

## Missoula Movers Coffee Walks

Discover the beauty of Missoula's conservation lands, parks, and trails with a friendly group of both new and familiar faces. Join us for fresh air, exercise, and great company!

Walks are approximately 50 minutes out and 45 minutes back. After each walk, we'll gather for coffee from local shops and great conversation.

Pre-registration recommended; transportation provided for the first 14 registrants. Participants may also meet group at the trailhead for any of the walks. **Does not meet Dec. 29, Jan. 19, or Feb. 16.**

**\*Feb. 9 and Apr. 6—Meet at trailhead only; no transportation available.**

	Transportation to Trailhead Included	Meet at Trailhead
Meets	Mondays at 9:00 a.m. at Currents Aquatics Center in McCormick Park	Mondays at 9:15 a.m. at trailhead shown below
Fee	\$8 in 2025, \$9 in 2026	\$5

DATE	WALK/HIKE	WHERE TO MEET	DIFFICULTY	DESCRIPTION	SECTION
Nov. 17	Kim Williams		Easy	Dirt	<a href="#">3262600</a>
Nov. 24	Greenough Park		Easy	Dirt, flat	<a href="#">3262600</a>
Dec. 1	Fort Missoula		Easy	Gravel, flat	<a href="#">3262600</a>
Dec. 8	Marshall Canyon Rd (Upper)		Moderate	Dirt, incline	<a href="#">3262600</a>
Dec. 15	Rattlesnake		Easy	Dirt, mostly flat	<a href="#">3262600</a>
Dec. 22	Sunlight Trail/North Hills		Moderate	Dirt, incline	<a href="#">3262600</a>
Jan. 5	Tower Street Open Space		Easy	Flat, rocky	<a href="#">1262600</a>
Jan. 12	Fort Missoula	Pavilion by soccer fields	Easy	Gravel, flat	<a href="#">1262600</a>
Jan. 26	Council Grove State Park	Trailhead	Easy/Moderate	Dirt, little rocky	<a href="#">1262600</a>
Feb. 2	Greenough Park	Pavilion by playground on Monroe	Easy	Dirt, flat	<a href="#">1262600</a>
Feb. 9*	Marshall Canyon Rd (Upper)	Base area parking or near green gate	Moderate	Dirt, incline	<a href="#">1262600</a>
Feb. 23	Rattlesnake	Pocket park on Lincolnwood	Easy	Flat, dirt	<a href="#">1262600</a>
Mar. 2	University	Bonner Park by tennis courts	Easy	Flat, dirt/gravel	<a href="#">1262600</a>
Mar. 9	Waterworks/North Hills	Trailhead off Greenough Dr	Moderate	Dirt, incline	<a href="#">1262600</a>
Mar. 16	Big Sky Park	Baseball fields off Spurgin Rd	Easy	Flat, dirt	<a href="#">1262600</a>
Mar. 23	Marshall Canyon Rd (Lower)	Base area parking or near green gate	Moderate	Dirt, incline	<a href="#">1262600</a>
Mar. 30	Grant Creek	Rocky Mtn Elk Foundation	Easy	Paved	<a href="#">1262600</a>
Apr. 6*	Sunlight Trail, North Hills	Trailhead	Moderate	Dirt, incline	<a href="#">1262600</a>
Apr. 13	Bluebird Preserve Trailhead	Trailhead at Grant Creek Rd	Moderate	Dirt, incline	<a href="#">1262600</a>
Apr. 20	The L Trail	Trailhead	Difficult	Rocky, dirt, incline	<a href="#">1262600</a>
Apr. 27	Milltown State Park Overlook	Off of Deer Creek Rd	Moderate	Dirt, incline	<a href="#">1262600</a>
May 4	Inez Trail	Trailhead	Moderate	Dirt, incline	<a href="#">1262600</a>
May 11	Jumbo North	Trailhead	Moderate/Difficult	Dirt, incline	<a href="#">1262600</a>
May 18	Waterworks/North Hills	Trailhead at I-90/Orange St exit	Moderate	Dirt, incline	<a href="#">1262600</a>

## Missoula Movers Plus!

### Winter outdoor adventure awaits

Join us every-other-week for cross-country skiing or snowshoeing outings, depending on snow and weather conditions. Each trip will explore a scenic local trail at a relaxed pace, perfect for adults aged 55+ who want to enjoy Montana's winter beauty with good company.

Led by knowledgeable Parks and Recreation staff, Missoula Movers Plus is ideal for anyone looking to enjoy the outdoors in a supportive and relaxed setting. No experience necessary; equipment available upon request.

#### What to expect

- 2+ hours of winter adventures, locations TBD.
- Trailside conversation, community, and beautiful views.
- Routes chosen for snow conditions.
- Will hike if no snow
- Frequent rest breaks and plenty of time to enjoy the scenery.
- 1-1.5 hours of driving, round trip.

#### What to bring

- Snowshoes or cross-country skis, if you have them. Equipment available upon request.
- Warm, winter clothing layers for changing weather.
- Water bottle and snack.
- Hat and warm gloves.

**Transportation provided, pre-registration required.**

<b>Activity #</b>	<a href="#">1262601</a>	
<b>Fee</b>	\$25/22 with CityCard	
<b>Day &amp; Time</b>	Wednesdays, 10 a.m.–2 p.m.	
<b>Meets</b>	Currents Aquatics Center Lobby	
<b>Ages</b>	Geared to 55+, but all adults are welcome!	
<b>DATE</b>	<b>SECT#</b>	<b>LOCATION</b>
Jan. 14	01	Check City website for location updates at <a href="http://www.ci.missoula.mt.us/1837/Active-Adults">www.ci.missoula.mt.us/1837/Active-Adults</a> —posted Friday before meeting day.
Jan. 28	02	
Feb. 11	03	
Feb. 25	04	
Mar. 11	05	
Mar. 25	06	

## Forest Bathing Saunters

### Slow down. Breathe deeply. Immerse yourself in Nature.

Join ANFT-certified Nature Therapy Guide Sylke Laine for a 90-minute mindful saunter, designed to help you tune out the noise of daily life and return to your senses. Inspired by the Japanese practice of Shinrin-Yoku (forest bathing), these guided walks invite you to notice, wander, and connect with nature in simple but powerful ways.

Benefits of this unique blend of mindfulness and nature include stress reduction, a boosted immune system, and attention restoration. Each outing is a unique 1.5-hour journey, amplifying the season's themes and maximizing the session's restorative effects.

You don't need any special gear or fitness level, just a willingness to slow down and receive what the forest offers you that day. Expect to leave feeling grounded, refreshed, and more deeply connected to yourself and the natural world.

Registration closes 24 hours before each outing.

<b>Activity #</b>	<a href="#">1252601</a>	
<b>Fee</b>	\$25/session	
<b>Ages</b>	18+	
<b>DATE &amp; TIME</b>	<b>EVENT &amp; LOCATION</b>	<b>SECT#</b>
Mar. 21 at 2–3:30 p.m.	Spring Equinox at Tower Street	01
Apr. 18 at 5–6:30 p.m.	New Moon & Near Lyrid Meteor Shower at Maclay Flats	02



## Dungeons & Dragons—NEW!

### Ages 18+

Through the collaborative storytelling and strategic gameplay of Dungeons & Dragons, participants will use critical thinking, creativity, and teamwork skills.

Guided by experienced Dungeon Masters, members will create unique characters, navigate complex quests, and engage in thrilling battles.

This program fosters a supportive and inclusive environment where people can express themselves, build friendships, and improve their problem-solving and communication skills. Whether seasoned players or newcomers, the Dungeons & Dragons adult club offers an exciting and enriching experience that combines fun, learning, and the power of imagination.

<b>Activity #</b>	<a href="#">1255405-02</a>
<b>Dates</b>	Feb. 26–Apr. 2
<b>Registration Deadline</b>	Feb. 23
<b>Day &amp; Time</b>	Thursdays, 6–9 p.m.
<b>Location</b>	Basecamp (old public library), 301 E. Main St.
<b>Fee</b>	\$145/\$140 w/CityCard



## Crafting Social Hour—NEW!

### Unleash your creativity and connect with others

Crafting Social Hour is a relaxed, social program for anyone 18+ who loves to create or wants to explore new hobbies.

All materials are provided, and tea will be served as participants enjoy seasonal craft projects they can take home. It's a great way to unwind, learn new skills, and connect with others in a welcoming, creative environment. Whether you're a seasoned crafter or just getting started, you'll leave with something handmade and a few new friends.

<b>Activity #</b>	<a href="#">1254001</a>
<b>Fee</b>	\$15 (cash or check only for drop in)
<b>Day &amp; Time</b>	Tuesdays, 10 a.m.–12 p.m.
<b>Location</b>	Jefferson School, 1700 South Ave. W
<b>Ages</b>	18+

DATE	SECT#	CRAFT
Jan. 20	02	Citrus suncatchers
Jan. 27	03	Painting pots & planting
Feb. 3	04	Mosaic or painted coasters
Feb. 10	05	Mardi Gras masks
Feb. 17	06	Air dry clay minis
Feb. 24	07	Button art on canvas
Mar. 3	08	Bedazzled tote bags
Mar. 10	09	Glass bead suncatchers
Mar. 17	10	Card making w/special guest Kathy Flynn
Mar. 24	11	DIY terrarium in Mason jar
Mar. 31	12	Build your own adventure



## Tai Chi for Arthritis & Fall Prevention

Tai Chi for Arthritis & Falls Prevention is an evidence-based program designed to help manage arthritis symptoms and reduce the risk of falls. The program runs for 19 weeks, with classes twice per week.

Using gentle Sun-style Tai Chi, the movements, which can be performed sitting or standing, aim to improve range of motion, flexibility, balance, and posture, making the program suitable for individuals of all fitness levels. Each class begins with a warm-up, introduces new movements that build on previous lessons, and concludes with a cool-down.

The benefits of the program include increased flexibility, improved balance, pain reduction, enhanced relaxation through deep breathing, and a 70% reduction in the risk of falls. This program is open to anyone looking for a gentle movement class to manage arthritis symptoms and prevent falls.

This program is set up as a drop-in class, so join around your schedule.

<b>Activity #</b>	<a href="#">1254102</a>
<b>Dates</b>	January 13–May 28
<b>Days</b>	Tuesdays & Thursdays
<b>Time</b>	9–10 a.m.
<b>Location</b>	Jefferson School, 1700 South Ave. Classes will be held outside in the Rocky Mountain Gardens at the Fairgrounds in May, weather dependent
<b>Fee</b>	\$10/session – pay online or over the phone in advance or check or cash only in person
<b>Ages</b>	55+, but anyone 18+ is welcome



**Did you know —**  
We also offer water aerobics classes that focus on arthritis?

Check out the schedule on page 8 or on our website at [www.ci.missoula.mt.us/3435/Water-Aerobics](http://www.ci.missoula.mt.us/3435/Water-Aerobics)



 **Share the Fun**

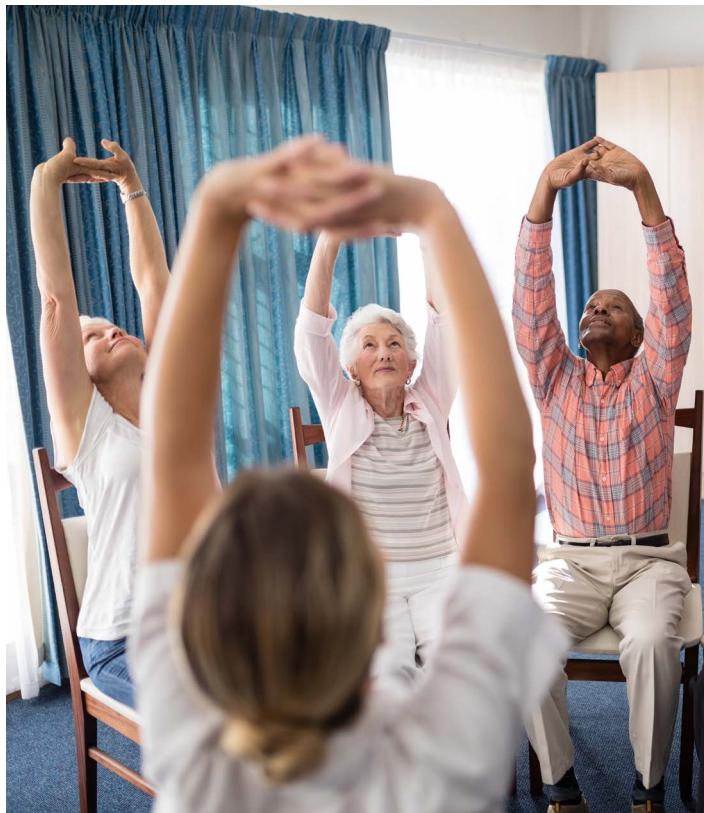
Our Share the Fun! Scholarships help everyone in our community.  
Consider a donation or apply for a scholarship at [missoulaparks.org](http://missoulaparks.org)

## SAIL — Stay Active & Independent for Life

The Stay Active & Independent for Life (SAIL) course is a 12-week strength, balance, and fitness program for older adults. Every class focuses on balance, strength, and stretching exercises.

Exercises can be done standing or sitting. Fitness checks every 12 weeks to assess improvement. Program benefits include reduced risk of falling and improved balance, mobility, and leg strength. First session is an orientation and fitness check. Classes start on the second session.

<b>Activity #</b>	<a href="#">1264101</a>
<b>Dates</b>	April 7–June 25
<b>Register by</b>	April 1
<b>Days</b>	Tuesdays & Thursdays
<b>Time</b>	10–11 am
<b>Location</b>	Jefferson School, 1700 South Ave.
<b>Fee</b>	\$90/85 w/CityCard
<b>Ages</b>	Designed for 65+, but all are welcome



## Bike Path Tours — NEW!

Come ride with us—explore hidden gems and see Missoula in a whole new way!

Join Missoula Parks and Recreation staff for a fun new biking program designed to introduce you to the city's extensive network of bike paths and trails. Every Wednesday in May, our instructors will guide you on a different route, helping you gain confidence while exploring some of Missoula's most scenic and bike-friendly areas.

Along the way, you'll learn:

- Safe riding tips and trail etiquette
- How to navigate Missoula's Greenway system and connecting routes
- The best paths for recreation, commuting, and fitness
- Local biking resources to keep you riding beyond the program

This program is perfect for riders who are comfortable on a bike but want to discover new routes, connect with fellow cyclists, and enjoy a supportive group ride. Distances will vary weekly, with a focus on moderate, beginner-friendly rides.

**Bring:** A bike in good working order, helmet (required), water, and comfortable riding gear. If you need a bike, please let us know, and we can set you up with one.

<b>Activity #</b>	<a href="#">2253502</a>
<b>Dates</b>	May 6–27 (Registration opens Mar. 1 @ 9 am)
<b>Days</b>	Wednesdays
<b>Time</b>	12–2 pm
<b>Location</b>	101 Hickory Lane at Parks & Rec's warehouse, across from Montana Natural History Center
<b>Fee</b>	\$20/18 w/CityCard
<b>Ages</b>	18+

