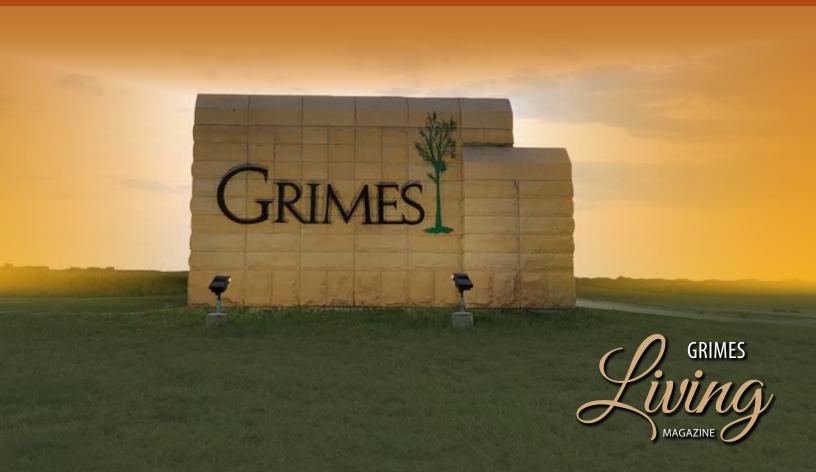
2026 CALENDAR



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Cannot be combined with other offer or used toward past services.

January 2026

O I II (C I II)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			1 NEW YEAR'S DAY	2	3
4	5	6	7	8	9	10
11	12	13	14	Lookfor Grimes Living magazine in your mailbox! 15	16	17
18	19 MARTIN LUTHER KING, JR. DAY	20	21	22	23	24
25	26	27	28	29	30	31



of your favorite appetizers, salads, sandwiches and more!

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February 2026

LDICOIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	VALENTINE'S DAY
15	PRESIDENTS' DAY	17	18 ASH WEDNESDAY	Look for Grimes Living magazine in your mailbox!	20	21
22	23	24	25	26	27	28
					January S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



712.790.8221 1436 Highway 141 Coon Rapids, IA

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Explore your way with diverse accommodations, kayaking, fishing, stargazing, agriculture overlook, historical tours, educational signage and 40 miles of multi-use trails while experiencing breathtaking views of prairies, oak savannas and riverside bluffs.

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 DAYLIGHT SAVINGS TIME BEGINS	9	10	11	12	13	14
15	16	17 ST. PATRICK'S DAY	18	Look for Grimes Living magazine in your mailbox!	20 FIRST DAY OF SPRING	21
22	23	24	25	26	27	28
29 PALM SUNDAY	30	31			February S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	April S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

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APRIL 2026

I II I II						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		PASSOVER BEGINS AT SUNSET	2	GOOD FRIDAY	4
5 EASTER (6	7	8	9	10	11
12	13	14	15	Look for Grimes Living 16 magazine in your mailbox!	17	18
19	20	21	22 EARTH DAY	23	24	25
26	27	28	29	30		

Make Yourself a Priority. Choose to Optimize.

OPT IN and choose to empower yourself. Life gets busy, so we must make the conscious choice that we matter. Let Optimize Wellness & Aesthetics be your passionate partners in your wellness journey.

- —— IV Therapy & Vitamin Injections
- Peptide Therapy
- Medical Weight Loss
- --- Neurotoxins
- --- Dermal Fillers
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chooseoptimizewellness.com

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1101 E 1st Street, STE 107 Grimes | 515-985-0660 BOOK YOUR APPOINTMENT AT OPTIMIZE TODAY



May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				1	2
3	4	5	6	7	8	9
MOTHER'S DAY	11	12	13	14	15	16
17	18	19	20	Look for Grimes Living magazine in your mailbox!	22	23
24	25	26	27	28	29	30
31	MEMORIAL DAY					

Make Yourself a Priority. Choose to Optimize.

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- —— IV Therapy & Vitamin Injections
- Peptide Therapy
- Medical Weight Loss
- --- Neurotoxins
- --- Dermal Fillers
- DE|RIVE™ Hair Restoration
- SkinBetter Science®
- AquaFirmeXS™ Facial





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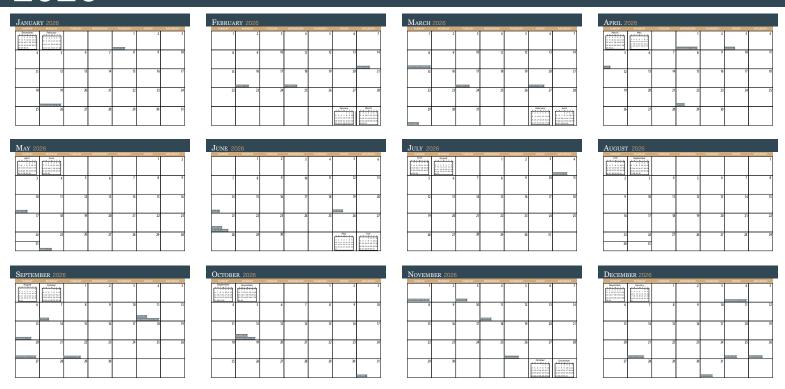
1101 E 1st Street, STE 107 Grimes | 515-985-0660 BOOK YOUR APPOINTMENT AT OPTIMIZE TODAY



m June 2026

CITI	- `	-					
SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	Governors Days 4	Governors Days 5	Governors Days 6
	7	8	9	10	11	12	13
FLAG DAY 〈	14	15	16	17	Look for Grimes Living magazine in your mailbox!	JUNETEENTH	20
FATHER'S DAY	21	22	23	24	25	26	27
?	28	29	30			May S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

2026



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AYS BIRTH

Name	Date	Age

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Names	Date

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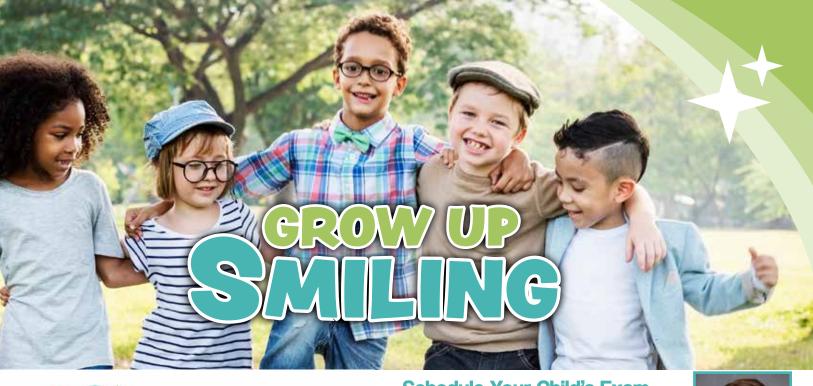
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Diplomate, American Board of Pediatric Dentistry

JULY 2026

O C L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	NW Metro Residents' Choice voting open!	1	2	3	INDEPENDENCE DAY
5	6	7	8	9	10	11
12	13	14	15	Look for Grimes Living magazine in your mailbox!	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



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AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NW Metro Residents' Choice voting open!				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	Look for Grimes Living magazine in your mailbox!	21	22
23	24	25	26	27	28	29
30	31					



SEPTEMBER 2026

	BEIT LUL	<u> </u>				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6	7 LABOR DAY	8	9		PATRIOT DAY ROSH HASHANAH BEGINS AT SUNSET	12
GRANDPARENT'S DAY	14	15	16	Look for Grimes Living 17 magazine in your mailbox!	18	19
20 YOM KIPPUR BEGINS AT SUNSET	21	FIRST DAY OF AUTUMN	23	24	25	26
27	28	29	30			

lowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:

CURRENT TOWN:

MILITARY BRANCH:

RANK:

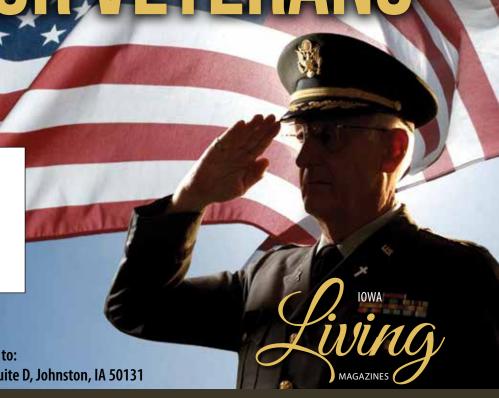
ENLISTMENT DATES::

QUOTE: "What would you like others to know about serving your country?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:

Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131



October 2026

OCTOBE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1	2	3
4	5	6	7	8	9	10
11	COLUMBUS DAY INDIGENOUS PEOPLES' DAY	13	14	Look for Grimes Living 15 magazine in your mailbox!	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





For some small business ideas check out www.grimesiowa.com

November 2026

I TO VERVI						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
DAYLIGHT SAVINGS TIME ENDS		ELECTION DAY				
8	9	10	11	12	13	14
			VETERANS DAY			
15	16	17	18	Look for Grimes Living magazine in your mailbox!	20	21
22	22	24	25	26	27	20
22	23	24	25	26	27	28
				THANKSGIVING DAY		
29	30				October S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	December S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
					11 12 13 14 15 16 17	13 14 15 16 17 18

TIMETOPLAN

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DECEMBER 2026

	DLIC LOLO					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	January S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4 HANUKKAH BEGINS AT SUNSET	5
Holiday Celebration 6	7	8	9	10	11	12
13	14	15	16	Look for Grimes Living 17 magazine in your mailbox!	18	19
20	FIRST DAY OF WINTER	22	23	24	CHRISTMAS DAY	26 KWANZAA BEGINS ◀
27	28	29	30	NEW YEAR'S EVE		



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