

More Moab Area Events

March Events (continued)

Mar 30 Good Friday Church Service- 5:30 pm at Grace Lutheran Church, 360 W. 400 North.

Mar 30, 31 Magic Night at Moab Backyard Theater- with the hilarious award-winning magic of Rick Boretti. 7pm, \$10 adults, \$5 for kids over 5. Behind Zax at 56 W. 100 South

Mar 31 Monticello Easter Egg Hunt- hosted by Canyon Country Discovery Center, 11am-2pm, 1117 N Main St, Monticello, UT. For info: 435-587-3235. See ad pg 15A

Mar 31 Full Moon Hike at Dead Horse Point State Park- join a ranger for a hike under the light of the full moon. Arrive around 7:30 & expect an hour long hike over easy terrain. Bring a headlamp or flashlight (but don't expect to use it), warm clothes for chilly conditions & sturdy hiking footwear. Hike meets at the Visitor Center & will travel a portion of the East Rim Trail. Park entrance fee required.

April Events

Apr 1 EASTER SUNDAY

Apr 1 Sunrise Easter Sunday Service at Arches National Park- please arrive at the La Sal Mountain Overlook by 6:15am. Service to start by 6:30am.

Apr 1 Easter Sunday Service- 9:30am at Grace Lutheran Church, 360 W. 400 North.

Apr 2 KZMU's 26th Birthday Party- join us as we honor the achievement with a party including cake, libations & a live auction. Stay tuned for time & place. For info: 435-259-8824

Apr 3 Planting of the Pinwheels- in support of Prevent Child Abuse Month, the Family Support Center at the Christmas Box House will be hosting the planting of the pinwheels. Meet at the Grand County Courthouse, 125 Center St, in front of the Children's Garden from 3:30-5:30pm. See article pg 17B

Apr 4, 18 Moab Toastmasters Meeting- Noon-1pm on the first & third Wednesday of every month at Zions Bank, 330 S. Main Street. Improve your public speaking & leadership skills. Everyone is welcome, no membership required. For info: facebook.com/MoabToastmasters

Apr 6-8 Outerbike Spring- Test ride all of the latest & greatest bikes & gear on the world-class trails of Moab, Utah. For 3 days, the world's premier bike & gear manufacturers set up at the Outerbike expo site. You can browse the latest innovations, pick a bike you'd like to try and take it for a ride. Repeat as needed. Visit Outerbike.com or call 800-845-2453 or 435-259-8732.

Apr 9 Awakening the Wisdom of the Body- a healing workshop series, 6-8:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. This workshop focuses on "Awakening the Feminine". For info: 937-284-2190.

Apr 11 Second Wednesday Book Club- at the Moab Library, 6-8pm. Discussing Hillbilly Elegy by J.D. Vance

Apr 12 Moab Information Center's Lecture Series- join Joel Tuhy for his lecture on "Wildflowers with More than One Color". The deserts & mountains around Moab contain wildflowers of many colors. In a twist on this theme, some plants produce flowers that display more than one color in each individual flower. These plants are fewer & farther between, some of their flower-color combinations are pretty unexpected. 6pm at the Moab Information Center, corner of Main & Center Streets. Sponsored by the Museum of Moab & Canyonlands Natural History Association. See ad pg 15A

Apr 13 S.T.E.A.M Expo- a vibrant event designed to enliven & increase excitement for learning in the fields of Science, Technology, Engineering, Arts, & Mathematics. This event will be held at USU Blanding & crammed full of fun for all ages. If you have questions about how you can participate please call or email Edward Larson at 435.678.8216 edward.larson@usu.edu

Apr 14 Comb Ridge Classic Trail Run: 10K & Half Marathon- test your abilities running along the scenic beauty of Comb Ridge. Food & prizes provided. Go to ccdiscovery.org for more details.

Apr 14 Second Saturday E-Waste Recycling- at the Community Recycling Center, 1000 E. Sand Flats Road, 9am-Noon. For info on recyclable items visit solidwastessed1.com under events.

Apr 14-16 Moab Rocks 3-Day Mountain Bike Race- some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 and combines them into a 3-day xc masterpiece in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com or call 403-483-9977.

Apr 14 Musical Story Hour at the Grand County Public Library- join us at 10:30 am for a music-themed story with live musical accompaniment. Introduces young children, with their parents, to a wide variety of musical instruments, sounds & genres. Appropriate for children newborn & up. the Moab Music Festival is sponsoring this story hour. For info: 435-259-7003

Apr 14 Second Saturday Swing Dance- at the Moab Arts & Recreation Center, 111 E. 100 North, 7-10 pm. Out for the Art Walk? Join us for some fun swing dancing! No experience or partner necessary. Beginner lesson at 7 pm. DJed music till 10. \$5 suggested donation. More info on Moab Swing Dance Facebook page.

Apr 19 Free Movie: HUMAN FLOW- 7pm at Star Hall. A powerful visual expression of the current refugee crisis, the greatest human displacement since World War II. Winner: Five Awards 2017 Venice Film Festival. Directed by Ai Weiwei PG-13 140 minutes

Apr 20-21 UPOA Fallen Peace Officer Trail Ride- this event is to raise funds for scholarships for the fallen & injured officers within the State of Utah. This event is open to the public. Each milepost of the trail will recognize a fallen peace officer. For more info visit upoa.org/fallen-trail-ride/ or call 801-313-0760.

Apr 20-28 KZMU's Spring RadioThon- a great opportunity to contribute to Moab Community Radio.

Apr 21 National Park Service Fee Free Day- the Southeast Utah Group of the National Park Service (Arches & Canyonlands national parks and Hovenweep & Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees several days in 2018 as a way to encourage people to get outdoors & spend time with their friends and family in the national parks this year.

Apr 21 Desert Wildflowers Day Seminar – join Canyonlands Field Institute as we explore the blooming desert flowers of spring. Joel Tuhy, a local Moab biologist & wildflower expert with years of experience, will guide us through the day. For info go online at cfimoab.org, email info@cfimoab.org, or call 435-259-7750. See article pg 2A

Apr 21 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. \$7 suggested donation goes to Grand County school music program

Apr 22 EARTH DAY

Apr 23 Spring Gala- at the Monticello High School Auditorium, 148 S 200 W, Monticello, 7pm. Admission is by Blue Mountain or Kigalia Season Membership. For info: contact Derryl Jack at: (435) 587-2218

Apr 27-29 Moab April Action Car Show - Friday is a Rod Run, Saturday is the Car Show and Sunday a Rod Run to Dead Horse Point State Park. Trophies in 30 classes. Free admission for spectators. For more info visit moabaprilaction.org or call 435-259-7814.

Apr 28 Amasa Trail Race- on the Amasa Back trail system. There's a 10.5k, 15k, 25k distances to choose. Runners will have amazing views of Canyonlands National Park, Dead Horse Point & the mighty Colorado River. For info: grassrootsevents.net or call 435-259-6007.

Apr 29-May 5 Rainbow Bridge Trail Supported Trekking – Explore the remote backcountry between Navajo Mountain & Rainbow Bridge on this pack llama supported backpacking adventure. Hiking the historic North Trail to Rainbow Bridge we will be following a traditional pilgrimage route down to one of the world's largest natural bridges. For info go online at cfimoab.org, email info@cfimoab.org, or call 435-259-7750.

HEALTHY CLASSES

MONDAYS

10-11:30am Gentle Yoga- Join Star Kolb at Moab Yoga, 37 E Center St. Class is for all levels & abilities (no longer a lunch class) For info: moabyoga.com

11:30am-12:30pm Posture Fitness at the Moab Recreation & Aquatic Center, 374 Park Ave. Posture Fitness: Exercise class using the Egoscue Method© and Posture Restoration Institute© (PRI) techniques. First class FREE for newbies! For info: 505.412.3132, or go to: www.thepathlete.com.

4-5pm Prana Flow with Jessica at Moab Yoga, 37 E. Center Street

5:30-6:45pm Yoga Basics with Meagan at Moab Yoga, 37 E. Center Street

TUESDAYS

9-10:30am Gentle Yoga- Join Star Kolb at Moab Yoga, 37 E Center St.

1-1:45pm Sheng Zhen Healing Gong- with certified teacher Lisa De Rees, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

5:30-7pm Yoga- with Porscha at Moab Yoga, 37 E. Center Street

5:30pm Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

WEDNESDAYS

9-10:15am All Levels Yoga with Meagan at Moab Yoga, 37 E. Center Street

5:30-6:45pm All Levels Yoga with Kristi at Moab Yoga, 37 E. Center Street

THURSDAYS

9-10:30am Yoga with Porscha at Moab Yoga, 37 E. Center Street

Noon-1pm Lunch Flow with Chelsea at Moab Yoga, 37 E. Center Street

5:30-6:45pm All Levels Yoga with Chelsey at Moab Yoga, 37 E. Center Street

5:30-7pm All Levels Sheng Zhen Gong - with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

5:30pm Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

FRIDAYS

10-11am All Levels Pilates with Jenna at Moab Yoga, 37 E. Center Street

Noon-1:15pm All Levels Yoga with Dylan at Moab Yoga, 37 E. Center Street

SATURDAYS

8:30-9:45am All Levels Yoga with Christina at Moab Yoga, 37 E. Center Street

10am Kundalini Yoga & Gong Meditation at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

10:15-11:45am Yoga Basics- at Moab Yoga, 37 E Center St. Join Star Kolb for a calm paced yoga practice. For all levels. Drop-in rates & passes available. For info: 406-291-6408. www.moabyoga.com for current schedule or to sign up online.

SUNDAYS

9-10:15am All Levels Yoga with Kristi at Moab Yoga, 37 E. Center Street

