

CITY Revealed

APRIL 2022 FREE

EcoFest 2022
Pg. 6

Easter Recipes
Pg. 10

**Step Into the Amana
Colonies Pg. 17**

EARTH DAY
2022

Friday, April 22



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Cedar Rapids



Marion



**View Our
Monthly Activity
Calendars Online at
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CITY Revealed
MAGAZINE

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Publisher's Note

Happy April! I saw a couple of nice days in March, and I am hopeful that April will bring us several nicer days soon. I can see my tulip and daffodil leaves starting to peek through the ground and am so excited to start planting more flowers and get my garden going. The second week in April is Garden week, so make

sure your gardening tools are clean and ready to go. Earth Day, April 22nd, is a great time to get started on cleaning up your lawn and garden and get your plants started, if you haven't already.

April 1st is, of course, April Fool's Day. It is always fun to fool someone, as long as everyone laughs in the end, and no one is hurt. My brother and I used to tell mom one of us was sick and then jump out of bed saying April Fools!! Laughter is a good thing. April 2nd is National Peanut Butter and Jelly Day. Two tasty foods I could put together and enjoy every day. Another tasty day is April 7th, Caramel Popcorn Day, National Beer Day, National Burrito Day, and best of all No Housework Day.

April 8th – April 10th the Amana Colonies is having Take a Bite: A Three-Day Food Festival. Known for their great food, wine and beer, they will be celebrating both traditional and international foods. April 30th – May 1st, the Amanas will celebrate Maifest with more food, music, and dancing. This is just the beginning of Spring and Summer fun. The Amanas will be celebrating for several months.

April 10th is Palm Sunday. Palm Sunday begins the Holy week leading up to Easter. April 14th is National Pecan Day. Pecan pie sounds like a good desert to plan ahead for Easter. April 16th is Husband Appreciation Day. It is nice to have a special day just for husbands. Some things go unnoticed unless there is a special day for it. Most times, I forget what day of the week it is! I do appreciate my husband and am glad for the reminder. April 16th is also Mushroom Day. I know there will be several people out in the woods looking for mushrooms. I used to go with my grandparents every year, but somehow my bag always had wildflowers in it, where grandpas was full of mushrooms.

April 17th is Easter. I am looking forward to Easter Service this year. I am sure many kids are getting excited to find some candy-filled eggs. It is fun to watch them run, laugh and find the hidden eggs. The Corridor has many local egg hunts planned for some great family-fun! If you are making ham for dinner the Easter, check out charlotte's recipe. All of the recipes look delicious!

Many events are gearing up to take place and I for one, am happy for the opportunity to get out (safely) and join in the fun. 2022 is going to be a great year. Keep smiling as more events and local business' open up. As always, remember to shop local and support local business!

God Bless,



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Greater Cedar Rapids Housing & Building Association presents the Spring 2022 Parade of Homes. Tour new and remodeled homes in the Cedar Rapids area to see the latest advances in home construction and design.

www.crhba.org



Save CR Heritage Marks Anniversary With Tours & Workshops

By Cindy Hadish

Fans of historic buildings and homeowners in need of repair assistance can find activities on both fronts, and more, as Save Cedar Rapids Heritage marks its 10th anniversary.

Organized in response to the demolitions of two historic Cedar Rapids churches, Save CR Heritage is a 501(c)(3) nonprofit dedicated to raising awareness of the value of historic buildings to strengthen our community, conserve resources, foster economic development and provide a unique sense of place.

To celebrate the decade since its incorporation on May 3, 2012, the all-volunteer group will host a tour of historic buildings surrounding its headquarters at the edge of downtown Cedar Rapids, as well as workshops on window repair and window screen repair.

Tenth Anniversary Buildings Tour

The 10th Anniversary Buildings Tour, set for 1-3 p.m. Saturday, April 30, starts at the J.E. Halvorson House, 606 Fifth Ave. SE, next to Kathy's Pies. Tickets are just \$10 each for a wristband that allows entry inside historic churches and other buildings in a three-block radius. Volunteers will share information about the history of each stop on the tour.

All proceeds support the J.E. Halvorson House, an early-1900s home saved from demolition through a unique agreement between Save CR Heritage and Mercy Cedar Rapids, which sold the building to the nonprofit for \$1 with the caveat that it be moved.

Formerly used as the Laughing Lilac gift shop and more recently known as the Teacher Store, the building – constructed around 1905 – was dedicated last fall in honor of Save CR Heritage board member and volunteer John Erik Halvorson, who was killed when his car was struck as he drove to work in 2020.

Participants can tour the house, featuring a grand staircase, pocket doors, butler's pantry and servants quarters, as part of the April 30 event. All tour stops are within walking distance of the home.

Window and screen repair workshops

Save CR Heritage plans to host workshops on window and screen repair at the J.E. Halvorson House this year, with the goal to assist owners of older homes and homeowners still in need of help nearly two years after Iowa's hurricane-strength derecho.

Experts will explain the function of older windows and demonstrate tools and methods to safely remove and replace glazing and broken glass. The workshop will provide hands-on opportunities and time to answer questions. A separate workshop will focus on the repair of window screens, an in-demand skill in the wake of the 2020 derecho windstorm.

Follow Save CR Heritage on Facebook – facebook.com/savecrheritage – for the workshops schedule.

Architectural Salvage

Save CR Heritage supports using or repurposing older buildings in place, but when that is not possible, advocates to move structures to save them from demolition. The group previously moved the "Frankie House," a late-1800s Wellington Heights home that was later sold as affordable housing.

As a last resort, when demolition is imminent, trained volunteers salvage doors, windows, hardwood flooring and other high-quality architectural items from older buildings. These hard-to-duplicate treasures are kept out of our landfills and sold to homeowners looking for period-appropriate items for their homes, art projects and other upcycling.

Solid doors, vintage windows, heat registers, wooden drawers, sinks, clawfoot tubs, medicine cabinets, ornate drawer pulls, wood trim, antique ladders and more are available during sales held periodically at the J.E. Halvorson House. Upcoming dates can be found on the Save CR Heritage Facebook page.

Volunteer Opportunities

Everyone is welcome to attend Save CR Heritage board meetings, held at 5:30 p.m. the last Wednesday of each month at the J.E. Halvorson House. Memberships are available for \$25 annually, which includes one free tour, discounts on architectural salvage and email updates about future events.

As repairs wrap up on the J.E. Halvorson House, volunteers are welcome to help with painting, woodworking, organizing salvage materials and other activities.

More information is available on the Save CR Heritage website at www.savecrheritage.org on Facebook, Twitter, or by email at SaveCRHeritage@gmail.com

Tenth Anniversary Buildings Tour

When: 1-3 p.m. Saturday, April 30

Where: Start at the J.E. Halvorson House, 606 Fifth Ave. SE, Cedar Rapids

Tickets: \$10, available at the door

Cindy Hadish is a Save CR Heritage board member/volunteer



April Pet Events



Eastern Iowa Pet Expo this year offering microchipping.

**April 30, 2022
10AM – Noon!**

IHA's microchips are \$25, with lifetime registration. (Cash Only Please!)

For your pet's safety, please have cats in a secure carrier and dogs on a leash.

You don't have to attend the Eastern Iowa Pet Expo to get your pet microchipped but we encourage you to stay to explore all the offerings at the Eastern Iowa Pet Expo (10AM-3PM). There will be participating vendors offering items for both pets and their people. Plus, you will be able to meet with dozens of local animal welfare organizations and learn more about the animals in their care, who is available for adoption and about all the great work they do in our community.

In the event of rain and high winds, the reschedule date would be May 14th!

The expo this year is being hosted by Cedar Valley Pitbull Rescue.



**Grow Plants, not Pet Populations!
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May 7th & 8th (Sat, Sun) 10AM to 4PM**
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Adopt a Pet



April 30th is Adopt a Shelter Pet Day

Cedar Valley Humane Society

7411 Mount Vernon Rd SE
Cedar Rapids
319.362.6288 - www.cvhumane.org
Open: M-F 12-7pm, Sat. 12-5pm,
Sun. Closed

Dogs Forever Safe Place

809 Rockford Rd SW, Cedar Rapids
319.320.5522
www.dogsforever.org

Friends of the Animals

320 West 6th St, Tipton
www.friends-of-the-animals.com

Friends Helping Friends Foundation

319.286.5908
www.crfriendsfoundation.org

Fur Fun Rescue

229 Badger Rd, Lisbon
www.furfunrescue.org

Last Hope Animal Rescue

1823 16th Ave SW, Cedar Rapids
319.200.4880 - www.adopthope.org

SAINT Rescue & Adoption Center

1200 106th Ave SW, Cedar Rapids
319.551.7537 - www.saintiowa.org

Get Out to One of the Area Dog Parks

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1650 Cedar Bend Lane SW, CR

K9 Acres at Squaw Creek Park

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Thornberry Off-Leash Dog Park

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ECOFEST GOOD GREEN FUN! CEDAR RAPIDS IOWA

SATURDAY, APRIL 23, 2022

Cedar Rapids NewBo City Market in the Czech Village New Bohemia Main Street District

Celebrate Earth Day with Good Green Fun at EcoFest 2022. Enjoy live music, live raptor programs, create your own t-shirt (bring your own used shirt to print on) and visit with many eco-friendly vendors AND much more.

Scheduled Activities

10:00am - Yoga with Jasmine Dennis at Bankers Trust Stage - Begin your day by bringing your yoga mat and enjoying a yoga session with Jasmine Dennis.

10:00am – 1:00pm - Face Painting with Lizzy Divorsky near sponsor booths

10:30am - RARE Raptor Program - Learn about Iowa's raptors during two programs by RARE. The first program is at 10:30am and the 2nd at 12:30pm. Both programs will be located in the Cherry Building courtyard located behind building. Viewing a live great-horned owl or other bird of prey is a special part of EcoFest.

11:00am - Music with Reggae Rapids at Bankers Trust Stage

Noon Green Homes Recognition with Mayor Tiffany O'Donnell - Bankers Trust Stage

12:30pm - RARE Raptor Program - Courtyard behind Cherry Building

1:00pm - Music with Oceana at Bankers Trust Stage

1:00pm - Nature & Forest Therapy Walk by Good Medicine – EcoFest Booth

2:00pm - Music with Sneezy Dollars at Bankers Trust Stage

Ongoing Events

Art Show at Courtyard behind Cherry Building
Print Your Own T-Shirt at EduSkate Booth – please bring a used t-shirt from home, four designs to choose from.

Learn about Mount Trashmore and the Mount Trashmore Challenge, Basic Bike Check – Mount Trashmore
Compost Give-away – Green Iowa AmeriCorps by Matthew 25 truck

Vendor Fair

IowaHenna
Vegan Outreach • Monarch Research Project
Cedar Valley Habitat for Humanity • Iowa BIG
Save CR Heritage
Citizens' Climate Lobby • Bgood2all
Iowa Master Naturalists

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Czech Village/New Bohemia Main Street District
Linn County Sustainability
Trees Forever
Green Iowa AmeriCorps/Good Neighbor Iowa
Indian Creek Nature Center
Cherry Building
Sunrise Group
Cedar Rapids School District Green Team

Sponsor Booths

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Alliant Energy
City of Cedar Rapids
Frontier Coop

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- BURPEES



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STABILITY EXERCISES**

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- SIT-UPS OR CRUNCHES
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- TRICEP DIPS ON A CHAIR
- LUNGES
- SQUATS OR CHAIR POSITION
- WALL SITS

Learn more ways to add activity to your routine at
HEART.ORG/HEALTHYFORGOOD



Wandering & Dementia During Spring & Summer Seasons

After a long winter it feels good to finally be able to go outside and enjoy the nice weather. However, for someone living with dementia extra precautions may need to be taken so they can remain safe outdoors. Here are some steps you can take to address restless dementia energy or the need to wander.

- Create a daily routine that allows time for walking outside. This will help decrease anxiety and restlessness while indoors.
- Track specific times during the day that wandering happens more often. Getting outside during those times may help reduce the need later.
- Sometimes wandering can happen because of an unmet need. Maybe they need to use the bathroom, are hungry, or just need general comfort.
- Keep them engaged during the day to decrease boredom!
- Make your neighbors aware of the situation so that they can be an extra pair of eyes and ears.
- Check into a GPS tracker to provide peace of mind and help assist if they wander too far.
- Consider bells or chimes on the doors so you know when the door is being opened.

Even though your loved one may not experience wandering now, they may eventually as the disease progresses. It is essential to take these precautions, especially as we enjoy summer and its potential heat waves. There are also safe and secure communities, like MeadowView in Cedar Rapids and Marion that offer an engaging environment that promotes freedom of movement and engaging activities. This helps our tenants thrive and have a quality of life despite the disease. To learn more about MeadowView or how we can help you determine what might be best for your loved one, call our team today.



The Views of Marion - 319-390-8439
The Views of Cedar Rapids - 319-294-9669



American Heart Association.
Heart Walk.

Join us for the Corridor Heart Walk!

Be a Heart Walk Hero

We've combined the Cedar Rapids and Iowa City Heart Walks into one event! Donations for the Heart Walk fund lifesaving research. That means when you join us, YOU are responsible for saving lives. And if that doesn't make you want to do a victory dance... well, we don't know what will.

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heart.org/CorridorHeartWalk



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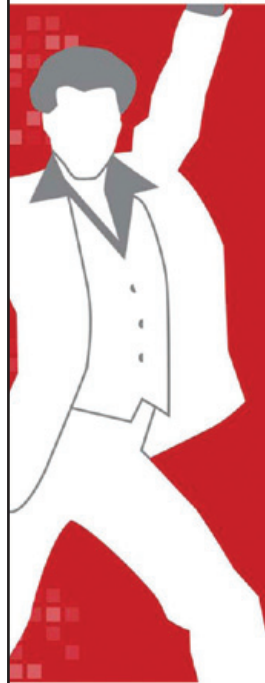
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Have a Happy Easter with Some of My Family Favorites

My Husbands Secret Ham Glaze (shhh!)

Ingredients:

1/2 cup of reserved juice from ham or chicken stock

6 cloves

1 cup brown sugar

1/2 can crushed pineapple with juice

1/4 cup maraschino cherries with juice

1/2 stick butter

1/4 cup spiced rum

1/4 cup white raisins

Bring butter to a simmer in a sauce pan over medium heat. Add brown sugar and mix together until sugar starts to dissolve. Add the rest of the ingredients and simmer on medium high until it starts to bubble and rum has cooked out. Remove cloves. Baste ham and enjoy. If you like to have a bit of "bark" on your ham, broil at the very end for 2 minutes. Enjoy!

Spring is here! Wake up your taste-buds with some of my family favorites. Easter is on April 21st this year and these dishes will be sure to impress the kids and the relatives.

The Spring Peas and SPAM Fried Rice; a new favorite created by my 11-year-old daughter, Brianna. She came out into the living room one day and said, "Mom, I think I'd like to try a dish that has SPAM, rice and eggs in it." You ask and you shall receive my little one. To my surprise, this dish came out fantastic and everyone loved it! Enjoy as a side, double the batch and bring as a potluck, or add a side salad and make it a meal at home. The Simple Matzo Ball Soup and the Shaved Brussel Sprout Salad with Maple Syrup Vinaigrette will have people talking. Make sure to take the recipes with you to share!

Have a blessed Easter with your family.



Spring Peas and SPAM Fried Rice

Ingredients:

- 1 cup rice
- 1 can of SPAM, cubed
- 1/2 cup frozen peas
- 2 eggs
- 1 tsp onion powder

Directions:

1. Cook rice according to directions.
2. In a nonstick pan or a greased rod iron skillet, sauté cubed SPAM until lightly brown and crispy on the outside.
3. Push SPAM to the outside edge of pan to make room for eggs.
4. Scramble two eggs in the center of the pan.
5. Add rice, peas and onion powder to pan and mix well.
6. Saute for about 5 minutes to "fry" your rice.

Shaved Brussel Sprout Salad with Maple Syrup Vinaigrette

Ingredients:

- 2 pounds brussels sprouts, shaved thin
- 2 scallions chopped
- 1 cup pecans, chopped
- 6 slices bacon, cooked and crumbled into pieces
- 1/3 cup dried cranberries
- crumbled goat cheese (optional)

Vinaigrette:

- 1 teaspoon dijon mustard
- 2 tablespoon maple syrup
- 3 tablespoon apple cider vinegar
- 1 clove of garlic grated fine
- 3 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

Directions:

Toss shaved sprouts and scallions in a bowl to separate sprouts and mix scallions throughout. Add pecans, bacon, cranberries, and cheese to the top of the salad. Combine vinaigrette ingredients and whisk well. Pour over salad and toss lightly. Enjoy!



Bird Nest Snacks

This delicious, crunchy treat requires no baking, only 2 ingredients and just a few simple steps!

Ingredients:

- 1 cup chocolate or white chips
- 2 cups chowmein noodles
- Candy eggs - jelly beans, chocolate candies
- Parchment paper

Directions:

1. Line the baking sheet with parchment paper and set aside.
2. Heat chocolate chips in a pot over medium-low heat, stirring constantly. Once melted, pour chocolate into a mixing bowl.
3. Pour chowmein noodles into a bowl and stir gently until completely coated with chocolate.
4. Scoop some of the mixture with a tablespoon and place onto parchment paper, using a spoon to create a nest shape. Be sure to leave an indentation in the center for candy eggs. Repeat this process until the mixture is gone.
5. Set aside to dry, approximately 30 minutes - these will set up quicker in the refrigerator.
6. Once the chocolate is dry to the touch, gently peel off the parchment paper. Place on a platter or bed of grass and fill with candy eggs. Enjoy!



Macaroni
Kid

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit www.cedarrapids.macaronikid.com (Cedar Rapids) or www.iowacity.macaronikid.com (Iowa City) charlottel@macaronikid.com



May 7, 2022 • 9:00 AM • GreenState Credit Union Campus • 2355 Landon Rd., North Liberty

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KIDS in the Corridor

Spring is here and the Corridor is coming back to life with safe, family-fun events!

The Easter Bunny is coming to the Corridor!

Easter Extravaganza
SATURDAY, APRIL 9, 2022
9:30AM-12PM

Ushers Ferry Historic Village
 5925 Seminole Valley Trail NE, Cedar Rapids
 Get a photo with the Easter Bunny, get creative with spring-inspired coloring pages, enjoy light snacks and beverages, and stick around for an Easter egg hunt! Easter egg hunts will be outside at 10am and 11am. Please bring your own basket! If inclement weather, the egg hunts will be canceled, and instead we will have the eggs inside for kids to take home. Bring your own camera or phone to take photos of your kids with the Easter Bunny, or purchase a \$18 professional Easter Bunny photo, taken by Sarah Fridono Photography. Professional photos will be emailed to you within a week of the event.

Fairfax Easter Egg Dash 2022
SATURDAY, APRIL 9, 2022
FAIRFAX SPORTS COMPLEX
10AM-1PM

625 LINN ST, FAIRFAX
 Come and join us at the Fairfax Civic Coalition's Annual Easter Egg Dash. We will be on hand with our traveling library and distributing free books to everyone in attendance - both children and adults. Be sure to stop by for free swag & sign up for our several prize giveaways. Winners will be announced on our Facebook page, so be sure to follow Fairfax Little Free Libraries!

6th Annual Easter Egg Extravaganza
SATURDAY, APRIL 9, 2022
 10AM-1PM
 BASS FARMS
 840 BASS LN, MT VERNON

We will have 3 age groups: 3 years and under, 4-6 years old, and 7-10 years old. In between the egg hunts enjoy teeter totters, sling shots (weather permitting), 18 hole mini-golf, giant jenga, giant tic tac toe, corn hole, spider web, and more! Take your picture with the Easter Bunny and please bring your own camera. All paid participants will each receive a gift bag once they turn in their eggs. Make it a family event and spend the day with us!

2022 MT VERNON/LISBON EASTER EGG DASH
SATURDAY, APRIL 16, 2022
10AM-11AM

525 PALISADES RD SW, MT VERNON
 Area families are invited to take part in the annual Mount Vernon-Lisbon Easter Egg Dash. Initially volunteers divide participants into four categories based on age. Then children race for more than 5,000 individual plastic eggs filled with candy and prizes. Games are available for children ages 8 and up to play for prizes. The Easter Egg Dash is free to all attendees. The Easter Egg Dash event is expected to be held outside on the High School Track. However, in case of rain, the event will be moved to the Middle School gymnasium.

Robins Civic Club & the City of Robins Easter Egg Hunt 2022
Saturday, April 16, 2022
9:30AM

Special section will be provided for our younger egg hunters! Please park on the Streets that surround East Knoll Park: Chestnut Dr, Vogt St, Evergreen, Maple St. Thank you!
 East Knoll Park - East Knoll Dr, Robins

More events in the corridor can be found online at

www.cityrevealed.com
www.cedarrapids.macaronikid.com
 & www.iowacity.macaronikid.com
www.hiawathalibrary.com

www.marionpubliclibrary.org
www.crlibrary.org
www.icpl.org
www.coralvillepubliclibrary.org
www.ely.liab.ia.us



American Heart Association.

Healthy for Good™

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



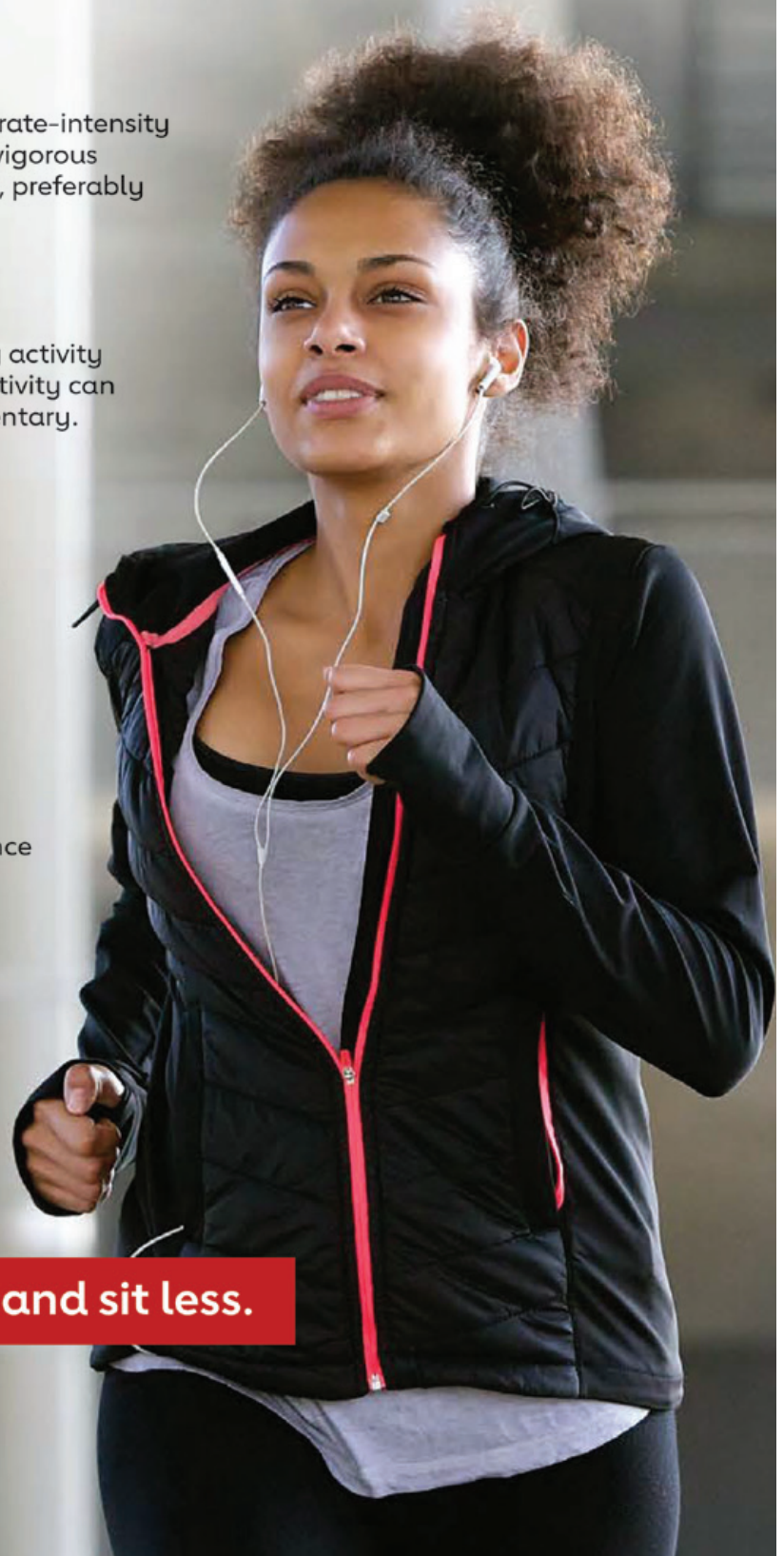
Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.



How to Move More Anytime Anywhere



By American Heart Association

It's really not that hard to fit in fitness. You can get up and move just about anytime, anywhere to be more physically active and stay healthy. And every minute counts toward the goal of at least 150 minutes per week of exercise. Every time you stand up and do something, you're taking a step in the right direction. Move more at home, outdoors and just about anywhere.

Get the whole family moving more at home. Finding ways to be more active around the house sets a good example for kids and can help you stay on top of housework. You can combine exercise with other activities, like watching TV, cleaning or cooking.

- Make active chore cards. Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.
- Clear some space, put on some music, and take a dance break! It can re-energize a study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.
- Put the screens on hold. Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of hide-and-seek.
- Shake up your family's routine. Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You'll all feel better and think better.
- Play actively with pets. Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- Include active games in family game night, like Twister, charades and hide-and-seek.

- Keep a list of kid-friendly activities handy for when you hear "I'm bored."
- Choose toys for your kids that encourage physical activity, such as balls, skateboards, hula hoops and jump ropes.
- Keep exercise equipment out where it can easily be used for a quick workout.

If the great outdoors is your thing, take your workout outside. Being outdoors can make exercise seem more like play, so you may enjoy it more and stick with it. Dress in layers so you're ready for changes in temperature and weather. And don't forget hats, sunglasses and sunscreen.

- When the weather's nice, take a walk or bike ride around your neighborhood.
- Get your garden on. Gardening, mowing and yard work are a great way to get active outdoors. No yard? No problem! Try container gardening or a local community garden.
- After a heavy rain, put on some old clothes, grab some towels, and take the kids out for good old-fashioned mud fight. Want even more ways to squeeze a little more activity into your life?
- Always wanted to learn how to ballroom dance, practice karate or shoot a bow and arrow? Find an online tutorial and teach yourself. It's never too late to pick up a new skill and get more active.
- When you're out walking, throw in some wall pushups, lunges and other exercises. Or do short, one-minute intervals at a faster pace to boost the intensity.
- When you're at home watching TV do some micromovements like glute squeezes, abdominal contractions and pelvic floor exercises. Your core will thank you!



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Onsite you will find a Coffee Area, On-site Banking, Fitness Center, Chapel, Library, Game Room, Hair Salon, Various Activity Rooms, Lounges, Community Balconies, and Outdoor

Walking Paths for you to enjoy throughout your day.

ACTIVITIES
Our residents enjoy participating in Margarita Monday, Wine Wednesday, bingo, card games, chair exercise, church services, movie nights, book clubs, or arts/crafts. We also offer activities off-site to the grocery store, dinner outings, concerts/plays, museums, botanical gardens, and other fun seasonal outings!

RESTAURANT STYLE DINING
Our restaurant style dining offers a variety of meal options with the flexibility of substituting items in/out to meet each resident's taste. We offer a daily menu in addition to an Always Available Menu which offers options ranging from chef salad, loaded baked potato, baked salmon with vegetables, Mediterranean grain bowl, and more.

AMANA COLONIES

Maifest

2022

MAIPOLE DANCERS,
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AMANA COLONIES

Step into a world of authentic German architecture and ambiance created by ancestors and preserved still today. Visitors have been coming to the scenic seven villages for over a century. Some come for the food and to sip wines and beers; others, for quality handcrafted products, art, and a variety of quaint shops that line the streets. Numerous festivals take place throughout the year for residents and visitors alike. Come join in on the fun! To learn more about the Amana Colonies visit www.amanacolony.com.

TAKE A BITE 2022 April 8 - April 10

Eat and drink the Amana Colonies at Take a Bite: A Three-Day Food Festival! The Amana Colonies, well known for their great food, wine and beer, will be celebrating both traditional Amana items and more international foods. Take a Bite is designed to reach all types of "foodies" with educational seminars, hands-on cooking classes and demonstrations, food sampling, and special dinners to enjoy. For complete information visit www.amanacolony.com.

MAIFEST 2022

April 30 - May 1

Celebrate spring at Maifest in the Amana Colonies. Experience a variety of ethnic cuisine, live music, the famous Amana Colonies Maipole Dancers performing all weekend at various spots thru Amana, a fun parade and more.

Parade

The parade kicks off the festivities at 10 am on Saturday morning and is followed by the annual performance

of the Amana Maipole Dancers. This group of volunteers has been dancing for more than 30 years and will perform at various spots in the village of Amana over the two-day event.

Food Trucks

A more recent addition to Maifest has been the Saturday "World on Wheels Food Truck Fare". This feature brings the different cuisines of the world to the Amana Colonies. May Day is not only a celebration of spring in Germany but in many countries and what better way to celebrate this fact than with food? The food trucks that we invite to the Colonies for this one day add some cultural diversity to our food line-up. Caribbean food, pizza, ice cream and more make this a tasty part of Maifest. And yes, we have German too, both at the Food Truck Fare and also in our sensational restaurants!

Entertainment

To provide even more of an international flavor to Maifest, the Festhalle Stage will host a variety of ethnic music and dance. Each year brings something new and different. Saturday evening enjoy a great dinner at one of our fine restaurants and then follow the live music in town.

Wine, Beer and Chocolate Walk

Sunday's feature event is the annual Wine, Beer, and Chocolate Walk. Purchase a punch card and follow the trail to samples of all three and some additional special treats. After your card is completely punched turn it in for a souvenir Maifest glass.

In case of rain, the Maipole Dancers will perform at the Festhalle Barn

For complete information visit www.amanacolony.com.





FAMOUS LAST WORDS

A CELEBRITY ROAST OF
BETH MALICKI

APRIL 29, 2022

6:30 PM

OLYMPIC SOUTH SIDE THEATER
CEDAR RAPIDS, IA

Famous Last Words is sponsored by:



Tickets available now for VIP tables

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- Special gift
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- Pitcher of Malicki Kickie, a signature cocktail made especially for this event
- VIP table: \$1,200 per table

Individual tickets will be available March 15

- All you can eat and drink: heavy hors d'oeuvres, beer, wine, soda and water
- Individual ticket: \$120 per person

Cash bar for cocktails available.

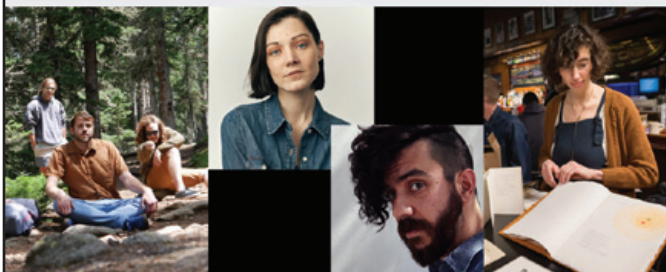
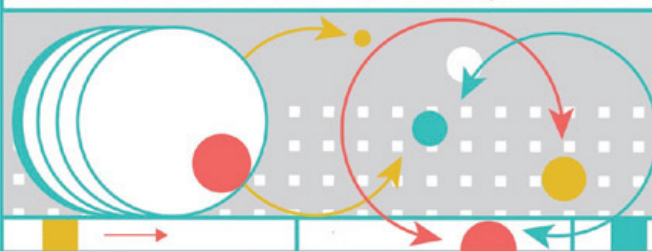
To purchase tickets, visit:

historycenter.org/famouslastwords

The History Center is putting the "fun" in funeral as Beth Malicki lives through her own mocking (but loving!) eulogy - written and performed by the always hysterical Adam Witte, Dave Martino and other special guests! We are confident the only tears you shed will be tears of laughter!

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April

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That's 10 live concerts all for one low price.
ACT NOW AND SAVE! Early bird membership ends July 31, 2021.
Membership cards will be mailed 2 weeks before the first concert.

2:30 p.m. | Sunday, October 3, 2021
FOLK LEGACY TRIO
The Folk Legacy Trio sings the songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Limeliters, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Sam Phillips, Holly Collins, Joan Baez, The Irish Legacy Trio are George Ducas, formerly with the Kingston Trio, Rick Dougherty, former member of the Limeliters and Kingston Trio and Jerry Siggins, former lead singer of the legendary duo-pop group, The Diamonds.

7:30 p.m. | Monday, November 1, 2021
BEN GULLEY
Ben Gulley is an American operatic tenor whose career includes lead roles in Mozart's Requiem, Aida and Berenice's Desdemona and more. The program takes the audience on a musical journey featuring various selections from Broadway, classical and American genres. David Foster, Grammy Award Winning Producer/Artist and Multi-Award Winning Vocalist says Gulley is "...next generation of music superstars!"

7:30 p.m. | Wednesday, November 10, 2021
JANOSKA ENSEMBLE
True art knows no frontiers, and the music of the three brothers from Bratislava, Slovakia, Frantisek and Roman Janoska and their Konstanz-born brother-in-law Julius Janoska proves that in remarkable fashion their musical creations happily harmonize in color. Fully centered their classical faith with the music of other genres... From jazz and Latin to pop music, Janoska Style is far more than just a "sound", it is "music to be lived" - you have to listen to it and feel it live.

5:30 & 7:30 p.m. | Tuesday, March 8, 2022
CORRIDOR JAZZ PROJECT
The area's top high school jazz bands unite in the only joint concert of the year! The Corridor Jazz Project pairs each band with an adult professional, and they record together for the annual Corridor Jazz Project CD. This year, the CD release party returns to the Community Concerts! You'll hear the top jazz bands from Cedar Rapids, Marion, Iowa City, and surrounding communities, divided between 5:30 and 7:30 sessions. Choose the performance that includes your favorite school, or come to both shows and see them all!

7:30 p.m. | Tuesday, April 5, 2022
MELISSA MANCHESTER
Grammy-winning, Academy Award nominated, multi-top 10 singer/songwriter. Let's hear it for the boys! More than 25 years after Melissa Manchester released Tribute, her 1969 album that honored the great female singers who influenced her, she joins the tables with Tim Feltus, a cult rock concertino to the max, including Frank Sinatra, Neil Young, Tony Bennett and Dean Martin, and the iconic songs they made famous. Worked with Marvin Hamlisch, Kenny Rogers and Barry Manilow.



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