EMPowerplace
NOURISHING BODIES &MINDS

Newsletter

October 2026

EmPower Place has a fun month ahead! We are celebrating Hispanic Heritage Month, Halloween, and Dia De Los Muertos!

Every year we celebrate Hispanic Heritage Month with our good friend Marilyn Gomez! Marilyn will share some of her traditions, culture, and her experiences as a first-gen Mexican American in Missoula with roots in Oaxaca, Mexico. There will be stories, activities, food, fun, and community. Marilyn is a long time volunteer at MFB&CC and has served on the board of directors, as well as our anti-racism task force. We are so lucky to have her!

Halloween & El Dia De Los Muertos

We will have our annual Halloween Bash on Friday the 30th. We know that a lot of our school aged kiddos will be in school at this time, but this is a fun opportunity for our younger friends and homeschoolers to show off your costume and do some fun activities.

This year we will be doing a Coco movie night on Thursday the 29th in honor of Dia De Los Muertos. Feel free to wear a costume that evening as well, especially since this is the only opportunity for our school aged friends to do so!

Volunteer Spotlight

Carrie Collier pronouns: she/her

EmPower Place Volunteer

Carrie has been a committed EmPower Place volunteer for the last several years. When asked what her favorite part of volunteering is, Carrie enthusiastically proclaimed: "playing with children-hands down!" This comes as no surprise because our favorite thing about Carrie is how fun and playful she is. When Carrie isn't playing with kids in EmPower Place, she is reading good books or acting in local theater productions. Her favorite food is salad. We are so thankful for Carrie and all she does for our community.

Weekly EmPower Place Programming:

- **spectrUM Science exploration-** Thursdays drop in between 2pm-6pm
- **Early Learning**- Fridays at 11am with Amber, Pam, and Kevin. We will do stories, songs, and educational activities geared specifically toward children in attendance.

Recurring Partner Programming:

- **Baby Bistro-** breastfeeding support, Tuesdays 10-11:30
- **Tiny Tales** Tuesdays, 11:45

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Newsletter!

Want to get this newsletter emailed to you each month?

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OCTOBER EVENTS

OCT 16 WATERSHED EDUCATION
11AM-1PM IN EMPOWER

OCT 16 HISPANIC HERITAGE CELEBRATION
10AM-12:30 UPSTAIRS

OCT 22 POKEMON DECK BUILDING
3-4:30PM

OCT 29 COCO MOVIE/DIA DE LOS MUERTOS
4PM-6PM

OCT 30 HALLOWEEN PARTY
10AM-1PM

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KIDS EAT FREE ALL YEAR LONG!

EmPower Packs
➤ Friday: 10am-1pm

After School Meals
➤ Mon, Tues, Thurs: 2:30 - 6pm
School's Out Meals all day on the 15th and 16th

WEEKLY THEME	MON 10AM-6PM	TUE 10AM-6PM	WED 10AM-1PM	THU 10AM-6PM	FRI 10AM-1PM
Fat Bear Week!!!	spectrUM	All Tuesdays: missoula public library		1 SpectrUM: 2-6pm EmPower Place	2 11am: Early Learning with stories & songs
FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS FAT BEARS					
APPLES AND PUMPKINS	5	6 Tiny Tales: 11:45am Upstairs	7	8 SpectrUM: 2-6pm EmPower Place	9 11am: Early Learning with stories & songs
APPLES AND PUMPKINS AND FALL CRAFTS, OH MY!					
HISPANIC HERITAGE MONTH	12 Closed for Indigenous Peoples Day	13 Tiny Tales: 11:45am Upstairs	14	15 SpectrUM: 2-6pm EmPower Place	16 watershed education network; LET'S CELEBRATE HISPANIC HERITAGE
Hispanic Heratage Week- crafts throughout the week and celebration event on Friday!					
Monsters!	19	20 Tiny Tales: 11:45am Upstairs	21	22 Pokémon 3pm-4:30pm Deck building!	23 11am: Early Learning with stories & songs
MONSTER ART AND MONSTER SONGS, MONSTER MASH-O-DANCE-ALONGS					
SPOOKY HALLOWEEN	26	27 Tiny Tales: 11:45am Upstairs	28	29 El Dia de los Muertos Movie Night 4:00 - 6:00pm	30 Halloween Party! 10am - 1pm
SPOOKY OOKY FUN ALL WEEK LONG, WITH A COCO MOVIE NIGHT AND A HALLOWEEN PARTY TO END THE WEEK					

missoula food bank & community center – we nourish community · UNIVERSITY OF MONTANA spectrUM · missoula public library

Missoula Food Bank & Community Center is an inclusive, anti-racist, LGBTQ2S+ ally organization.
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