

More Events

November Events continued

Nov 12 Veterans Celebration- honor those that have served our country. Guest speaker will start the celebration at 11am in front of the courthouse. Observe the 13 folds of the Flag & hear the Valley Voices sing.

Nov 13 Basics of Quickbooks- 11am-2pm at USU Moab. Both desktop & online versions will be covered. Cost is \$20. Scholarships available through programs@wabisabi.org. Light lunch & water provided. For info: kathy.lacy@usu.edu

Nov 13 Health Insurance 101- 5:30-7:30pm at Moab Regional Hospital Education Rooms. Get assistance with MarketPlace, Health Insurance Plans, Enrollment & Health Insurance Technology. For info: vista@mrhmoab.org or 435-719-5580

Nov 13, 27, Dec 4, 11 Jazz Up Your Swing Dancing! 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn how to expand your vocabulary & add variety to your swing dance. This is four-week course, Cost is \$40 for the series, or pay \$15 week by week. Learn more at facebook.com/moabswingdance

Nov 16-18 ParaYoga Workshops- Inner Exploration with Faith Lipori. Gentle asana, pranayama, mantra & meditation. Friday 5-7pm, Saturday 3-6pm, Sunday 1-4pm.

Nov 17 Dead Horse Ultra- was created to feature the Magnificent Seven Trails off of Gemini Bridges. The course will challenge you with technical slickrock & sandy washes, has great views of Arches National Park, the La Sal Mountains & the Moab Valley. For info: madmooseevents.com

Nov 17 Holiday Boutique- 10am-4pm in the Zions Bank conference room. Brought to you by Forget Me Know Flowers & Gifts and Blush & Bashful Market.

Nov 17 Moab Golf Club Tournament- Toys For Kids Mixed. For info 435-259-6488

Nov 17 Native American Heritage Celebration- 4pm at the Youth Garden Project, 530 E. 400 North St. (behind High School). Mutton Stew & Fry Bread Dinner (vegetarian option available). Donations welcome, all proceeds benefit Tribal Services. For info: 435-259-5444

Nov 19-23 GGBY Highline Festival- the mission is to empower adventurous experiences & positive connections with friends, our community, the environment, & ourselves through highlining and other flow activities during the week of Thanksgiving. 5 days of highlining, workshops, community fires, & other fun activities. For info: ggbygathering.org

Nov 22 THANKSGIVING DAY (HOLIDAY)



Writing Workshop, Nov 9-11

"Personal stories are the perennial stories. We tell them in our families through generations. They are the ones repeated at weddings, funerals, reunions and other special celebrations," award winning author Lou Liberty stated when asked why she was bringing Your Memoir, Your Family Story, Your True Life Adventure intensive writing workshop to Moab.

"I have loved all kinds of stories since birth because my grandmother poured them into my ears and therefore into my heart," she continued. "Personal stories are my favorites. They are alive and evolve with each teller. They are special gifts that we give to one another, enriching and informing our lives. They help answer the ages old question, 'Who am I?'"

"After my first writing workshop in Moab, I realized there are many exceptional people here and I wanted to share with them memoir writing



Nov 22 WabiSabi's Thanksgiving Meal- 2-5pm at the Grand Center, 182 N. 500 West. This is a great community event, it is FREE, & everyone is welcome. Join community members of all ages & backgrounds to celebrate gratitude & sharing. For info: 435-259-2553. See article & ad pg 7A

Nov 27 Cooking with Jon Olschewski- 6pm at Moonflower's Datura Deli & learn to make Vietnamese Spring Rolls. For info: moonflower.coop/calendar or 435-259-259-5712

Nov 30 City Tree Lighting Ceremony- hosted by the Moab Chamber of Commerce, a night filled with holiday music, refreshments, & a visit from Santa as we countdown to light the trees! For info: moabchamber.com or 435-259-7814. See ad pg 20B

Nov 30-Dec 1 Holiday Craft Fair- 9am-8pm on Friday & 9am-6pm on Saturday at the Moab Valley Inn, 711 S. Main St. See handcrafted items in crochet, wood, tatting, knit items & many more from local artisans. For info: 435-259-6722. See ad pg 4A

Nov 30-Dec 1 MARC Holiday Art & Craft Fair- 4pm-8pm on Friday & 10am-5pm on Saturday provides the opportunity to shop locally. ALL displays and sales are handcrafted goods. No mass produced manufactured items, only quality gift ideas. Join us for a wonderful shopping experience. With about 50 local & regional artisans & crafters displaying holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass work, woodwork, candles, soaps, salves, baby items, jams, syrups & more. Find a unique gift while supporting the 'local' community in the process. Santa Claus is here on Saturday to visit, so bring the kids and take some pictures! See ad pg 8B, article 7A

Nov 30-Dec 1 Blanding Tree For All Christmas Fair- 9am-2pm on Friday & Saturday. 1013 South 300 West in Blanding, Utah. For info: 435-678-3457

December Events

Dec 1 Winter Sun Run 2018- will be the 36th annual event, started in 1983 by the Rim Rock Runners. Escape your winter for the sunny blue skies of Moab. For info visit madmooseevents.com/winter-sun-10k or call 719-429-9501. See ad pg 20B

Dec 1 The 21st Annual Electric Light Parade! A fun & festive parade of brightly-lit floats & vehicles, bicycles, horses & more, brought to you by the Moab Chamber of Commerce. For info visit moabchamber.com or call 435-259-7814. Come & experience the most spectacular night of the year. See ad pg 20B

Dec 3, 10 Desert Sun Ceramics Class- Pots 101 "Throwing for Glazing". This 10-week course includes tools, instruction, glazes, firings & some clay. For beginner to intermediate students. Learn throwing to glaze techniques. For info: 970-819-7938 or DesertSunCeramics@gmail.com.

Dec 5, 12 Desert Sun Ceramics Class- learn beginning & intermediate throwing. This is an 8 week course & includes tools, instruction, glazes, firings & some clay. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Dec 7, 14, 21, 28 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Dec 24 CHRISTMAS EVE

Dec 25 CHRISTMAS DAY

Dec 31 NEW YEAR'S EVE

skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts."

Dan McNeil, who participated in Lou's earlier workshop in Moab, says this of his experience: "Come prepared to think in new ways about writing, art, and being in the world. Lou's encouraging

words, kindness, and authenticity helped me immediately write with more confidence."

"Your Memoir, Your Family Story, Your True Life Adventure" limited enrollment writing intensive is scheduled for November 9, 10, and 11 in Moab. The weekend is designed for participants to complete the first draft of their work within the framework of the workshop.

Registration for this exceptional writing experience is at louliberty.net. For details, talk with Lou at 505-450-4846 or by email at the address on her website. The cost is \$135.00. All materials are provided and be sure to mention that you read about it in *Moab Happenings*.



Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah. For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Day Visits: \$5 per person or \$20 a carload
\$3 Children 6-12
Tour Buses \$3 per person
Annual Passes are \$75
Park Hours: Mon-Sat 9 a.m.-5 p.m.
Sunday 9 a.m.-4 p.m.

Closed: Thanksgiving, Christmas & New Year's Day

Visit the Grand Center!

182 N. 500 W.
435-259-6623

Lunch: Mon., Tues., Wed. & Fri.
under 60 \$6.00, over 60 \$2.50
suggested donation.

Sheng Zhen



Sheng Zhen Tuesdays with Lisa

Healing Form 1 & 2 from 1:00-1:45pm
Standing Form from 2:00-3:00pm

Vitality Room - 182 N 500 West
435-260-9678
email: shengzhenlisa@gmail.com

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Visit website for fees & schedules
www.moabcity.org

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