



November 2024 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>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><i>*=registration required</i></p>	<p>1 Tiny Tales 10:30 MPL LEGO Club, 2:30-5, MPL First Friday Celebration of Native American Heritage Month, 6-8 pm, MPL Student Night @ Dress Rehearsal, Msla Symphony, 7 pm, Dennison Theater, UM</p>	<p>2 Multi-Age Workshop, 11-12:30, MAM Teen Open Studio, 12:30-3 pm, MAM, drop-in Festival Procession, 7 pm, Circle Square XXXs Contra Dance, 7:30, UC Ballrm., donation welcome</p>
<p>3 Salsa Dance Class, 1-2 pm Sundays, 2704 Brooks St, \$10. Kids' Movement Class happens next door at same time, \$5. All welcome, drop-in.</p>	<p>4 Tech Café, 1-3 pm, Msla Aging Services, drop-in Art in the Moment, 1:30 pm, MAM, call 318-8242 to reg. Screenagers: Next Chapter, 6:15, Big Sky HS, free dinner</p>	<p>5 Election Day Tiny Tales @ EmPower Place, 11:45 Tuesdays All-Abilities Movement and Stage Combat Class, 5-6 pm Tuesdays in Nov., BASE</p>	<p>6 Missoula Art Museum Open Hrs: 10-5 Tues-Sat Senior Skate, 10-11 am, Glacier Ice Rink Parent/Tot Skate, 11 am, Glacier Ice Rink</p>	<p>7 YMCA Yoga @ MPL 12-1 Teen Art Project, 3-5:30, MAM, free pizza, register* Dream Bigger Teen After-School Program, 3-6 pm, MPL register* Cooking 4 Kids 3:30 MPL</p>	<p>8 Story Time & Songs, 11 am Fridays, EmPower Place Yarns Knitting Group, 12-2 pm Fridays, MPL English Country Dance, 7 pm, Elks Lodge Ballroom, donations requested</p>	<p>9 Car Seat Installation, 10-4, 2521 South Ave W., call 549-6172 to register Holiday Market, 9-1, Holy Spirit Episcopal Young Kids Dance Party, 11-11:45 am, MPL</p>
<p>10 Carousel for Missoula, 11-5 :30 daily, Caras Park MCAT Community Radio DJ Auditions, 2-4 pm, MPL PainSavvy Health Literacy, 1:00-1:50, MPL</p>	<p>11 Veterans Day Carousel for Missoula, 11-5:30 daily, Caras Park Missoula Community Band Concert, 7:30, Missoula Children's Theater Art Lounge, 10-am-6,ZACC</p>	<p>12 Baby Bistro, 10-11:30 am every Tues, MFB&CC Walking Through Grief, 1:30 pm, 405 S. 1st St. West Memory Café, 2-3 pm MPL Dream Bigger Teen Program, 3-6 pm, MPL, reg*</p>	<p>13 Rocky Mtn Gardens Open Hrs, 9-5 M-F and 10-5 Sat, 1075 South Ave W. Preschool STEM Building, 11 am-2 pm, drop-in, MPL NAMI Connection, 1 pm, St. Paul's Church Annex</p>	<p>14 YMCA Yoga @ MPL, 12-1 Thursdays, MPL Resource Access Day (RAD), 12-3 pm, MPL Teen Adventures in Cooking: Native American Heritage Month, 3-6:30, MPL</p>	<p>15 Tiny Tales, 10:30, MPL Preschool Art with a Purpose, 11-2, MPL How to Feel Like Someone: a talk by BT Livermore, 5-7 pm, Msla Art Museum</p>	<p>16 Msla Valley Winter Market, 9-3, Southgate Mall Beginning Bird Walk, 10 am, Lee Metcalf Wildlife Refuge, meet @ Visitors Ctr Robot Obstacle Course, 10 am-12 pm, MPL</p>
<p>17 Salsa Dance Class, 1-2 pm, 2704 Brooks St, \$10. Kids' Movement Class happens next door @1 pm, \$5. Sober/Sober/Sober Ally Basketball, 5:30-7 pm, 1001 Cleveland, register*</p>	<p>18 Mini Naturalist PreK Program, 10-11 am, MNHC Story Time for Diverse Abilities, 1-2 pm, MPL LEGO Club, 2:30-5 pm, MPL MCAT Tour & Training, 6-7 pm, MPL</p>	<p>19 Silver Sneakers, 9-10 am every Tuesday, Greater Good Health, register* Explore with SpectrUM, 2-6 pm, EmPower Place Bridging the Worlds: Buck Hitsuwithastick 6-7 pm, MPL</p>	<p>20 Preschool STEM Building, 11-12, MPL Art Lounge & Indoor Play Space 10-6 Mon-Sat, ZACC SpectrUM Science, 2-6 MPL Kids Cooking Class, 4-5 pm, MPL</p>	<p>21 YMCA Yoga @ MPL 12-1 pm MakerSpace Walk-In Hours, 2-5:30, MPL Scavengers' Photography Club, 6-8 pm, MNHC</p>	<p>22 Discovery Area Science Activity, 2-6 pm, MPL Research Studies & Science Activities for Kids, 3-6 pm, MPL Young Adult Writers' Group, 3:30-5:30, MPL</p>	<p>23 Msla Valley Winter Market, 9-3, Southgate Mall Rocky Mtn Gardens Open Hrs, 9-5 M-F and 10-5 Sat, 1075 South Ave W. Fix-It Clinic: Sewing Focus, 11-2, MPL</p>
<p>24 Holiday Open House, 12-4 pm, HMFM all welcome Art Lounge & Indoor Play Space 12-4, ZACC Carousel for Missoula, 11-5 :30 daily, Caras Park MCAT Music Sunday, 12:30-2:30, MPL</p>	<p>25 Rocky Mtn Gardens Open Hrs, 9-5 M-F and 10-5 Sat, 1075 South Ave W. Public Skate, 1:30-2:30 pm, Glacier Ice Rink, \$6, includes skate rental LEGO Club, 2:30-5, MPL</p>	<p>26 Community Yoga, 9 am Tues/Thurs,130 E Broadway, \$5-\$25 sugg., reg* Infant to 3 yr Old Play Group, 10:30-11:30, MPL Tiny Tales, 11:45-12:15, Empower Place Read with Dogs, 3:30 MPL</p>	<p>27 Senior Skate, 10-11 am, Glacier Ice Rink Parent/Tot Skate, 11 am, Glacier Ice Rink MakerSpace Sewing Drop-In, 2-5 pm, MPL Middle School Writers' Group, 3:30-5:00 pm, MPL</p>	<p>28 Thanksgiving 3K Family Fun Run, 9:30 am, UM Tailgate Area, reg* Carousel for Missoula, 11-5:30 daily, Caras Park</p>	<p>29 Happy Hour at the Carousel, Buy One Get One Free Rides, 3:30-5:30 pm, Carousel for Missoula, Caras Park. Carousel open 11-5:30. Hrs may change unexpectedly. Call 549-8382 to confirm.</p>	<p>30 Msla Valley Winter Market, 9-3, Southgate Mall Indigenous Made Winter Market, 10 am-3 pm, Missoula County Fairgrounds Young Kids Dance Party, 11-11:45, MPL Stop Animation Workshop for Kids, 1-3 pm, MPL</p>





NOVEMBER 2024

Try these perfect pumpkin pancakes!

Prep time: 10 mins

Kitchen Gear

Mixing bowl
Spatula or Whisk
Measuring Cups
Measuring Spoons
Griddle
Cooking Spray

Total time: 25 mins

Ingredients

2 cups flour
6 teaspoons brown sugar
1 tablespoon baking powder
1 1/4 teaspoon pumpkin spice
1 teaspoon salt
1 egg
1/2 canned pumpkin
1 3/4 cup milk
2 tablespoons vegetable oil

Servings: 12



Pumpkin Spice

3/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon ginger
1/8 teaspoon clove

Instructions

1. Combine flour, brown sugar, baking powder, pumpkin spice, and salt in large mixing bowl.
2. Combine egg, canned pumpkin, milk, and vegetable oil in medium bowl. Mix well.
3. Add wet ingredients to dry ingredients, stir just until moist. Batter may be lumpy.
4. Lightly coat griddle/skillet with cooking spray and heat on medium.
5. Using 1/4 measuring cup, pour batter onto hot griddle.
6. Cook until bubbles begin to burst, then flip pancakes until golden brown..
7. Add sliced bananas, applesauce, or other toppings.
8. Enjoy!

