

# Free (or Fairly Cheap)

## Family Activities & Wellness Resources Newsletter

From

# Missoula Early Head Start

2121 39<sup>th</sup> Street • Missoula, MT 59803 • 406-251-9410, ext. 302

## December 2011 to Mid-January

**READERS' GUIDE:** *The following activities are arranged to include: 1) Special monthly highlights; 2) Community & civic events; 3) Health, wellness & safety resources; 4) Education resources for skill-building, parenting, & career development; 4) Resources for tight budgets; and 5) Ongoing activities & resources.*

**FOR INFORMATION ON MISSOULA EARLY HEAD START (MEHS) OR TO SHARE COMMUNITY EVENTS FOR THIS NEWSLETTER, CONTACT:** *Mary-Glynn Cromwell, Program Manager (251-9410, ext. 302); [maryglynnc@ravalliheadstart.org](mailto:maryglynnc@ravalliheadstart.org), or Katy Griffith, AmeriCorps (251-9410, ext. 319) at [americorpsehs@ravalliheadstart.org](mailto:americorpsehs@ravalliheadstart.org).*

*MEHS reserves the right to publish items deemed relevant to the audience we serve and as space allows. NOTE: This newsletter is printed at the end of the first week of every new month or soon after, as time permits.*

**PURPOSE:** *The purpose of the listings is to provide families, particularly with low-incomes, with an affordable opportunity to become acquainted with the wide range of activities and programs offered throughout the Missoula community for parent-child interactions, family self-sufficiency, recreation, and wellness for adults & children.*

**REQUEST:** *Missoula Early Head Start (MEHS) provides this information throughout the community as outreach, recruitment and promotion of our services. Please respect this and post the newsletter at your agency in its entirety with credit to Early Head Start. EHS is a FREE federal program serving prenatal mothers and children from 0-3 years in Home-Based and Center-Based programs. EHS is an equal opportunity provider and employer. It is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.*

## HOLIDAY SEASON HIGHLIGHTS!

**9<sup>TH</sup> ANNUAL DOWNTOWN PARADE OF LIGHTS** will feature the Holiday Parade in Downtown Missoula on **Saturday, December 3**. The Parade of Lights is made possible this year by First Interstate Bank and produced by the Missoula Downtown Association will begin at 6 pm. Get in the Holiday spirit at the 9th Annual Parade of Lights! This all-day family event includes numerous children's activities and projects, the arrival of Santa Claus at the Florence Building, and concludes with the Parade of Lights and the lighting of the Downtown Christmas Tree at the Red XXXX's on North Higgins Avenue. A day filled with: photos with Santa, s'more making, children's gift & art projects, horse-drawn carriage rides, parade of lights, annual lighting of the downtown tree, bonfire, cocoa & treats, and much more! For information: 543-4238 or [www.missouladowntown.com](http://www.missouladowntown.com)

**FIRST NIGHT MISSOULA Saturday December 31** 12pm-12am First Night Missoula is an annual community New Year's Eve celebration of the arts. Hundreds of performing, visual and literary artists showcase their diverse talents in more than 100 events throughout Missoula. This spirited, cultural celebration is open to the entire community and is alcohol and drug free. Produced by the Missoula Cultural Council. First Night Missoula will be held in downtown Missoula, University of Montana campus and Southgate Mall. Admission buttons are \$12 in advance (\$15 on December 31); **Children under 7 years are FREE**. Contact Missoula Cultural Council for more information 541-0860. <http://missoulacultural.org/firstnight/>. Special events FREE for all:


- **Parenting Place:** 6:30-8pm Crafts for Kids (1644 South 8th West). For info: 728-KIDS.
- **Children's Parade of Hats:** 1pm at Southgate Mall. Masks and decorations are available
- **Ice Carving:** on the courthouse lawn
- **First Night STAR High School Competition:** 8pm at the Wilma Theater
- **Grand Finale:** UM University Center featuring the Ed Norton Big Band and the Drum Brothers

# SPECIAL SEASONAL EVENTS & ACTIVITIES

## SALVATION ARMY'S SPECIAL HOLIDAY PROJECTS:

Call the Salvation Army Social Services Office (549-0710) to schedule an appointment at the main office (339 West Broadway). Please bring a photo ID, Social Security Cards for all family members, proof of income and address verification. Office hours are 9-4:00 Monday-Friday. All information is strictly confidential.



- **CHRISTMAS HOLIDAY FOOD BASKETS:** CHRISTMAS FOOD REGISTRATION BEGINS AFTER THE THANKSGIVING HOLIDAY. The distribution dates and points will be provided upon registration (details above).
  - **TOYS FOR TOTS (FOR CHILDREN 0-18 YEARS OF AGE):** *The SALVATION ARMY and TOYS FOR TOTS (a project sponsored by the local U.S. Marine Corps) will provide gifts for all ELIGIBLE children from low-income families ages 0-18 years. You must register at the Salvation Army to be eligible. Gifts also provided by the Salvation Army's ANGEL TREES.*
  - **ANNUAL COATS FOR KIDS (& ADULTS) PROGRAM:** 21<sup>th</sup> ANNUAL COATS FOR KIDS (& ADULTS) PROGRAM is coordinated by the SALVATION ARMY and sponsored locally by MISSOULA TEXTILE CLEANERS. The program lasts through New Year. Low-income families are eligible to stop by to pick out a donated coat that has been professionally cleaned by Missoula Textiles. Coat donation drop-offs are at both Missoula Textiles sites and the Salvation Army (339 West Broadway). Call 549-0710 for information.
- 
- **SALVATION ARMY RED KETTLE APPEAL:** The Salvation Army needs your help to “Ring the Bell” for the Holiday Season. The Red Kettle/Bell Ringing appeal helps raise funds to serve families going through difficult times. If you are able to volunteer, or if you need part-time employment, The Salvation Army is taking applications. The Red Kettle season begins **November 25 thru December 24**. Call Major David Pierce at the Salvation Army office at 406-549-0710 to sign up to help.

## **MOUNTAIN OF GIVING: Holiday Community Resource for Those in Need**

**Mountain of Giving** is Missoula's largest holiday toy drive for low-income families to make sure no child is left out during the holidays. It is sponsored by Mountain FM Radio 102.5 in partnership GRIZ FOR KIDS TOY DRIVE and generous community donors. Look for trees throughout Missoula and grab a gift tag to gather a “mountain of gifts” for families. Families from the following agencies are supported: **Missoula Early Head Start**, Child Start Inc. Head Start, YWCA, Watson's Children's Shelter, Mountain Home, AWARE, Missoula Indian Center, Missoula Youth Homes and WORD. For information to participate or to buy a tag to purchase a gift for a family, call 542-1025.

**GET YOUR OWN HOLIDAY TREE PERMITS FROM LOLO NATIONAL FOREST** Christmas tree permits are now available at all Lolo National Forest Ranger District offices. Permits are limited to 3 per family and cost \$5 each. Lolo National Forest Supervisor's office is located at Fort Missoula, Bldg. 24, Missoula MT 59804 329-3750. Go to website or call ahead for instructions. Anyone who has obtained a permit can cut a Christmas tree anywhere on National Forest or BLM lands as long as it's not in the Wilderness or National Recreation Areas, Developed Recreation Sites, and within 150 feet of a body of water. <http://www.fs.fed.us/>

**“NORAD Tracks Santa Program (NTS)”** is a fun way to track Santa's journey on the computer at home with your children at: <http://www.noradsanta.org>. Or, if parents do not have a computer, children can call NORAD's Toll-free number: **1-877-Hi-NORAD**. This year on **Saturday, December 24** beginning at 2 am Mountain Standard Time. For Hearing Impaired: Contact your current relay service; connect to 1 (877) Hi NORAD Toll-free. In 1958, the governments of Canada and the United States created a bi-national air defense command for the North American continent called the North American Air Defense Command, known as NORAD. As a public service, they have used their technology to “track Santa's journey from the North Pole.” The NTS program is funded through generous contributions from corporate sponsors. “NORAD Tracks Santa Program” is managed by the NORAD and United States Northern Command Public Affairs Office at Peterson Air Force Base, Colorado.

**SANTA AT THE SOUTHGATE MALL:** Ring-in the holiday season by getting pictures taken with jolly Santa Claus! Bring in the entire family for a great holiday portrait or get one taken with just you and The Big Guy. Santa's Arrival marks the official start to the holiday season and is an evening of festive holiday fun. Nominal fee for photos.

**LETTERS TO SANTA:** Children can write their letters to Santa and receive personal response if their NAME & ADDRESS are included. Volunteers are selected by *Missoula Aging Services* and have had a security background check! This is a FREE service! Drop-off letters in mailboxes located at these sites:

- ❖ **US POSTAL SERVICE:** A special mailbox is at the Kent Street Post Office.
- ❖ **SOUTHGATE MALL:** A special mailbox is located in the JC Penney Court.

**GINGERBREAD HOUSE DISPLAY – Southgate Mall:** Monday-Saturday 10am-9pm, Sunday 11am-6pm. Ronald McDonald Gingerbread House Contest & Display - There is always a whimsical joy in a beautiful Gingerbread house. Enjoy the festive creativity of these gingerbread confections created by Missoulians and on display at the main entrance. Proceeds from the Gingerbread House Contest directly benefit the Ronald McDonald House of Missoula. Enter a house of your own. Prizes are awarded in each category. Pick up your entry form at Guest Services.

### **A CAROUSEL FOR MISSOULA**

- **HOLIDAY ART SHOW AT THE CAROUSEL:** Friday December 2 5-8pm. Carousel volunteers have been as busy as Santa's Elves making some very special items for an art show and sale of carvings and other handcrafted items. Many artists will be at the event and at various times up through Christmas or until all items have been sold. Proceeds from the sale will help support the Carousel and Dragon Hollow.
- **SANTA'S BREAKFAST AT THE CAROUSEL:** Saturday December 17 9-10:30am Chats with Santa, free rides, rolls, fruit, juice, milk, and coffee. Adults \$5, children under 3 are FREE, children 3-12 \$3. Reservations strongly encouraged 549-8382. FREE rides Christmas Day 11am-3pm.

**MISSOULA COMMUNITY CHORUS WINTER CONCERT:** Friday, December 9 The Missoula Community Chorus's annual winter concert at St. Anthony Church (217 Tremont Avenue). A great evening of baroque pieces, a chamber chorale, pipe organ, hand bells, and more. Don't miss classics like "Carol of the Bells" and selections by the Carpenters. 1001 East Broadway; Tickets=\$8; website: <http://www.missoulachorus.net/>

**24<sup>th</sup> ANNUAL TREE OF LIFE CELEBRATION:** Thursday, December 8 6:30pm at Rose Memorial Park on Brooks between Mount and Franklin and reception immediately following at St. Paul Lutheran Church at 202 Brooks. For more information, call Jeri 327-3732. <http://www.partnersinhomecare.org/> Partners In Home Care is Western Montana's only non-profit, nationally accredited home health care agency. Partners In Home Care was co-founded by Community Medical Center and St. Patrick Hospital & Health Sciences Center.

**SATURDAY FAMILY ART WORKSHOP: Holiday Card Making** Saturday December 10 11am-12:30pm Come and make a variety of cards to celebrate the season using printmaking, collage, and color. Please pre-register to be ensured a space. Workshops are for all ages. Children under age 7 must be accompanied by an adult. Call 406.728.0447, ext 228 or register at [missoulaartmuseum.org](http://missoulaartmuseum.org), \$5/per participant.

**HOME FOR THE HOLIDAYS** at the Missoula International Airport: December 15-24 in the airport lobby 6:30-9am and 11:30am-2pm daily. The airport hosts live music by master teacher and former UM professor Molly Morrison and popular pianist Jodi Marshall, as well as ensemble from throughout the community. Call 532-8659.

## **FAMILY & CHILD ACTIVITIES**

**FAMILIES FIRST CHILDREN'S MUSEUM** Toddler Play Group Wednesday December 14, Thursday December 29, & Thursday January 5 Starts at 11am. The Toddler Playgroup gives tiny tots a chance to learn, play and imagine! Participants enjoy facilitated activities such as story time, songs and sensory games, with time for caregivers to network and socialize. During most Toddler Playgroups staff will be present to discuss any parenting questions you may have. For more information please call 541.PLAY or email [info@FamiliesFirstMontana.org](mailto:info@FamiliesFirstMontana.org). Cost included with admission (\$4.25 per person ages 1 and up, UNDER age 1 FREE)

**PRESCHOOL PLAYTIME:** Located at the City Life Community Center (1515 Fairview Avenue). Playtime is typically the 1st and 3rd Friday of every month from 9:30-11:30am. All moms, dads, guardians are welcome to bring mobile children to age 6. \$6 for adult and 1st child (infants are free & additional children are \$1). Fee includes a latte from the café and snack for both adult and child. Event is adult-supervised. Socialization for adults and children include physical activities and occasional arts/crafts. Questions: [café@citylifemt.com](mailto:café@citylifemt.com) or 532-1555

**MONTANA NATURAL HISTORY CENTER** 120 Hickory Street <http://www.montanaturalist.org> 327-0405.

- **AN EVENING OF ASTRONOMY & ASTROPHYSICS: Wednesday December 7**, suggested donation \$4. Spend the evening learning about current topics in astronomy and astrophysics from Dr. Nate McCrady, Professor of Astrophysics at the University of Montana. The focus of the lecture will be exploding super novas. Prepare to be amazed!  
<http://www.montanaturalist.org>
- **SNOWSHOE STOMP! Saturday December 10** 10am – 3pm. Admission is FREE but registration is required by Friday December 9 at noon. Join the Montana Natural History Center and the Missoula Children & Nature Network for a day of REI sponsored snowshoeing and exploring the snow covered winter world! We will be traveling by bus to Lolo pass area for this exciting FREE event. Snowshoes and transportation are provided, but please bring your own lunch and warm clothes.
- **MINI-NATURALISTS PRE-K Program: Thursdays December 8, 15, 22, & 29** 10-11am. The miniNaturalist program will engage youngsters in the exploration of the natural world through fun hands-on activities, games, and play. Emphasis will be on observation, sensory skills, and imagination in hopes of cultivating a positive connection with nature at an age when children are just beginning to explore the world around them. Admission is \$3.
- **WINTER ECOLOGY WALK FOR FAMILIES: Saturday January 7** 10am-12pm. \$5 suggested donation. Join us for a winter ecology walk in the natural areas and parks near the Montana Natural History Center and the Clark Fork River. We will study some of the winter adaptations of animals and plants, look for tracks and signs, identify resident birds, and learn about the prominent organisms in the area including cottonwoods, beavers, and chickadees. This is a family oriented walk beginning and ending at the Montana Natural History Center.

**ACTIVE 6 (A Program of the YMCA):** FREE membership program at the YMCA offered to all Missoula County 6<sup>th</sup> graders. Also receive a FREE Mountain Line Bus Pass and a FREE pass to Currents Water Park! Get down to the Y to sign up, pick up an activity schedule, and get your FREE “dri-fit” T-shirt!

**THE PARENTING PLACE** Located at 1644 South 8<sup>th</sup> West. Call 728-KIDS(5437) for info and reservations. “CHILD’S PLAY” (**FREE Respite Child Care**) is open two nights a week: Monday and Wednesday Nights 5:00-8:00 pm at THE PARENTING PLACE OFFICE. Qualified Children’s Program Assistants will care for children in a safe & nurturing environment. Creative & fun activities and DINNER provided while parents take time to nurture themselves. Limited space available. Please call for information about program requirements and to reserve space.

**MISSOULA PUBLIC LIBRARY** Located at 301 East Main. For info: 721-2665 or visit the website: [www.missoulapubliclibrary.org](http://www.missoulapubliclibrary.org)

- **TINY TALES for children birth to 3-years-old** with a parent/guardian lap at 10:30am. It is offered every Tuesday, Thursday & Friday of the month. Program introduces books, rhymes, songs and finger plays.
- **PRECHOOL STORYTIME** for 3-to 6-year-olds at 10:30am on Fridays.
- **FAMILY STORYTIME** (all ages welcome) Saturdays at 11am and 6:30pm on Wednesdays
- **CHEAP DATE NIGHT** at 7pm on 3<sup>rd</sup> Friday of the month.
- **WORLD WIDE CINEMA** at 7pm on 2<sup>nd</sup> Friday of the month.
- **AFTERNOON CLASSIC FILMS** 2-4pm 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month
- **COMPUTER CLASSES – Free! (Check online website – see above)**
- **TEEN EVENTS: Scribbles** Every other Wednesday at 4pm. Grades 7-9. Share your creative writing and take part in fun exercises. In the small meeting room, lower level. **Writers Group:** Fridays at 3:30-5:30pm. Grades 10-12. Share your writing and hear what others are doing. In the small meeting room. **VolunTeens:** volunteer at the library 3rd Tuesdays of every month. Do you have what it takes to be a teen volunteer? Come learn what you can do at the library. Fill out our application and bring it to the YA desk, or call 721-2665. Grades 7-12

**KIDS CLUBS AT SOUTHGATE MALL** Tuesday December 13 4-7pm holiday craft and Tuesday January 17 4-7pm winter craft. Held on one Tuesday every month, Southgate Mall’s Kids Klub hosts FREE, fun and educational crafts and activities in Sear’s Court. Always a big hit with both kids and parents, each month there’s a different project based on the season or upcoming holiday. Membership is free and includes an identification card good for special discounts and other “extras” from participating Southgate Mall merchants. To register your child, stop by the Guest Services Center or simply visit the next scheduled Kids Klub craft.

**DOWNTOWN DANCE COLLECTIVE** 121 West Main Street Phone: 541-7240 Email: [info@ddcmontana.com](mailto:info@ddcmontana.com)

- **Hip Hop for Kiddos 3-6: Mondays** 4-4:45pm. Hip Hop for Kiddos is a great way to introduce your little boy or girl to rhythm, music and their bodies abilities. We will work on exploring all the ways the body can move, we call them isolations, and then put them movements together in combinations. They will have a chance to perform the First Friday of December. This class is on Mondays from 4-4:45pm. Call to register. 541.7240
- **Free Community Class: Saturday December 3** Come join three Missoula Nia teachers for a FREE community class at the DDC this Saturday. Please note: class starts at 8 am and goes until 9:30.
- **Free Community Romp: Friday December 16** 6:30-7:30pm Laugh! Move! Sing! Romp! Romp? Yep! Bring your family & friends for an hour of playful community movement games with live, improvised music by Nathan Zavalney. All ages and abilities welcome! Guided by TTW facilitators Lizzi Juda, Ann Stevenson, and Lulu Steinberg. Call 830-3285 or contact [ann@turningthewheel.org](mailto:ann@turningthewheel.org).



# **BAZAARS – FESTIVALS – RUMMAGE SALES**

## **YWCA's SECRET SECONDS' UNIVERSITY STORE CLOSING BARGAINS: Everything 75% off!**

After three years as a fixture in the University district, the YWCA's newest Secret Seconds store, located at 1221 Helen St., will shutter its doors in December. "Due to a variety of circumstances, this is the best decision for YWCA Missoula's thrift business, and we look forward to focusing on the continued success of our Broadway and Kensington stores," said Sally Mullen, Secret Seconds stores director. Beginning **Saturday, Nov. 26, and ending Saturday, Dec. 10**, Secret Seconds University will offer 75 % off everything in the store in order to prepare for its closure. The store is in need of paper bags to help out with the sale.

**TEEN CHALLENGE ANNUAL CRAFT BAZAAR: Saturday, December 3** Holiday crafter event from 10am-3pm at City Life Community Center (1515 Fairview Avenue). Features arts, crafts, and more.

**UM HOLIDAY ART FAIR IN THE UNIVERSITY CENTER: Thurs.-Sat., December 1-3** UM will host the 2011 Holiday Art Fair **Thursday through Saturday, Dec. 1-3**, on the first floor atrium of the University Center. The art fair will be open from 9am-6pm Thursday-Friday & 10am-4pm Saturday. The fair will feature unique, hand-crafted art from local and regional artists, live music and door prizes and is free and open to the public. Call 243-5622 for details.

**UM HOLIDAY JURIED SHOW AND SALE: Thurs-Sat December 8-10** 9am-5pm at the Art Annex 243-4181. The 26th annual show and sale will feature UM art student work in 3-D areas, ceramics, sculpture and foundations. Free and open to the public. <http://www.umt.edu/art/>

**13<sup>th</sup> ANNUAL FESTIVAL OF TREES – Benefit for Mountain Home: Thursday & Friday December 1 & 2** 10am-4pm and **Saturday December 3** 10-11am at the Hilton Garden Inn. Tour the forest of decorated trees and holiday items donated by Mountain Home supporters from 10am-4pm Thursday and Friday. On Saturday, kids are encouraged to don their Christmas finery and bring their bears to the Teddy Bear Tea, from 10-11am (\$7). Call 541-0163 or visit [www.mountainhomemt.org](http://www.mountainhomemt.org).

**MISSOULA-MADE ART FAIR: Sunday, December 11** 11am-6pm at the Holiday Inn Downtown at the Park. 200 South Pattee Street. A full day of creative indulgence and holiday shopping featuring over 100 local and regional artists making unique handmade creations. Buy locally this holiday season and bring home a one-of-a-kind present that will be treasured for years to come. This is not your ordinary craft fair! We are encouraging folks the community to support local artists and a sweat-shop free economy. Family friendly. **Santa is coming 3-5pm!** Have your gifts wrapped while you wait. AniMeals will be providing this donation based service. Help support an amazing local organization dedicated to caring for all kinds of furry friends. Donations of a gently used pet or animal item will also be accepted at the table. <http://www.missoulamadefair.com/details>.

**HELLGATE ELEMENTARY PTA CRAFT FAIR: Saturday, December 3** 9am-3pm at Hell Gate Middle School Gym (2385 Flynn Lane, Building 3). The raffle items will be collected into baskets to help raise money for needy Hellgate families, to help them make ends meet over the holidays. Vendors should expect to start setting up at 8 a.m. and stay for the duration. Vendor registration forms are available by contacting Theresa Tanner at 529-8579 [theresa.tanner@gmail.com](mailto:theresa.tanner@gmail.com).

**THE CLAY STUDIO Holiday Family Open House: Saturday December 10** 2-6pm at The Clay Studio 1106 A Hawthorne. In support of the December holiday sale, the Clay Studio will host a Holiday Open House with hands-on throwing demos, a kid's holiday decoration station, raffle items, and refreshments. Gallery events and our Holiday Open House are both free and open to the public. Call 543-0509 for more information.

## **ADULT ACTIVITIES**

**MONTANA MUSEUM OF ART & CULTURE EVENTS:** Located at the University of Montana on 6<sup>th</sup> Street across from the Adams Center 243-2019 <http://www.umt.edu/montanamuseum>

- **Opening Friday, December 2** UM PAR TV Center Montana Theater Fra Dana: *American Impressionist in the Rockies*, who bequeathed her own work and that of some of history's most accomplished artists, including Alfred Maurer, Mary Cassatt and William Merritt Chase. Also featuring Frances Carroll Brown: *Bitterroot Portraits*, granddaughter of copper king Marcus Daly, whose portrait subjects range from workers and day laborers to members of high society from the 1930s through 1960s. Opening Reception Friday December 2 from 4-6pm in the PAR TV Center lobby.
- **Thursday January 19** 7pm, Masquer Theater. Lecture: Marcus Daly in Montana by UM Professor Emeritus Dr. David M. Emmons. Remarks on Frances Carroll Brown by Brandon Reintjes, MMAC Curator of Art.

**MISSOULA ART MUSEUM (MAM):** Admission to the Museum is FREE to all. Call 728-0447 or visit [www.missoulaartmuseum.org](http://www.missoulaartmuseum.org).

- **Artini:** FREE every Third Thursday at Missoula Art Museum. Artini is an energetic intersection of live music, art, and social scene occurring 5:30-9PM **Thursday December 15**. Exhibiting artist Debra Magpie Earling tells the tale of the iconic guide for the Lewis and Clark Expedition from her collaboration with Peter Koch, *The Lost Journals of Sacajawea*. Poet Melissa Kwasny also reader her work and Asaph Adoniai performs.
- **Ansel Adams: A Legacy:** MAM is delighted and honored to be presenting the exhibit Ansel Adams: A Legacy, consisting of over 130 gelatin silver prints by the master. Exhibit runs through **February 13**.
- **MAM Collections: The Parade Route** Runs through **December 18**. Throughout history, artists have seen parades, circuses, and other strange spectacles as sources of both empathy and inspiration.
- **Rick Bartow – Dog’s Journey: A 20 Year Survey** runs through **April 15**. This nationally traveling survey exhibition includes work executed between the years 1991-2011. Viewing a survey of this prolific artist's work allows insight into Bartow's persistent creativity.
- **PRESCHOOL ART and AFTER-SCHOOL ART PROGRAMS:** Fees required

**MISSOULA PUBLIC LIBRARY** presents “American Photography: A Century of Images”

**Monday December 5** 5:30pm. Film coincides with the Ansel Adams exhibition at the Missoula Art Museum. For info: 721-2665 or <http://www.missoulapubliclibrary.org>

**HISTORICAL MUSEUM AT FORT MISSOULA’S EXHIBIT OPENING: “Caring for Big Burn**

**Refugees”:** **Monday December 5** 7-9pm Main Museum Building 322 Tom Krainz, a history professor from De Paul University will present the lecture, “Caring for Big Burn Refugees”, sponsored by Idaho Humanities Council and De Paul University. This lecture is a culmination of extensive research on the care given by the Spokane and Missoula communities to 1910 Fire refugees. This is the last lecture in the 2 year series of public programming “When the Mountains Roared, the 1910 Fire”.

**UM UNIVERSITY THEATRE FALL FILMS.**

Films shown in the UM University Center on the 3<sup>rd</sup> Floor with two showings on Friday and Saturday nights. Rates for the Public are: \$5 Single Feature, \$7 Double Feature (without GRIZ Card); For UM students with GRIZ Card: \$3 Single Feature, \$4 Double Feature. **Fridays & Saturdays - December 2 & 3, and December 9 & 10.**

**UM SCHOOL OF MUSIC CONCERTS:** Tickets are \$11 general, \$6 seniors, \$5 students; for info - 243-6880

- **Symphonic Wind Ensemble and U of M Concert Band:** **Tuesday December 6** 7:30pm The Symphonic Wind Ensemble conductor Dr. James Smart invites you to listen anew to the classic Rhapsody in Blue by George Gershwin in the Original Ferde Grofe dance band version that took the New York music scene by storm in 1924. Features renowned faculty soloist Christopher Hahn and the complete Symphony in B-flat by Paul Hindemith and works performed by the UM Concert Band. In the University Theatre. \$11 general, \$6 seniors, \$5 students.
- **UM Orchestra:** **Wednesday December 7** 7:30pm Student Ensemble Series
- **University Choir and Chamber Choral:** **Thursday December 8** 7:30pm Student Ensemble Series

**ANNUAL NATIONAL BIRD COUNT EVENTS:** (NOTE: People who cannot spend the day in the field can help by counting birds at feeders in their own backyard. Call the numbers listed below in your areas to get instructions).

**MISSOULA CHRISTMAS BIRD COUNT BY FIVE VALLEYS AUDUBON SOCIETY on Saturday, December 17.** The count area is a 7.5 mile radius including areas throughout Missoula. You can be a feeder watcher, drive or walk through a specific area. To participate, contact Larry Weeks at 549-5632 of [bwsgenea@bigsky.net](mailto:bwsgenea@bigsky.net) ; bird feeders contact Elizabeth Johnston at 327-1525 or [birder@bigsky.net](mailto:birder@bigsky.net) . Results in national American Birds Magazine. Potluck to follow.

**READINGS AND SIGNINGS AT FACT AND FICTION BOOK STORE:** For info call 721-2881.

220 North Higgins. Website: <http://www.factandfictionbooks.com/>

- **Sunday December 11** 1-3pm Renee D’Aoust signing *Body of a Dancer*
- **Sunday December 18** 1-2:30pm Jane Lamber signing *Charlie Russell*

**SECOND WIND READINGS SERIES:** **Sunday December 18** 5pm. Second Wind Readings occur most Sundays at 5 p.m. at the Top Hat, 134 West Front Street. All readings are free and open to the public.

**FIRST FRIDAY GALLERY NIGHT – G.A.G.A. (Gallery Association for Greater Art)**

The “First Friday” of every month, stroll Downtown Missoula art galleries from 5-8 pm to preview local and regional artists’ works and tour the Art Museum of Missoula. FREE. For information, 543-4238 or [www.missouladowntown.com](http://www.missouladowntown.com)

- **MISSOULA CHILDREN’S MUSEUM:** Children can experience evening of art appreciation, snacks, & fun at the Missoula Children’s Museum. Admission is FREE from 5-8pm.

- **FREE FILM 1<sup>st</sup> FRIDAYS AT THE ROXY THEATRE** (718 South Higgins) – donations welcome. Film starts at 7 pm; concessions & Lobby open at 6:30 pm. Sponsored by the International Wildlife Film Festival owners of the site. For information & film listings: 728-9380 or website: [www.wildlifefilms.org](http://www.wildlifefilms.org)
- **CHILDREN'S FIRST FRIDAY ARTWALK** – FREE admission to Missoula Children's Museum 5-8 pm.

## **HEALTH & SAFETY RESOURCES**

### **SPECIAL EVENTS - MARK YOU CALENDAR AHEAD:**

- ☺ **"Give Kids a Smile" on February 3, 2012**. On this day, local dentists provide needy children with FREE dental care. To participate, children must have a visual screening by area dentists at Southgate Mall from 4:30 – 6:30pm on **Friday, January 13!**
- ☺ **15th Annual Chamber Health Fair on Saturday, January 7, 2012, at Southgate Mall**. FREE & low-cost health screenings from 7am-1pm. Mountain Line Bus rides FREE all day. Valuable community services for all ages. Screenings include blood/glucose & cholesterol tests and screenings for hearing, bone density, digital prostates, spinal, glaucoma, breathing, etc. For info: 543-6623 or [www.missoulachamber.com/events/health.asp](http://www.missoulachamber.com/events/health.asp)

**FREE BIRTH AND BEYOND SERIES:** 6-7:30pm at the Missoula City County Health Department. 301 W Alder Street. Partner or support person welcome. \*Attend all 3 classes and be entered into a drawing for a car seat! Please call 406-258-4750 to register for classes! Beyond: preparing for life with a newborn, mothers recovery. Presented by BSW certified in early childhood development. Call 258-4750 for more information.

- **Thursday December 8** Birth Basics (2nd Thursday of each month)
- **Thursday December 15** Breastfeeding (3rd Thursday of each month)
- **Thursday December 22** And Beyond (4th Thursday of each month)

### **MISSOULA MEDICAL RESOURCES**

- **CHILD SPORTS PHYSICALS:** Available for \$20 at Partnership Health Center (323 West Alder Street). Call 258-4789 to schedule. Walk-ins from 11:30am-5pm weekdays.
- **PARTNERSHIP PANDA PROGRAM – Partnership Health Center (Planning care; Preparing for tomorrow; Placing importance in your child's health care):** Pediatric healthcare for children of all ages. Doctors and nurses available for low-income families. Center located at 323 West Alder or phone 258-4789 to schedule an appointment.

### **CHILD SAFETY EQUIPMENT FOR FAMILIES IN NEED - PROTECT YOUR HEAD! Low cost**

**helmets for sale: Wednesday December 14** 11am-2pm. OLD Western Montana Clinic Building, main lobby 515 West Front. The trauma Services Program of St. Patrick's Hospital and Medical Center (3<sup>rd</sup> Floor) has important safety equipment available for low-income families at reasonable rates. Frequent helmet sales are held in the Broadway Building in the 5th floor lobby. Call 406.329.5660 for a current schedule. Helmet prices - Bike \$7.00, Multi Sport (skateboarding, in-line skating, rollerblading, ice skating, kayaking) \$10.00, Ski \$16.00, Equestrian \$23.00. For more information, please contact Michelle Schaefer at 329-5660.

**WHERE SEX OFFENDERS LIVE – FAMILY WATCHDOG WEBSITE:** Type in your home address or a family member's address. The website will bring up a map of the neighborhood with small colored boxes on it. The small house icon represents the address; the colored boxes represent sex offenders in the area. Click on the colored boxes and it will bring up the offender's photograph and the exact address, names and employers. Click ALL AROUND; you will be amazed at the information you get: <http://www.familywatchdog.us/>

### **FREE COMMUNITY CHILD CAR SAFETY SEAT CHECKS & INSTALLATION**

**IT'S THE LAW: ANY DRIVER TRANSPORTING A SMALL CHILD IN A VEHICLE MUST HAVE THE CHILD PROPERLY RESTRAINED IN A CHILD SAFETY SEAT.** Make sure you are using your seat properly and find out how to access seats. ALL CHECK-UPS ARE FREE – JUST CALL FOR APPOINTMENT SCHEDULE!

**Sponsored by the Safe Kids Missoula Coalition & provided by the Missoula Rural Fire Dept.**

**For clinic appointment call: Heidi at 549-6172**

At the scheduled events certified passenger safety technicians are available to check safety seats for recalls, correct use & installation. Please bring your car seat manual and vehicle manual to any scheduled appointment. Community Medical Center asks expecting parents to make an appointment at an event prior to delivery. Individual appointments are no longer available at Community Medical Center. If you need assistance obtaining a child safety seat please contact First Call for Help at 211 on your home phone or call 549-5555.

**MISSOULA EARLY HEAD START PARENTS, CONTACT LAURA BALIS, HEALTH & NUTRITION MANAGER!**

## **LOCAL RECYCLE RESOURCES: Drugs-Equipment-Wastes**

- **PRESCRIPTION DRUG DISPOSAL – Starting Fall of 2011: 24-hour drug drop box located at the back door of the Missoula Police Department (near the Mountain Line Bus Station).** Medications accepted with no questions asked. Syringes, sharps, and pressurized canisters (inhalers for example) will **not** be accepted.
- **RECYCLE UNBROKEN “cfl bulbs” – FREE:** Because these new compact fluorescent bulbs contain small amounts of mercury, they should be recycled & not thrown away! **ACE HARDWARE** and **HOME DEPOT** recycles them free of charge!
- **RECYCLE OLD THERMOSTATS – FREE:** **ACE HARDWARE** will recycle old thermostats that contain small amounts of mercury.
- **“KEEP MISSOULA CLEAN & GREEN”** with recycling all our green waste EKO COMPOST has opened the gates Monday-Saturday from 8 am-4:15 pm in April, May & June to leave all ORGANIC MATERIALS (leaves, limbs, lawn clippings, woody bio-mass or urban wood waste that has not been painted or treated)
- **LOCAL ELECTRONIC RECYCLE PROGRAM:** The **Staples Office Stores** collect the following for recycling – cell phones, PDA’s, pagers (portion of proceeds to Sierra Club); rechargeable batteries; inkjet & toner cartridges (donates \$1 to public education).

**2011 RATES – Healthy Montana Kids.** The Montana Department of Health and Human Services has announced new income guidelines for Healthy Montana Kids (HMK) insurance plan. HMK provides free or low-cost health insurance for families with children who are not eligible for Medicaid and cannot afford other health insurance. Families who earn more than the guidelines should still consider applying, because additional adjustments are made based on the number of family members who work and whether they pay for child care. **To apply for HMK, you will need: Social Security numbers for all family members, your income and insurance info for anybody in the home that is insured.** HMK applications are available at participating doctors’ offices and hospitals, as well as local public health departments, Offices of Public Assistance, community health centers, Head Start locations, Indian Health Services, and Tribal Health Clinics. The application and more information about CHIP are also available online at [www.hmk.mt.gov](http://www.hmk.mt.gov) or by calling HMK toll-free at 1-877-543-7669. \* If a child qualifies for Medicaid, health insurance will be provided by Medicaid. Some employment-related and child care deductions apply.

### **2011 INCOME GUIDELINES FOR HMK (Effective April 1, 2011 – no changes to date)**

Family size (including adults) & Family annual income (approximately)

2	\$36,775
3	\$46,325
4	\$55,875
5	\$65,425
6	\$74,975
7	\$84,525

## **FREE WEEKLY SERIES OF COOKING & NUTRITION CLASSES offered by the Expanded Food & Nutrition Education Program (EFNEP)**

EFNEP offers a series of 5, 1 ½ -hour classes to low-income families with children. Small groups of families learn cooking shortcuts and make low-cost recipes in class. They also discuss food safety, ideas for feeding children and grocery shopping. Adult EFNEP classes are held at a variety of places, including the Missoula Extension office, WIC, U of M, Young Families, Joseph's Residence, Mountain Home or places that serve limited-income families. For more information about EFNEP group classes (time, day and location) call Barbara or Kelly (EFNEP nutrition assistants) at 258-4207 or stop by the office at 2825 Santa Fe Court [http://www.missoulaeduplace.org/efnep\\_adult.shtml](http://www.missoulaeduplace.org/efnep_adult.shtml)

## **EDUCATION – Skills, Career Development & Parenting**

### **MISSOULA EDUCATIONAL OPPORTUNITY CENTER – UM College of Technology**

**ONLINE OPPORTUNITIES:** Through a recently formed partnership, anyone with an Internet connection can now access hundreds of courses offered by The University of Montana’s College of Technology. The COT has partnered with [ed2go](http://ed2go.com), which offers online courses through a network of more than 1,800 colleges and universities, to provide hundreds of high-quality, noncredit courses on subjects ranging from Microsoft basics and webpage creation to the fundamentals of accounting and grant writing. Participants will gain knowledge at their convenience through the online lessons, expert instruction and interaction with fellow students. The courses can be accessed 24 hours a day, allowing participants to study at their own pace. Each course includes comprehensive lessons, quizzes, assignments and a discussion forum. New sessions of each six-week course start monthly, with two lessons released each week. Dedicated instructors teach every course to pace learners, answer questions, give feedback and facilitate discussions. Complete information: <http://www.ed2go.com/cot/>

**HIGHER EDUCATION SUPPORT FOR LOW-INCOME STUDENTS:** The Educational Opportunity Center (EOC) is a support & resource to Missoula community potential students, particularly who are low-income and/or Missoula Early Head Start



the first in their family to go to college. EOC is a federally-funded grant that helps potential students with financial aid, admissions, career exploration, college readiness and navigating the system. Please contact the coordinator, Jamie McGarvey, for assistance: 243-7917 or [jamie.mcgarvey@mso.umt.edu](mailto:jamie.mcgarvey@mso.umt.edu) FREE group sessions. To register: call 549-8765 at the Lifelong Learning Center (310 South Curtis)

**“FAMILIES FIRST” EVENTS** Most classes taught at FAMILIES FIRST (815 East Front). To register: 721-7690 or [www.familiesfirstmontana.org](http://www.familiesfirstmontana.org). Contact Families First if you are unable to pay the fee for the class.

- **THE FREE SERIES:** Join Families First Parent Educators throughout the school year for Pizza for Parents and the Thursday Night MCPS Series for FREE classes ranging from self-esteem issues to your child's temperament. Childcare is available upon request. Your child does NOT need to attend any of the schools for you to participate.
- **Pizza for Parents: Friday December 16 & Friday January 20** 11:30am-12:45pm The third Friday of every month during the school year, Families First Parent Educators and parents get together for this FREE lunch series presented at Lewis and Clark Elementary School 2901 Park Street.
- **PARENTING THE POSITIVE DISCIPLINE WAY – A FREE 7-week class:** Presented at the Missoula Public Library **Tuesdays November 1, 8, 15, 22, & 29, December 6 & 13** from 12-1:30pm. The goal of positive discipline is to create a "win-win" situation where both parent and child feel comfortable and respected. In this class, parents will learn how to lovingly teach children self-control, a sense of values, good judgment, and self-discipline.
- **0 – 5 SURVIVAL GUIDE:** Classes offered at Families First that specifically address the developmental stages of kids 0-5yrs. \$12/Family, \$10/Families First Members, childcare available upon request. To register please call 721.7690. December - January classes include: **Wednesday December 7** Whining Biting and Hitting and **Wednesday January 11** Picky Eaters.
- **DIVORCED AND SHARED PARENTING:** Parental separation is tough on all members of the family, especially children. If you and your children's other parent are divorced or separated, we offer comprehensive, confidential and caring assistance. Families First provides a two part series designed to help you do what is best for your kids. Classes are offered monthly in Missoula. Co-parents are asked to take separate classes. Cost\* is \$35/class in advance or \$45/class the day of; childcare is included. Pre-registration required, call 406.721.7690 **\*Families will not be turned away due to an inability to pay. A sliding scale and payment plan are available**
  - **Sat Jan 21 9am-12pm Part 1: What's Best for the Kids:** Learn methods for coping, what helps kids, how to improve family communication, and maximize quality time with your kids.
  - **Tues Jan 24 6-9pm Part 2: Communicating with the Other Parent:** Building on the first class, explore how to relate to your co-parent to minimize harm to your kids and learn tips for parenting after divorce.

**M.C.P.S. DICKINSON LEARNING CENTER REGISTER FOR CLASSES AT LIFE LONG LEARNING CENTER:** Classes at the Dickinson Lifelong Learning Center at 310 South Curtis. THE CATALOG OF CLASSES THAT REQUIRE NOMINAL FEES IS AVAILABLE AT: [www.dllc.montana.com](http://www.dllc.montana.com) or 542-4015. Register for classes ASAP—they fill quickly! **SCHOLARSHIPS AVAILABLE FOR LOW-INCOME FAMILIES!**

- **The Nurturing Parent: Wednesdays January 18 to February 22.** 6:30-8:30pm. The Nurturing Program offers common sense strategies and solid information that can help each of us in our quest to develop and enrich our parenting experience. Parents, grandparents, and caregivers of children pre-birth to 12 years old will learn how to establish nurturing routines, effectively use positive discipline techniques, manage stress and anger, and so much more. Find out what your strengths are and let's build on those together. (\$30)
- **Sibling Rivalry: Thursdays January 19 & 26.** 6:30-8:30pm. Do your children tease, bicker, quarrel or fight with each other? Does this drive you crazy? A house full of conflict is stressful for everyone. Often it is difficult to stop the fighting or to decide whether you should get involved at all. The good news is that sibling rivalry can help children learn social skills, conflict management, communication and personal integrity. Find out how you can promote peaceful and productive sibling interactions in your home. (\$14)
- **Family Yoga Ages 3-6: Saturdays January 14 to February 11** 10:45am-11:30am. Share a weekly yoga class with a child! Fun and active partner games, breathing techniques and creative movement improve flexibility, strength, posture, and overall well-being. All classes are appropriate for beginners as well as those who have some experience with yoga. Wear comfortable clothing. One child per adult. The 3-6 class will focus mostly on creative play and basic yoga movements along with simple breathing and calming techniques. (\$18)
- **“Keep'em Moving” - Organizing Young Children's Activities to Increase Cardio Health:** Whether you have 2 toddlers, a small playgroup or a class of preschoolers, there are techniques to structuring fun active games. Learn how to turn stories and theme into activities to keep'em moving. Approved for Child Care Training hours. Call Child Care Resources at 728-6446 to register.
- **TABE Testing:** Think you are ready for the GED but what you make sure? Missoula ABLE offers the Test of Adult Basic Education to assess your basic skills in reading, writing, and mathematics. You may take the TABE test to assess your educational needs and to determine if you are ready to take the GED. Call 549-8765 to schedule an appointment. Testing is offered mornings, afternoons, and evenings.
- **GED Testing:** Completing the General Education Development test demonstrates the attainment of skills normally acquired through completion of a high school program. The GED test is available to adults who have not received a high school diploma, are not attending high school, are at least 16 years of age, and are Montana residents.

- **GED Registration:** You must preregister in person at the Lifelong Learning Center at 310 S Curtis. Bring the following to register: State or Government issued picture ID, Social Security Number, Additional required documentation if you are under the age of 19, and the testing fee (\$61).
- **GED Testing dates: Fridays January 13, February 3 & 24, March 23, Saturday March 10**
- **Employment Essentials: Tuesday January 31 & Thursday February 9** 9am-1pm. This sixteen hour class is designed to prepare you for employment. You will develop a professional resume, prepare related-employment documentation, gain job search strategies and improve your interview skills. (\$51)
- **Transition to College: Monday-Thursday February 13 to March 29** 8-11:30 am **FREE**. Have you ever thought about going to college but weren't sure if you were college material? Are you considering a mid-life career change or would you like to earn \$4,000-\$15,000 more per year? This intensive class will prepare you for college classes and move you closer to your educational goals. Let us help you improve your math and writing skills, learn time-saving study techniques, and the ins and outs of college requirements.
- **Is College Right for Me?** Wednesday March 14 6-8 pm. Have you ever wondered what it would be like to go to college? What it takes to get in and be successful in college? Or what your options are beyond high school or your GED? If so, register for this class and discover what colleges is like, what it takes you to go to college or get back in, and how you can avoid any potential pit falls as a college student. The Class is **FREE** and you will receive a GIFT if you attend 2 hours.
- **Show Me the Money! Wednesday January 11, or February 8** 5:30-7:30pm **FREE**. Do you want to go to college, but you have no idea how you will pay for it? Learn about financial aid and how to get grants, scholarships, work study or federal student loans to help you pay for your education. There is money available, so find who is eligible for financial aid, how you apply, how to keep it, and common pitfalls you can avoid. Students can complete their Free Application for Federal Student Aid (FAFSA) at the end of class. If interested, bring your 2011 taxes, w2s and social security number and your application will be submitted online. The class is FREE and you will receive a GIFT if you attend.
- **ESSENTIALS OF MATHEMATICS** tailored to you individual needs. Learn math at your own pace and in your own style. You can begin anytime. Tue-Thurs evenings. FREE!
- **COLLEGE PREP ALGEBRA** develops the essential ideas of algebra. Topics include rational numbers, integers, linear equations, polynomials, and rational expressions. Mon-Thur. Varied Times. FREE!
- **READING & WRITING ESSENTIALS** improve your reading and writing skills for GED preparation, college, or workforce re-entry. Instruction may be individualized, small group, and/or computer-assisted. Set a schedule that works for you! FREE!
- **WRITING FOR BUSINESS OR COLLEGE** refresh your writing skills in this class which will cover sentence structure, punctuation, grammar, and style. Prewriting, editing and rewriting will be emphasized. FREE!
- **COMPASS TESTING** in collaboration with the University of Montana-Missoula College of Technology, the ABLE program offers the ACT COMPASS college placement exam. Please call 542-4015 for information on TABE or COMPASS testing and to make an appointment.
- **ENGLISH AS A SECOND LANGUAGE**
  - ESL English as a Second Language (ESL) classes are classes offered to help adult, non-native speakers of English to communicate and increase their understanding of American culture. Communication skills such as speaking, listening, reading, writing and grammar are taught using real life situations. FREE!
  - EL CIVIC CLASSES provide an opportunity to increase your English skills in reading, writing, speaking, and listening in order to understand and effectively participate in government, education, and workplace systems and key American institutions such as banking and health care. EL Civis also provides classes in US citizenship preparation. FREE!

**MISSOULA PUBLIC LIBRARY** Offers computer classes on job applications, federal tax forms, digital photos, computer basics, and more! Info - 721-2665.

**THE PARENTING PLACE** Located at 1644 South 8<sup>th</sup> West. Call 728-KIDS(5437) for info and reservations.

- **“CHILD’S PLAY” (FREE Respite Child Care)** is open two nights a week: Monday and Wednesday Nights 5:30-8:30 pm at THE PARENTING PLACE OFFICE (). Qualified Children’s Program Assistants will care for children in a safe & nurturing environment. Creative & fun activities and DINNER provided while parents take time to nurture themselves. Limited space available. Please call for information about program requirements and to reserve space
- **EFFECTIVE PARENTING CLASSES:** Registration for the next session of Effective Parenting has begun. Please call to register or for more information about this program. Located at the Parenting Place. This class focuses on parenting children ages preschool to pre-teen, and offers helpful information on development, misbehavior, family rules, choices, consequences, and communication. Call to reserve space. FREE childcare provided on-site.

**HOMEWORD – “Homebuyer Education”:** Mon-Wed January 9, 10, 11 6-9pm & Tues January 17 6-8pm.

Lambros Real Estate ERA located at 3011 American Way. Looking to buy your first home? Through our nationally certified homebuyer education program, we offer monthly classes that teach you the basics of the home buying process. \$20/person or \$35/household non-refundable registration fee to cover the cost of materials. A \$25 returned check fee, payable to Homeword, will be charged for all returned checks, in addition to any bank fees. HomeWord 127 North Higgins, Suite 307. Register and pay online at [www.homeword.org](http://www.homeword.org). \$20/person, \$35/household. Childcare vouchers are available for children 5 months and older upon payment of registration fee at: Busy Hands Fun Center 1527 South Ave West. For more information, call Holly at 532-4663 x10.

**YWCA LIFE SKILLS GROUPS** You must register for classes if you are attending. If you register and are unable to attend please call and let us know so other can attend the classes. Child care available for classes, call 543-6691 and let YWCA staff know 24 hours before the class if you need child care. 1130 West Broadway.

- **NATIVE WOMEN'S DOMESTIC VIOLENCE TALKING CIRCLE:** Group led by Native Women for Native Women sponsored by the YWCA every Tuesday from 6:30-8:30pm at YWCA. Come early at 5:30pm for a free meal. Childcare also available. Drop-ins welcome.
- **LIVING IN PEACE:** Living in Peace for women who want to continue to heal through mindfulness, connection with others, and exploration of a topic which includes developing a new tool for living. Call the YWCA for more information.

### **LIVING ART OF MONTANA Creativity for Life Workshops Saturdays December 3-17 10:30am-12:30pm**

Expressive arts and nature-based workshops using the arts and nature to support healing that take place 3 Saturdays per month - year round ( 2 hours a week) for people facing illness or loss. Offered free of charge. Donations appreciated. Call 549-5329 or visit [www.livingartofmontana.org](http://www.livingartofmontana.org).

- **December 3** "Celebration Fairies" with Beth Jaffe
- **December 10** "Winter Journals" with Hobie Hare
- **December 17** "Winter Warmth Yarn Looms" with Odette Grassi

**MISSOULA BIRTH NETWORK** meets on the second Tuesday of the month at 7 pm in the Missoula Public Library. The Missoula Birth & Pregnancy Resource maintains a community resource website containing information about pregnancy & birth, including natural birth, a listing of Missoula-area midwives and doulas, and links to related topics. The address is <http://www.thelotusprojectmt.org/calendar/>. For questions call Heather Sundheim at 549-1701 or e-mail at [heather@missoulabirth.com](mailto:heather@missoulabirth.com)

## **RESOURCES FOR TIGHT BUDGETS**

### **2012 ANNUAL MISSOULA "PROJECT HOMELESS CONNECT"**

**Project Homeless Connect** is a national initiative aimed at connecting the homeless with core services during a one-day, one-stop service event. Missoula's event is from 10am-3pm on Thursday, January 26, at the First United Methodist Church (300 East Main Street – across from the Missoula Public Library). For info: 728-7682, 728-1809, [mhill@missoulaagingservices.org](mailto:mhill@missoulaagingservices.org) or [volunteerpov@montana.com](mailto:volunteerpov@montana.com).

VOLUNTEERS ARE NEEDED as well as collections of clothing, pet supplies, and personal hygiene supplies. **FREE SERVICES:** Medical care, dental care, housing/shelter info, family services, senior services, credit reports, pet services, employment, clothing, haircuts, food and more!!! **No appointments necessary.**

The goal of this event is to improve services and housing for people experiencing homelessness in Missoula. Project Homeless Connect is a collaborative effort between service providers, local businesses, nonprofits, and volunteers that will help homeless individuals and families gain access to over 60 services in one day. Join this excellent Day of Service in of honor of Martin Luther King, Jr. and help end Homelessness in Missoula!

***This FREE event is geared not only for Homeless families, but for any person or family who is living in temporary housing or at-risk of not having housing in the near future.***

### **LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP) Applications are available to assist and/or discount fuel bills from October 1-April 30 for households meeting income guidelines.**

Assistance benefits go directly to the home heating fuel vendors in one payment and are based on the type & size of dwelling. Applications are available at Human Resource Council (HRC) office at 1801 South Higgins. Call 728-3710 with questions.

[http://www.hrcxi.org/energy\\_asst.php](http://www.hrcxi.org/energy_asst.php)

### **WEATHERIZATION KITS – Northwestern Energy**

Contact NorthWestern Energy Division Office (1801 South Russell Street) for any free weatherization kits that may be available. Weatherization Starter Kits available only to NorthWestern Energy natural gas home heating space or water heating customers who have not received a kit at any prior event. For more information and a full schedule of upcoming Weatherization Events and videos on How to Install a Kit, visit [www.northwesternenergy.com](http://www.northwesternenergy.com) or call (800) 823-5995.

**SECRET SECONDS "SAVER DAYS!** Stop in at one of the YWCA's three Secret Seconds thrift stores for gently-used bargains daily. Store Hours & Locations: STORE #1= 920 Kensington 10am- 6pm & Sunday Noon – 5pm; STORE #2 = 1136 W. Broadway 10am- 6pm & Sunday Noon-5pm; STORE #3 = 1221 Helen Ave. 10:30am-5:30pm & Sunday 9am-2pm. Questions: 543-6691 or [eharrison@ywcaofmissoula.org](mailto:eharrison@ywcaofmissoula.org)

**FIREWOOD PERMITS: LOLO NATIONAL FOREST** - See Website [www.fs.usda.gov/lolo](http://www.fs.usda.gov/lolo) for general information and conditions. **FIREWOOD PERMITS:** Firewood permits are issued to individuals for private use. A permit costs \$5.00 per cord with a minimum purchase of 4 cords and a maximum of 12. Permits are valid from March 31

of one year to March 31st of the next. Firewood permits authorize an individual to cut and remove dead down trees and logs from National Forest and BLM lands. There is a requirement in effect on the Lolo National Forest that firewood cutting, or related disturbance, is not allowed within 150 feet of any running stream, pond, lake, or wet areas to protect water quality and fish habitat.

**HOME RESOURCE – SUSTAINABLE BUSINESS COUNCIL** GET CHEAP HOME SUPPLIES!!!! Home Resource is part of the Sustainable Business Council: a non-profit network of businesses, organizations & individuals working towards a sustainable economy in Western Montana. Home Resource sells salvaged and donated building materials at bargain prices. Store is located at 1515 Wyoming, Suite 100. Hours: Monday-Thursday 9 am-5:30 pm; Friday-Saturday 9 am-5 pm; Sundays 10am-4pm. For more information call 541-8300, or visit the website: [www.homeresource.org](http://www.homeresource.org)

**MISSOULA COMMUNITY MARKET CO-OP HAPPENINGS** Community Food Solutions (CFS), a community food market, is supported by the Community Food Projects Program of the USDA Cooperative State Research, Education and Extension Service. Annual membership starts at \$35. If that is more than you can afford, do not let the limitations of your wallet discourage you from joining CFAC. You can choose your membership level. Alternatively, if you would like to donate more, your gift will be well spent on our programs to conserve farmland, assist beginning farmers, build local markets, and educate the public. Look for them around town at various locations. Membership to the Co-op is a commitment to community, sustainability, and economic justice. As a member, you will be joining together with other members in creating a cooperatively-owned local marketplace that benefits not only consumers and producers, but the community as a whole. As a member you can start saving on local and natural foods through the Co-op's buying club. <http://www.missoulacfac.org> Call NMCDC for an application 829-0873 or 721-3425 or stop by our office to pick one up at 819 Stoddard.

**“REAL MEALS” – Community Dinners for Women** “Real meals,” a project of Women's Economic Justice and Missoula Community Co-op, is a meal prepared and shared amongst women in collaboration to create community and opportunity. Women celebrate the sharing of vision, labor, skills and nourishment. Real meals' utilizes local food as much as possible for each meal. Participants will take portions of the meal home for freezing, family or healthy leftovers. Meals are held every second Thursday of the month at Orchard Gardens Community Barn, 210 N. Grove Street from 6:00-9:00 pm. Suggested donation is \$7 or whatever you can contribute. Food Stamps (EBT) are accepted. Call Kate for details or transportation arrangements at 728-2369. <http://www.nmcddc.org/cooprealmeals.html>

## **ONGOING: FAMILY ACTIVITIES & RESOURCES**

**FAMILY FRIENDLY FRIDAY** 6-8pm at the Top Hat 134 W. Front Street 728-9565. Every Friday, from 6-8pm, the Top Hat gives parents and opportunity to enjoy free live music and cut a rug with the kids. See old friends and make new friends in a safe and fun environment.

**WILDLIFE FILM FESTIVAL FILMS & MEDIA CENTER** at the Roxy Theater (718 South Higgins). Call 728-9380. With wildlife films, there is a chance animal predation or mating may be shown. Film rentals available. Film schedule for the month at [www.wildlifefilms.org](http://www.wildlifefilms.org)

**MONTANA NATURAL HISTORY CENTER** - SATURDAY KIDS ACTIVITIES are at 2pm at the Natural History Center (120 Hickory Street). **Free for members or \$1 for adults and 50 cents for kids--FREE with admission.** Children must be accompanied by an adult. Be prepared to go outside in any weather. Programs run about 1 – 1 ½ hour. Great for kids ages 5 and older (unless otherwise noted). To learn more about the Montana Natural History Center located at 120 Hickory Street), call 327-0405 or online at [www.MontanaNaturalist.org](http://www.MontanaNaturalist.org)

**TRAVELER'S REST WINTER STORYTELLING** From time immemorial, families have gathered during the cold months of winter to celebrate community, to share food and to hear age-old stories that have been passed down through the generations. Join us at Travelers' Rest as we continue this ancient tradition with the Annual Winter Storytelling Series on **Saturdays through March** at 11 am. Travelers' Rest State Park is located ½ mile west of Lolo on U.S. Highway 12. Admission is \$3, with children under 18 and all Travelers' Rest members are admitted FREE.

### **PARKS & RECREATION: INDOOR SPLASH POOL, SKATEPARK & NORTH HILLS**

**HOMESTEAD!** Call Parks & Recreation for information (721-PARK) or check website for locations, fees and hours of all city facilities: [www.missoulaparks.org](http://www.missoulaparks.org) (600 Cregg Lane by the Orange Street Bridge):

- **CURRENTS AQUATICS CENTER POOL (indoors)**  
**FAMILY NIGHT:** Every Friday night at 6:00 p.m. at Currents Indoor Waterpark. Enjoy the Currents pool! Fun for the whole family! \$11.50 for two parents and 2 children. 100 Hickory Street.



**Drop-In Water Aerobics:** Aquacize is a drop-in aquatics fitness program designed to accommodate all fitness levels. This class will increase flexibility, build strength in your core muscles and various muscle groups, and improve your cardio fitness. Certified instructors bring their enthusiasm and experience to make these classes fun and safe! This is a drop-in class and no pre-registration required. For more information, contact Currents Aquatics Center at (406) 721-PARK.

**“Try It Free” Membership:** Take a swim, try Aquacize, or warm up in the hot tub—for a full week, on us! “Try It Free” membership is open to new customers only, ages 18 and up, and is limited to one offer per person per year. Free admission is granted for 7 consecutive days after start date. Register any time at Currents. Offer good year-round, to all adults!

- **YOUTH GRANT APPLICATIONS available for low-income families (documentation required).**
- **DISCOUNT CARD: Missoula Resident Discount Card for only \$1 (Regular price \$2)**
- **SCHOLARSHIPS FOR FAMILIES ON W.I.C.:** Scholarships are available for WIC Participants at Splash Montana and Currents Indoor Water Park! Show your WIC ID Packet at the Parks & Recreation office and receive up to a \$100 family scholarship for aquatics programs or family passes at Currents Indoor Water Park! FOR MORE INFORMATION Call Missoula Parks & Recreation at 721-PARK or stop by the Parks & Recreation office at 600 Cregg Lane
- **MOBASH SKATEPARK (located in McCormick Park).** The Park is open & FREE to the public from 7am-11pm daily. **HELMETS ARE REQUIRED.** Bikes are not allowed – skateboards only.
- **LAP SWIM** - Detailed lap swim schedule at Currents. Lap lanes available Monday through Friday, 6am to 8pm; Saturday, 9am to 6pm; and Sunday, 11am to 6pm.
- **LEARN TO SWIM PROGRAM** - Swim Lessons at Currents provide high quality, affordable instruction for infants through adults. The warm, shallow water provides a comfortable learning environment, and instructors provide a playful learning atmosphere so students look forward to their classes and learn through focused fun. New this fall: Level 6 Endurance/Pre-competitive class, a great way for older children to enhance their skills and get some exercise this fall and winter!
- **PRE-SCHOOL PLAY DATES** - Every Friday, from 10am to 12pm, admission for one adult and one youth under 6 is only \$7, or \$5.50 with a resident discount card.

**FREE OUTDOOR PLAYGROUND OPPORTUNITIES** Dragon Hallow Playground (at Caras Park adjoining the Carousel); or in the following city parks: Bonnor (Ronald & Evans), Fort Missoula (South & Ft. Msla. Rd.), Franklin (10<sup>th</sup> & Kemp), McCormick (Cregg & Hickory), Playfair (Bancroft & Pattee Cr.), Sacajawea (Orange & 6<sup>th</sup>), Southside Lions (Bancroft & W. Kent), or Westside (Scott & Sherwood). For more information call 549-8382.

**A CAROUSEL FOR MISSOULA – New Season Hours** *September through May* - The Carousel is open from 11am-5:30pm. Carousel info: [www.carrousel.com](http://www.carrousel.com) or 549-8382

**ROCKY MOUNTAIN ELK FOUNDATIONS’ VISITOR CENTER** is open from 8am-6pm Monday-Friday; Saturday and Sunday 9am– 6pm (5705 Grant Creek Road). The Foundation has been named one of 112 “official learning sites” along the Bicentennial Lewis & Clark National Historic Trail. See exhibits of the Corps of Discovery and change of habitat over past 200 years. For information: 225-5355, ext. 545 or [www.elkfoundation.org](http://www.elkfoundation.org) FREE!

**WILDERNESS WALKS** sponsored annually by the Montana Wilderness Association ranging from evening picnics to weekend backpacking. In Western Montana, 118 journeys are offered through September. All walks are FREE and open to the public – but reservations are required. Walks are published in a catalog, which includes details of mileage, difficulty & highlights. Call 106-443-7350 or its Website: <http://www.wildmontana.org/events/walks/index.php>

**STEPPING LIVELY: MALL WALKERS CELEBERATE 20 YEARS** at Southgate Mall. Mallwalkers is a free supervised walking program sponsored by Southgate Mall, St. Patrick Hospital and Health Sciences Center, and Western Montana Clinic. Whether you are veteran walker or a beginner, Mallwalkers provides a great way to exercise at your own pace in a safe, climate-controlled environment. For program details, visit the Guest Services Center or just show up at the mall’s Community Room by 9 a.m. on Mondays, Wednesdays and Fridays

**LE LECHE LEAGUE OF MISSOULA** All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies and children are always welcome at our meetings. LLL of Missoula meets at 11:30 a.m. on the second and fourth Tuesday of each month in the Large Meeting Room at the Missoula Public Library, 301 E. Main St., Missoula. Call for more information Jen 207-7554 Gail 493-6324 Janel 543-2675 Eva 544-3150 J.J. 880-1297 Erin 544-3746. Email: [missoulalll@gmail.com](mailto:missoulalll@gmail.com) Website: <http://www.lllusa.org/web/MissoulaMT.html>

**JACOB’S ISLAND BARK PARK** is 6 acres at the east of Jacob’s Island Park that is fenced to provide a secure place for owners & their dogs to romp, and have fun off-leash. Leashes are required in all other city parks. Owners must clean up after their pets. FREE. The fencing is not 100% dog proof. It is also noted that it has a water spigot, a creek, and shade trees. All dogs using the park must be licensed and have their shots. Please remember to pick up after your dog even in the winter; as this can still cause water contamination come spring. Van Buren & Fifth along Clark Fork River 6am-11pm <http://www.doggoes.com/parks/montana/jacobs-island-dog-park>

**KIDS KLUB** at Southgate Mall on first Tuesday every month with fun-filled free craft and creative activities. Children who would like to attend can register at the Guest Services Center. Membership is FREE and includes an identification card good for special discounts and other “extras” from participating Southgate Mall merchants.

**KUFM RADIO at 89.1 FM**

- “THE PEA GREEN BOAT” on MONTANA PUBLIC RADIO (89.1 FM) every Monday-Friday at 4:00 p.m. & “CHILDREN’S CORNER” every Saturday from 7:00-9:00 a.m.
- “Field Notes” and “Field Notes for Kids” sponsored by Montana Natural History Center include personal observation & discovery by local scientists & community members. Broadcast on Thursdays at 9:25 pm and Sundays at noon.

**EAT SMART - MOVE MORE PROGRAM.** *Missoula City-County Health Department’s* MOVE MORE Program is looking at ways to increase physical activity in school- age children. We believe strongly in a holistic approach, and are particularly interested in different ways to increase kid’s physical activity beyond school hours. Regular physical activity can improve concentration, decrease and prevent depression, decrease stress and anxiety, and even help kids’ sleep better. <http://www.co.missoula.mt.us/healthservices/EatSmart/index.htm>

**BARNES & NOBLE STORE EVENTS** (2640 North Reserve Street). Children’s Story Time Saturday 3pm, occasionally Tuesday 10 am (call ahead to verify). Once a month at Saturday Storytime they are joined by a costume character: For information: 721-0009.