

Friday, May 4

Breakfast on the Bridge: Walk, bike or bus to work or school and get free breakfast from 7:45-9:45am on the Madison St. trail bridge. Celebrate springtime with Missoula In Motion. Breakfast on the Bridges is every Friday in May. www.missoulainmotion.com

Missoula Fencing Association: 6:30—7:30pm Beginning fencing class for ages 9 to adult. Come get a taste of the Olympic sport of fencing. It is a safe sport that develops both mind and body and a lifetime sport for all ages. **FREE!** 1134 Longstaff St

Saturday, May 5

River Road Farmstead Grand Opening shinDIG and Square Dance: 4-7pm tours, kid's activities, snacks and drinks! 7-9 pm Square Dance— no experience necessary! Stop by Garden City Harvest to see the brand new farmstead!

Take this 10 minute 5-2-1-0 survey:

<https://www.surveymonkey.com/r/5210missoula>

You will be entered into a raffle to win a **\$50** gift card to the Flying Squirrel, the HUB and other fun places!

I, _____, **PLEDGE**
to turn **OFF** the screen and
turn UP
the **PLAY!**



April 29 - May 5, 2018

www.UNPLUGmissoula.com

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A daily recipe for healthy living...



LET'S MOVE!
MISSOULA



Aim for 5 fruits and vegetables every day!



Limit FUN screen time to 2 hours or less!



Include 1 hour or more of active play every day!



Aim for 0 sugar sweetened beverages every day!

Unplug and Play! Is brought to you by...



United Way of Missoula County
MissoulaUnitedWay.org



From day one.



www.UNPLUGmissoula.com

Unplug and PLAY!

April 28 - May 5



FREE! Kickoff Event

Sunday, April 29 • 1 - 4pm • McCormick Park

Climbing wall
Fun Fruit Stand
Rock Painting
Silver playground

Ropes course
UM Griz Athletes
Gymnastics

Face painting
Guitar lessons
Jump rope

Monte appearance *courtesy of Bob Wards*

Mascot Walk @ 2pm: *Stomp and Romp with Monte*

Walk or Roll: Bring your bike for the bike rodeo.

Don't forget a water bottle!



LET'S MOVE!
MISSOULA

www.UNPLUGMissoula.com

Parents, please accompany your kids.



ALL WEEK LONG

PEAK Health and Wellness FREE week at the PEAK: At both locations; Minors must accompanied by parent.

*Plus, Free Fit Kid Zone ages 7-13 all week long at the Racquet Club on Blue Mountain Road, 4-5pm on Monday—Thursday.

A Carousel for Missoula: One free ride (one per person per day) for anyone who walks, buses or bikes to the Carousel. April 30– May 4.

Missoula Public Library: FREE Tiny Tales: Tuesday, Thursday, Friday 10:30 in the Large Meeting Room, children birth to 3. Builds early literacy skills through songs, finger plays and nursery rhymes along with stories! **FREE Storytime:** Friday & Saturday 10:30am and Sunday 1:30 pm. Story time is geared toward children ages 3-6 who can sit and listen to several picture books, ending with a craft. Activities available to children during all open hours including blocks, wooden puzzles, magnet wall, and more! www.missoulapubliclibrary.org

Historical Museum at Fort Missoula: Join in a Scavenger Hunt to sharpen your map reading and exploring skills! Bring friends and work as a team or on your own. Treasure hunt starts at the main museum building and clues will be scattered over the 32 acres of Fort Missoula. Monday-Friday 3-4:30pm. Located at 3400 Captain Rawn Way. www.fortmissoulamuseum.org

Missoula Family YMCA: Family Fun Time. Open Climb. Open Swim. Details at www.UNPLUGmissoula.com

Saturday, April 28

YMCA RIVERBANK RUN : 1 mile, 5k and 10k options, scholarships available. Register at <http://ymcamissoula.org/riverbank-run/>

Parks and Recreation: Throwback Game Night & Movie! Head over to Fort Missoula Regional Park for a night of classic games with a twist. Jumbo Jenga, cardboard castle building and outdoor movie. 6-10 pm

Fourth Annual Missoula Bike Swap: Drop Off Day 10– 4pm @ Fairgrounds. Sell your old bike or equipment at the bike swap! Details on Free Cycles' facebook.

Schedule of Events

All activities are **FREE** unless a fee is listed.

SUNDAY APRIL 29

Unplug and Play Kick-Off Celebration
McCormick Park, 1-4pm
Free! Rain or Shine!

Fourth Annual Missoula Bike Swap: Bike Sale Day 10– 4pm @ Fairgrounds. Details on Free Cycles' facebook.

Monday, April 30

Championship Training: Taekwondo training: Little Ninjas 3:30-4pm (ages 3-5). Kids Beginners at 4-4:45 pm (ages 6-12). Family at 5:35-6:15pm. **FREE!** Learn basic martial art skills while having fun. 3821 Stephens Ave. www.championshiptrainingmt.com

The PEAK: Free Fit Kid Zone ages 7-13 Free Arts and Crafts 4-5 pm all ages welcome! @ Racquet Ball Club, Blue Mountain Road

Tuesday, May 1

Walk with A Doc: Everyone interested in taking steps to a healthier lifestyle meet at Grizzly Peak at 9am for a 40 minute group walk every Tuesday. Come socialize and walk with a group. All ages and abilities welcome. Details on facebook: Walk with a doc - missoula
Taekwondo classes at Championship Training: 4:20-5:05pm (6 and older) Learn basic martial art skills and have fun! **FREE!**

Yoga in the Parks: 6-7pm Ages 12 & up @ Silver Park. Join skilled yoga instructors to explore yoga basics for all ages and abilities. **\$1 Super Skippers:** 4 - 4:45pm at Rattlesnake School Gym. Ages 5+ and adults. Cost is \$5 and you keep your jump rope. Bring sneakers!

May is Bike Month: Free Cycles is a non-profit bike shop that provides bikes, parts, tools and help to Missoula! Check them out at www.freecycles.org



Wednesday, May 2

Championship Training: Taekwondo training: Little Ninjas 3:30-4pm (ages 3-5). Kids Beginners at 4-4:45 pm (ages 6-12). Family at 5:35-6:15pm. **FREE!** See Monday's description for details.

The PEAK: Junior OULA dance class 4-5 pm @ Racquet Ball Club

Tinkergarten: Free Trial Class 4:30-5:45pm Ages 18 months-8 years. Explore, problem solve, create and connect through play!

MUST RSVP Enroll at www.tinkergarten.com/classes/45923

Thursday, May 3

SCREENAGERS Film: Parents are invited to this 70 minute film that explores how technology impacts kid's development and the challenges of parenting in the digital world where parents must compete with video games, texting addiction, and social media.

Film starts at 7pm @ Hellgate High School's Rothwell Theater. FREE

Parks and Recreation Open Climb: Open climbing wall and ropes course from 3-6:30pm. Grades 3 and up. **FREE!** Located at McCormick Park. www.missoulaparks.org

Taekwondo classes at Championship Training: 4:20-5:05pm (6 and older) Learn basic martial art skills and have fun! **FREE!**

The PEAK: Free supervised swim 4-5pm

Pilates in the Parks: 6-7pm Ages 12 & up @ Silver Park. Join skilled Pilates instructors for this fun workout! Classes teach the basics of mat Pilates to all ages and abilities. **\$1 donation appreciated**