales, 10:30 MPL Yarns Knitting Group, 12-2 every Friday, MPL</p>	<p>8 Summer Camp Expo, 10-1, MPL Car Seat Install, 10-3:30, 2521 South Ave W call 549-6172 to register* All-Abilities Ice Skate, 5-6:30, Glacier Ice Rink</p>
<p>9 PainSavvy Health Literacy Class, 1-2 pm, MPL Grow Music Presents, 3 pm, MPL Drop-in Basketball, 3 pm, City Life Gym, \$5 card/online, all skill levels</p>	<p>10 Line Dancing, 10 am, Msla Senior Center, \$5, all ages and abilities LEGO Club, 2:30-5 MPL How to Make Bone Broth, 6 pm, MPL Demo Kitchen Maker Space, 6-8, MPL</p>	<p>11 Tiny Tales, 11:45-12:15 Tuesdays, EmPower Place Memory Café 2pm MPL QPR Suicide Prevention Training, 5:30, virtual, register*</p>	<p>12 Parent/Tot Skate, 11 am, Glacier Ice Rink, \$5, register* Story Time for Diverse Abilities, 1-2 pm, MPL MakerSpace Sewing Drop-In Hours, 2-5:30 pm, MPL</p>	<p>13 Resource Access Day (RAD), 12-3, MPL YMCA Yoga @ the Library, 12-1 pm Thursdays Dream Bigger Teen After-School Program, 3-6 pm, MPL, register*</p>	<p>14 Family Fun Time, 9-11 am Fridays, YMCA, \$5/family, non-members too Art with a Purpose 11, MPL English Country Dance, 7:30 pm, Elks Club, \$10 suggested donation, \$5 members</p>	<p>15 Run for the Luck of It 400 m Kids' Dash, 8:45 am, register* Beginning Bird Walk, 10-1, Lee Metcalf Wildlife Refuge Yoga Story Time, 10:30-11:30, MPL</p>
<p>16 Town Bound Birding, 8-10 am, Council Grove Salsa Dance Class, 1-2 pm Sundays, 2704 Brooks, \$10 Sober/Sober/Sober Ally Basketball, 5:30-7 pm Sundays, 1001 Cleveland, reg*</p>	<p>17 Elders' Luncheon, 11-3, 1515 South Russell, open to American Indians 50+ y/o Welcoming Our Future, 5:30-8 pm, Payne Native American Center, UM, for American Indian expectant moms</p>	<p>18 Silver Sneakers, 9-10 am every Tuesday, Greater Good Health, register* Read with Dogs, 3:30-4:30 pm, MPL Dads & Dialogue, 6-7:30 pm, MPL, register*</p>	<p>19 Preschool STEM Building, 11-2, MPL Lunch and Learn, 12 pm, Home Resource, reg* Middle School Writers' Group, 3:30-5, MPL Kids Cooking Class, 4-5 pm,</p>	<p>20 Tiny Tales, 10:30-11, MPL Discovery Area Science Activity, 2-6 pm, MPL Scavengers Photography Club, 6-8 MNHC</p>	<p>21 Storytime and Songs, 11-12 Fridays, EmPower Place Art with a Purpose, 11-12, MPL Happy Hour @ Carousel, 3:30 Fridays, BOGO rides</p>	<p>22 Msla Valley Winter Market, 9-3, Southgate Mall, Double SNAP Dollars Young Kids Dance Party, 11-11:45 am, MPL Sensory Story Time, 11:30-12:30, MPL</p>
<p>23 Carousel for Missoula, 11-5:30 daily, Caras Park PainSavvy Health Literacy Class, 1-2 pm, MPL 30 Seminar: Prepping Your Garden, 11 am, Caras Nursery</p>	<p>24 Mini Naturalist PreK Program, 10 am, MNHC LEGO Club, 2:30, MPL 31 Make & Mend Fiber Arts, 6 pm Mondays, Joseph's Coat</p>	<p>25 Infant to 3-yr Old Playgroup, 10:30 Tuesdays MPL African Dance Class, 5 pm, PAR/TV Building, UM, \$10 (UM students free) Singing for Women of All Ages, 6:30 pm Tuesdays, Grace United Methodist</p>	<p>26 Kids' STEM Day, 11-2 MPL UM Living Lab Open, 3-6 pm, MPL Big Sky Writers' Group, 4:30-5:30 pm, Big Sky HS Library MCAT: Learn Computer Video Editing, 6-7 pm, MPL</p>	<p>27 Tiny Tales 10:30 MPL YMCA Yoga @ the Library, 12-1 pm Thursdays Discovery Area Science Activity, 2-6 pm, MPL Teen Art Project, 3 pm, MAM, register*</p>	<p>28 Family Fun Time, 9-11 am Fridays, YMCA, \$5/family, non-members welcome, drop-in Tiny Tales, 10:30 MPL Storytime and Songs, 11-12, EmPower Place</p>	<p>29 Msla Valley Winter Market, 9-3, Southgate Mall, Double SNAP Dollars Robot Obstacle Course Challenge, 10-12, MPL Player Pick-Up Day: join adult slow-pitch softball, 10- am-12 pm, McCormick Park, ages 18+</p>

