

Missoula Movers Coffee Walks

Enjoy the company of new and old friends on guided walks through Missoula's conservation lands, parks, and trails. After the walk, we'll enjoy coffee from local shops and good company. Hikes are approximately 50 minutes out, approximately 45 minutes back.

Meets Mondays at the location listed below, 9 a.m.

Mar 13 - Jun 5: Fee: \$8, transportation included. Transportation is limited to first 14 participants, pre-registration encouraged.

Jun 12 - Aug 28: Fee \$5, transportation not included as vehicles are in use for summer programs. No limit on number of participants Jun 12 - Aug 28.

Transportation will resume in Fall, 2023.



DATE	WALK/HIKE	MEETS AT	DIFFICULTY	TRAIL	FEE	CLASS #
13-Mar	Kim Williams North	Currents	Easy	flat, gravel	\$8	1262600-08
20-Mar	Big Sky Park	Currents	Easy	flat, dirt	\$8	1262600-09
27-Mar	Marshall Rd Lower	Currents	Medium	incline, dirt	\$8	1262600-10
3-Apr	Grant Creek	Currents	Easy	mostly flat, paved	\$8	1262600-11
10-Apr	Sunlight Trail	Currents	Medium	incline, dirt	\$8	1262600-12
17-Apr	Greenough	Currents	Easy	flat, dirt	\$8	1262600-13
24-Apr	The M	Currents	Medium/Hard	incline, dirt	\$8	1262600-14
1-May	Deer Creek Overlook	Currents	Easy/Medium	mostly flat, dirt	\$8	1262600-15
8-May	Rattlesnake	Currents	Easy	flat, dirt	\$8	1262600-16
15-May	Jumbo North	Currents	Medium	incline, dirt	\$8	1262600-17
22-May	Waterworks	Currents	Medium	incline, dirt	\$8	1262600-18
5-Jun	Homestead	Currents	Medium	incline, dirt	\$8	2262600-01
12-Jun	Inez Trail	10514 Miller Creek Rd	Medium/Hard	incline, dirt	\$5	2262600-02
19-Jun	Fort Missoula	Bella Vista Pavilion	Easy	flat, paved and dirt	\$5	2262600-03
26-Jun	Sentinel Fire Rd	600 Pattee Creek Rd	Medium	incline, dirt	\$5	2262600-04
10-Jul	Rattlesnake	Lincolnwood Pocket Park	Easy	flat, dirt	\$5	2262600-05
17-Jul	Barmeyer	Barmeyer Trailhead (Pattee Canyon Rd)	Medium	incline, dirt	\$5	2262600-06
24-Jul	Greenough	Greenough Pavilion	Easy	flat, dirt	\$5	2262600-07
31-Jul	Jumbo South	Lincoln Hills Trailhead	Medium/Hard	incline, dirt	\$5	2262600-08
7-Aug	Kim Williams	Toole Park	Easy	flat, gravel	\$5	2262600-09
14-Aug	Grant Creek	Rocky Mountain Elk Foundation	Easy	flat, paved	\$5	2262600-10
21-Aug	Tower Street	Tower St Parking	Easy	flat, rocky	\$5	2262600-11
28-Aug	Marshall Mountain	Marshall Mountain Parking Lot	Medium	incline, dirt	\$5	2262600-12

Folk & Country Dance

English Country Dance Lessons With Missoula Folklore Society. This nonprofit organization dedicated to promoting, preserving, enjoying and sharing folk music, dance, arts, crafts, and skills. **No partner required. Please wear comfortable non-marking shoes.**

DAYS	T/Th
TIME	7 - 8:30 pm
FEE	\$30

CLASS	DATES	ACTIVITY #
Swinging Through American History	04/11/23 - 04/20/23	1363400-03
International Dance Level 2	05/09/23 - 05/18/23	1363400-04

Swinging Through American History

Swing through the history of early American dance and learn the background and steps to a variety of dance styles that formed the basis of American culture from the 17th century up to the early 19th century. The first sessions will focus on the English country dance which crossed the Atlantic with early British colonial settlers; the second session features the French cotillon and quadrille which dominated American ballrooms from the late 1700s to the Civil War; session three will introduce the New England contra dance - a descendant of the country dance that remains alive and vibrant in many modern communities; and last, we will dance the figures of the American square dance as well as some other American dance inventions of by-gone eras such as the ragtime era African-American cakewalk and the Big Apple from the 1920s. Writer and dance caller Mark Matthews will not only walk you through the dances but also tell you the history behind the various styles. Beginners and experienced dancers are welcome.

International Dance Level 2

The Global Dance Party class (International Dance Level 2) will be for people who have taken the Introduction to International Dance class, for those experienced in IFD, and for people comfortable learning to dance with brief instruction and demos. The purpose will be for us to dance and enjoy the dances we have already learned in the Introduction to International Dance class without spending a lot of time on instruction, and teach a new dance each week at a slower pace so we build repertoire. This class will prepare you for future Community International Dances.

Yoga in the Parks Ages 12 and up—FREE!

Join skilled yoga instructors to explore yoga basics for all ages and abilities at McCormick Park. Yoga is a great way to reduce stress while improving strength and flexibility. Free, no registration needed. Please bring your own equipment, if possible. A limited number of yoga mats and blocks are available for use each session.

Dates	Every Tuesday, June - August
Time	6 - 7pm
Location	McCormick Park
Ages	All (under 18 must be accompanied by guardian)
Fee	FREE! No registration needed.

June 6	July 25
June 13	August 1
June 20	August 8
June 27	August 15
July 11	August 22
July 18	August 29

Proceeds benefit
the Urban Forest
runwildmissoula.org

RUN FOR THE TREES

5K • 10K • 1 MILE FUN RUN

APRIL 22, 2023 • SILVER PARK

MONTANA SENIOR OLYMPICS

SEPTEMBER 14 - 16, 2023
MISSOULA, MT



MONTANASENIOROLYMPICS.COM

Athletes ages 50+: Join us in Missoula this fall for the 38th annual Montana Senior Olympics, September 14 - 16 at Fort Missoula Regional Park.

Events include archery, badminton, basketball, bowling, cornhole, cycling, golf, horseshoes, pickleball, powerwalk, road race, shuffleboard, swimming, table tennis, track & field, and tennis.

For more information, contact Games Director Alex Morrow at morrowa@ci.missoula.mt.us or phone 406-552-6684. Learn more at montanaseniorolympics.com.

Important Dates

June 5: Registration opens

August 18: Regular registration closes for mail and online

August 19: Late registration (\$15 fee) opens

August 25: All registration closes. Late mail-in registration must be postmarked by August 25.