

More Events

Dec 21 MELT Method Series w/ Kelly Michaud- MELT (Myofascial Energetic Length Technique) uses balls, a soft roller, and bands to reconnect, rebalance, and rehydrate your fascia to a healthy, supportive state. Wednesdays Noon-1:15pm (Nov 16-Dec 21) 6 Week Series \$90. Drop-ins welcome \$20. Sundari Yoga & Wellness Studio 1105 S US-191 #3 www.sundariyogamoab.com. See pg 13B

Dec 21 Live Music: Blu Pig- Community Music Night

Dec 21-23 The Nutcracker Ballet - Performed by Colorado West Performing Arts Company at Avalon Theatre in Grand Junction. Info and tickets: www.coloradowestpac.org/2022-23-season. See article pg 6A

Dec 22-23 Live Music: Red Cliffs Lodge- Shannon Meredith

Dec 24 CHRISTMAS EVE

Dec 24 Live Music: Red Cliffs Lodge- Quicksand Soup

Dec 25 CHRISTMAS

Dec 28 Live Music: Blu Pig- Community Music Night

Dec 29-30 Live Music: Red Cliffs Lodge- Sierra Hatch

Dec 30 Moonflower Co-op Year-End Customer Appreciation Sale- Stock up for the winter and save when you shop at Moonflower Co-op during our Year-End Customer Appreciation Sale! Owners save 15% off any purchase all day and all other customers receive 5% off everything in the store. 8am-8pm. 39E 100N, Moab.

Dec 31 New Years Eve

Dec 31 Red Cliffs Lodge- New Years Eve Party at Colorado Room. Email activities@redcliffslodge.com for info. See pg 7A

Dec 31 Live Music: Blu Pig- Alan & Valerie Brown

January 2023

JAN 1 NEW YEARS DAY

Jan 13-15 Bluff Balloon Festival- See the sky lit up in every color imaginable as hot air balloons fill the sky. info: www.bluffutah.org/annual-bluff-balloon-festival/

Jan 11 2nd Wednesday Book Club- Ready to welcome you! 6-8pm at Grand County Public Library. For the current book selection, visit https://www.grandcountyutah.net/638/Book-Clubs or call the library at 435-259-1111.

Jan 18 Science Moab On Tap- It's another year for science and beer with Science Moab On Tap! Bring friends, grab a beer, and enjoy listening to scientists talk about their research in and around Moab. This year's line-up includes a freshwater sea turtle of Southeast Utah, the important role drylands play in the global carbon cycle, and how arches move and groove! Support Science Moab as we continue to make place-based science accessible to all with a \$5 suggested donation at the door. World Famous Woody's Tavern. Doors open at 5:30pm. Talks from 6:00 to 7:00pm. See ad pg 14A

Jan 28 Arches Ultra - Celebrate your winter training with a race! Travel across expansive slickrock, alongside dinosaur footprints, winding your way through sage and juniper trees. With views of Arches National Park, Utahraptor State Park, and the snow capped La Sal Mountains, you will have no shortage of photo opportunities. From 9k to 50 Miles, Arches Ultra has a distance for everyone. info at madmooseevents.com

Jan 27 The Castle Valley Book Club is ready to welcome you! For the current book selection, please visit https://www.grandcountyutah.net/638/Book-Clubs or call the library @ 435-259-1111.

Jan 27 - Feb 4 Winterlude Workshops and Community Events- The Moab Music Festival presents an abbreviated winter season featuring concerts and workshops in partnership with local schools, KZMU radio and renowned solo artists and chamber groups. See ad pg 3B moabmusicfest.org/calendar/winterlude/

Jan 27 - Alison Shearer Jazz Quartet, Happy Hour Informal, 5:30pm, HooDoo (21+)

Jan 28 - Alison Shearer Jazz Quartet, Dinner and Concert, 7pm, HooDoo (21+)

Feb 3 - Winterlude Showcase of Adult Chamber Music workshops 7pm, Star Hall

Feb 4 - Musical Story Hour, Star Hall

Jan 29 Moab InterFaith Coalition 5th Sunday Sing-Along- Free, everyone is welcome. 6pm at Moab Community Church, 544 N Mivida Dr, Moab. For information: 435-260-8499

February 2023

Feb 3 Moab Science Fiction Friday Night Film Festival- FREE: *The Time Machine*. 7 pm at the Moab Arts and Recreation Center (MARC) sponsored by Nora Shepard and Richard Codd. The Moab Arts and Recreation Commission is a partner and supporter.

Feb 8 Science Moab On Tap- Bring friends, grab a beer, and enjoy listening to scientists talk about their research in and around Moab. This year's line-up includes a freshwater sea turtle of Southeast Utah, the important role drylands play in the global carbon cycle, and how arches move and groove! Support Science Moab as we continue to make place-based science accessible to all with a \$5 suggested donation at the door. World Famous Woody's Tavern. Doors open at 5:30pm. Talks from 6:00 to 7:00pm. See ad pg 14A

Feb 10 Moab Science Fiction Friday Night Film Festival- FREE: *Forbidden Planet*, 7 pm at the Moab Arts and Recreation Center (MARC) sponsored by Nora Shepard and Richard Codd. The Moab Arts and Recreation Commission is a partner and supporter.

Feb 11 Puttin' on the Ritz- Music, silent auction, dinner, drinks, dancing. Seekhaven fund raiser.

Feb 11 Moab Free Health Clinic Open House- Celebrate the Grand Opening of the Moab Community Resource Center. *Win Raffle Prizes* 12-4pm. 125 W 200 S

Feb 17 Moab Science Fiction Friday Night Film Festival- FREE: *2001: A Space Odyssey*, 7 pm at the Moab Arts and Recreation Center (MARC) sponsored by Nora Shepard and Richard Codd. The Moab Arts and Recreation Commission is a partner and supporter.

Feb 18 Moab's Red Hot Ultra - A winter race in Moab means snowcapped mountain views with ideal running conditions. Moab's Red Hot Ultra delivers that and then some! Test your endurance as you climb up the Gold Bar Rim to experience the rush of running along a cliff edge. As you work your way along the rim, inspiring views are impossible to miss. If you look closely, you'll see the start line hundreds of feet below! With distances from 15k to 50 mile, this is the perfect winter weekend for your running group! info at madmooseevents.com



Ongoing Events:

Sundays All Levels Yoga - 9-10:15am Moving Inside! Yoga in the Park will continue through the autumn and winter. Join alternating teachers at Sundari Yoga & Wellness Studio for a All Levels Yoga Class. Drop-in rate \$15-20/ask for specific teacher rates. www.sundariyogamoab.com 1105 S US-191 #3

Moab Community Yoga

Tuesdays 6:30-7:30pm at the Moab Arts and Recreation Center (MARC) in the dance room. 111 E 100 N

Zumba Classes - Tuesdays & Thursdays 8:30-9:30am The Church of Jesus Christ of Latter-day Saints, 701 Locust Ln. Moab

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Gyrokinesis® Class w/ Anne Howe

The Gyrokinesis® Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method that coordinates movement, breath and mental focus. Thursdays 5:30-6:30pm. Sundari Yoga & Wellness Studio 1105 S US-191 #3 www.sundariyogamoab.com

Free Community Lunch

Thursdays from 11:30am to 1:00pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab). Free lunches for all who come by. Homemade soups (always several choices) or sandwiches, bread (chips with sandwiches), dessert, coffee and water. Call St. Francis Episcopal Church at 435 259-5831 for information.

Free Community Food Pantry

Fridays from 4-6pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab) No ID, no name, no address, no personal information needed. We always have canned goods, bagged goods, meat. We often have bread, fresh produce, milk, cheese, fruit juice, eggs. Also personal toiletries, cleaning supplies, diapers, dog food. Feel free to pick up for someone who can't get out, or someone who is working. Call St. Francis Episcopal Church at 435 259-5831 for information.

Moab Valley Multicultural Center Food Pantry

Clients may access the Food Pantry once every two weeks. Schedule:
Mon Wed Thu: 9am-12pm, 1-5pm
Tue: 9am-12pm, 2:30-5pm
Fri: 9am-12pm

LUNCH at the Grand Center,

182 N. 500 W. Noon on
Mon, Tues, Wed & Fri
under 60: \$6.00 over 60: \$2.50
suggested donation

The Moab Peace Choir - Tuesdays at 6pm @Hearthspacemoab @Helipadmoab 239 W Center. Connect through the power of your voice, no singing background required. Reach out to Leeya Katrina Shaw on Instagram: @leeyakatrnamusic

Listings in the Moab Happenings Events Calendar listings are FREE!!

DEADLINE: DECEMBER 20, 2022

for January Events Calendar