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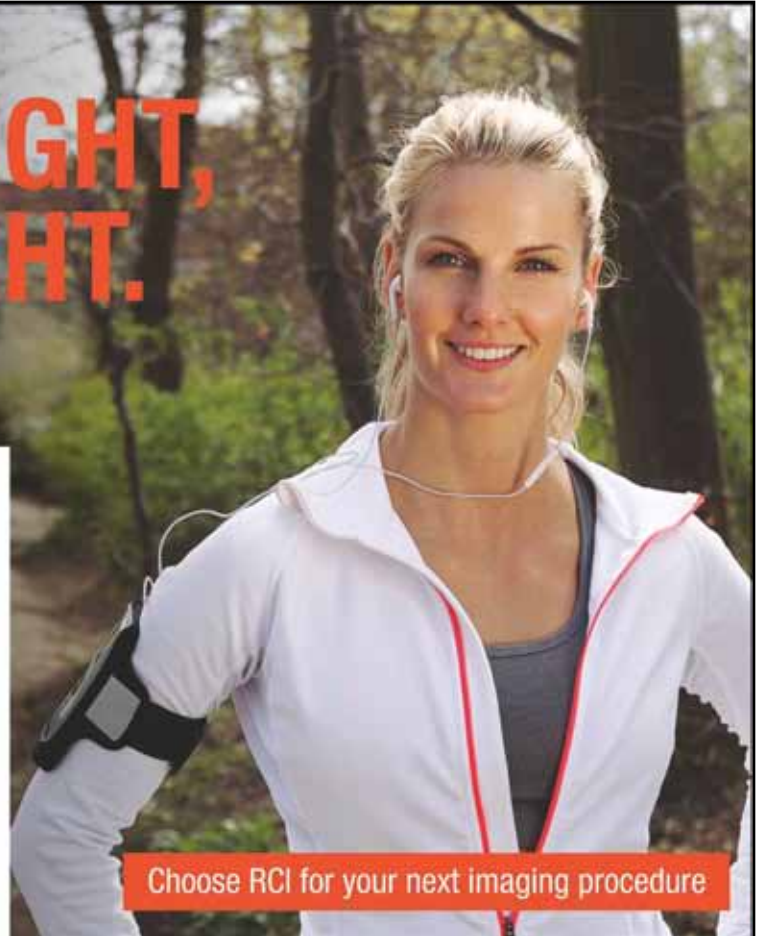
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CITY Revealed
MAGAZINE

319.447.CITY
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PO Box 121
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www.cityrevealed.com



Publisher's Note

Happy November to all. Halloween is over and now we turn those jack o lanterns into pumpkin pie. This is also Family Stories Month. I loved listening to my dad talk about all the crazy things he and his friends did as teens. One involved putting a cow in the gym! It is also Lung Cancer

Awareness Month, National Diabetes Month, National Native American History Month and National Peanut Butter Lovers Month.

November 2nd is National Deviled Egg Day. My granddaughter makes very good, deviled eggs and that makes me enjoy the holidays even more. November 3rd is National Stress Awareness Day. Stress is a part of us all and finding a way to lessen it is a goal of mine. Snuggling with my great granddaughter usually does the trick! November 6th is Nachos Day. Now that is a day to celebrate. Daylight Savings Ends on November 7th and it usually takes me a while to adjust. Start your Thanksgiving celebration early. On November 24th Cedar Rapids has their Turkey Trot 5K. That should get you good and hungry for all that food on Thanksgiving day. Charlotte has some great recipes for thanksgiving and all thru the holidays. All that good food in one place! Makes my mouth water.

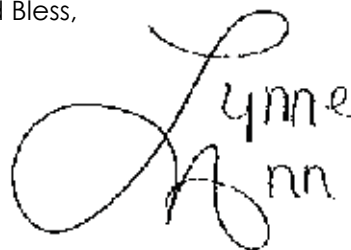
Holidays in the Amana is awesome. Do not miss strolling thru the Tannenbaum Forest, try the Pickle Hunt, and take the kids to the Children's weekend December 9th thru 11th. There is something for everyone.

Now that the weather is turning cold, do not forget your pets. They need extra care just like we do come winter.

Saturday, November 26 is Small Business Saturday. I know for some, ordering online is easier, but strolling thru the shops not only allows you to come across some unique finds, but it also keeps all of these local shops open. Plus, if you have not had a chance to see all of the changes in Uptown Marion, you are in for a treat.

Check out all the tips and events going on for the month. Enjoy November and get ready for December.

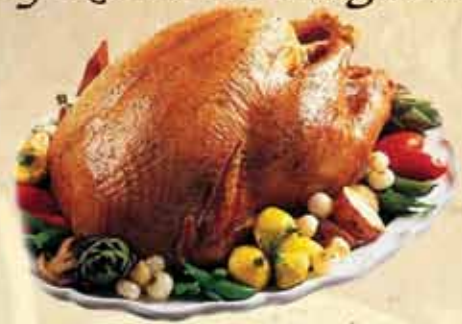
God Bless,



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*Happy Thanksgiving from
City Revealed Magazine*

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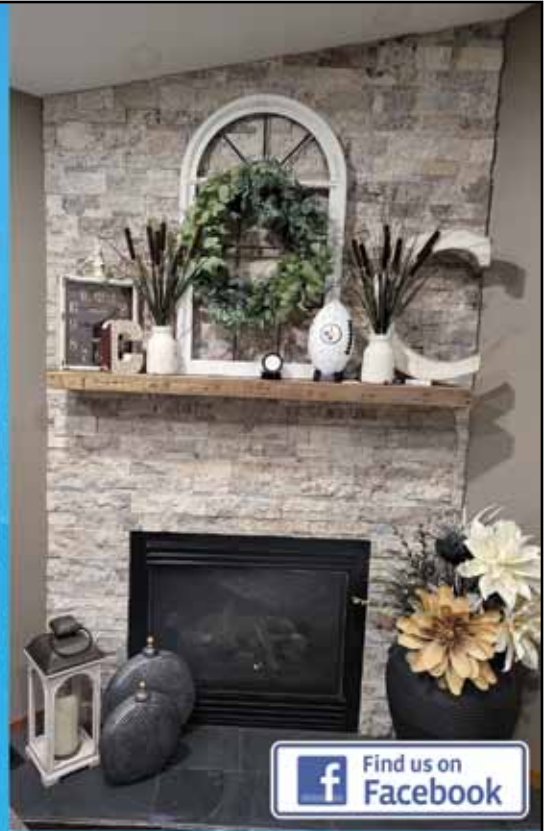




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WINTER HOME MAINTENANCE

1. Stop the drafts. Repair caulking around doors and windows, along with any weather stripping. In addition, seal any cracks in foundation walls.

2. Check your fireplace and chimney. Have a chimney sweep check your chimney for any debris or cracks and clean your fireplace.

3. Prevent ice dams. Clear your roof and gutters of slush after heavy snowstorms to prevent ice damming.

4. Protect your air conditioner. Place a sheet of plywood with a few bricks on top of your AC to prevent falling icicles and debris from damaging your condensing unit. Also, remove and store any window air conditioner units.

5. Turn off outside water. Turn off the water supply to outside faucets to prevent broken pipes.

6. Clean heating vents. Be sure your vent pipes are clear of any obstructions and clear away any dust and debris.

7. Stop slippery surfaces. Purchase salt, ice melt or sand before the snow falls. These provide extra traction for slippery sidewalks, steps and driveways. If you have pets, be sure you use pet-safe materials.

8. Keep entryways clean. To prevent slippery indoor surfaces, use mats and boot trays for wet shoes and boots. Place a tray underneath clothing hooks when drying wet items.

9. Pack a winter emergency kit. Prepare a kit that includes bottled water, nonperishable food, flashlights, first-aid supplies, batteries, a smartphone charger and a blanket in case of an emergency.

10. Check for leaks. Check your attic and crawlspace for signs of a water leak. Be sure to repair any leaks as soon as possible.



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|--|---|---|---|---|--|---|
| CHOCOLATE - TOXIC TO HEART AND NERVOUS SYSTEM - DEATH | ALCOHOL - COMA - DEATH - INTOXICATION | MUSHROOMS SOME VARIETIES: - SHOCK - DEATH | XYLITOL - LIVER FAILURE - HYPOGLYCEMIA - DEATH | MEDICATIONS (ADVIL, TYLENOL, ETC.) KIDNEY FAILURE GI ULCERS | COOKED BONES STOMACH LACERATIONS | FATTY FOOD TOO MUCH OF IT! - PANCREATITIS |
| ONION, GARLIC - BLOOD CELL DAMAGE - ANEMIA | NUTS NERVOUS SYSTEM AND MUSCLE DAMAGE | DAIRY TOO MUCH OF IT! - DIARRHEA | CAFFEINE - VOMITTING - DIARRHEA - TOXIC TO HEART & NERVOUS SYSTEM | RAISINS KIDNEY FAILURE | GRAPES KIDNEY FAILURE | AVOCADO CONTAINS PERSIN: - VOMITTING - DIARRHEA |

Keeping Pets Safe: Poison Prevention

It's no secret: dogs love food. It's important to remember that dogs' digestive systems are completely different than people's. Although it may seem logical that if a certain food is healthy for you, then it must be good for your dog, that isn't usually the case. With the holidays coming, it will be even harder to deny those begging eyes, and little fingers giving hand-outs.

Make sure to avoid these top 10 toxic foods according to www.certapet.com, to not have a sick pet!

1. Alcohol and hops. A dog can intoxicate easily. If too much is consumed, not only will they vomit but coma or even death can occur. Hops are found in beer and the hops themselves can cause an increased heart rate, seizures and death.

2. Avocados. Who would think this healthy people food would be so dangerous for dogs. But, the Persin fungicidal toxin found in the avocado that is typically harmless for humans can cause vomiting and diarrhea in dogs.

3. Cat food. If your dog is like mine, they always go for the cat food over their bowl of dog food first. This is not just an annoyance, however. Cat food is typically high in protein and fats that can cause harm to your dog's liver and kidneys.

4. Chocolate, coffee, cocoa powder and tea. All of these products contain caffeine, theobromine and theophylline, which can be toxic to your dog's heart and

central nervous system. Your pet will be vomiting, having diarrhea, and possibly seizures and tremors.

5. Citrus oil extracts and other essential oils. Not something we would usually think about. But remember dogs will eat basically anything. These oils can cause heavy breathing, vomiting and loss of appetite.

6. Fat trimmings. Fat trimmings can actually cause inflammation of the pancreas, which can lead to more infections, cysts and damage to the heart, lungs, or kidneys.

7. Fish and poultry bones. High amounts of fish can lead to a vitamin b deficiency and can cause seizures and even death. The bones from fish and other poultry are very brittle after cooking and can splinter when chewed, then when swallowed can cause lacerations and obstructions in your dogs digestive tract.

8. Grapes, raisins and currants. Grapes have an unknown toxin that can damage a dog's kidneys and liver. Only a few grapes can actually be fatal.

9. Milk and eggs. Dogs are lactose intolerant! Milk, cheese and other dairy products cause bloating, gas and diarrhea. Raw eggs can actually cause skin and hair problems and possibly contain Salmonella.

10. Tomatoes and potatoes. Both of these contain oxalates that can abnormalities in the digestive tract, kidneys and nervous system. Green tomatoes are especially harmful.





Nov. Pet Events

November 19, 2022
Dog Breed Day at the Park
Shih Tzu, Lhasa Apso, Small Poodles
10Am-11AM
Cheyenne Off Leash Dog Park
1650 Cedar Bend Ln SW, Ely

Local Area Dog Parks

Cheyenne Off-Leash Park

1650 Cedar Bend Lane SW, CR

K9 Acres at Squaw Creek Park

5200 Golf Course Rd, Marion

Thornberry Off-Leash Dog Park

1867 Foster Rd, Iowa City



Adopt a Pet

November 1-7 is National Animal Shelter Appreciation Week & November 20th is National Adoption Day!

Consider adopting a pet and giving it a forever home! When you adopt from a shelter, you save the life of an animal while getting a loving companion. Adopting also gives you many pets to choose from that have already had their personalities formed, helping you find the perfect furry friend for you.

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

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Holidays for Dementia

Holidays are a time for families, friends, and loved ones to gather and enjoy one another's company; however, for someone living with dementia, this can be extremely stressful. For people in the earlier stages of the disease, holiday gatherings and being surrounded by conversation and activities may not be as big of an issue as it could be for someone in the middle to late stages of the disease. Make sure that the family or friends that you'll be celebrating with, are fully aware of the situation for the person living with dementia.

Awareness goes a long way to bringing comfort to anyone joining a gathering with a dementia attendee and may be best communicated in a letter or email in advance. In your communication, make sure to relay helpful tips, expectations, and any support you'll need at the event. Making it clear what you can and cannot handle as the caregiver will allow others to be able to clearly understand what they can do to help and will enable you to have the team support you need to enjoy the gathering. You may want to also set expectations with friends and family that you as a caregiver, may not be able to attend every single holiday tradition. Your good communication will help everyone manage expectations.

When planning family gatherings keep in mind to have something relatively small in size regarding attendees. A group of 20 people may become overwhelming for someone living with dementia as well as for the caregiver. Try to host the holiday event during the day

as most triggers for a dementia patient may happen late afternoon and into the evening. A term that is called "sundowning". Have fun with the holidays and involve the person with dementia in the event planning as much as is possible. Have them help you wrap gifts or make desserts. It may feel comforting and familiar if you keep with long-standing traditions honoring past memories like old holiday activities, singing Christmas Carols, and watching old time Christmas Movies, etc.

Also, when looking into gifts for someone living with dementia, make sure they are useful gifts. Some gift ideas may include:

- Weighted Blankets
- Fidget Blankets
- Photo Albums
- Comfortable clothing
- Baby dolls
- Soft Fleece Blankets
- CD's/Big Band Music/Classic Music
- Fluffy Bathrobe
- Robotic Cat or Dog

Family, friends, and loved ones are always more than welcome to join us at The Views Senior Living to celebrate the holidays. Call the nearest location to find out how you can reserve a room or space within the community to have a special gathering.

Happy Holidays from everyone at The Views Senior Living Communities of Cedar Rapids and Marion.



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



10 Steps to Cooking the Perfect Turkey

Roasting a turkey can be intimidating, but really it is quite simple. Follow these steps below and you will be on your way to serving a perfect turkey this year!

1. Preheat oven to 400 degrees.
2. Remove turkey from packaging and be sure to remove the neck and giblets.
3. Place turkey in a suitable roasting pan and brush outside with melted butter and then season.
4. Put the turkey in the oven and reduce temp to 350 degrees (Note: the turkey will need to cook at this temp for 15 minutes per pound).
5. Cook for 1 hour.
6. After 1 hour, begin basting the turkey every 15 minutes for the remainder of the cooking time.
7. The turkey is fully cooked when the internal temperature reaches 165 degrees (Note: always insert the thermometer into the thickest part of the turkey).
8. If the turkey is stuffed, stuffing must also reach an

internal temp of 165 degrees.

9. Remove turkey from oven and allow to rest at room temperature for 15 minutes before carving.

10. When carving, be sure to use a sharp knife and slice against the grain.

You can also try:

*Brining the turkey before baking.

*Stuffing the cavity of the turkey with cut up oranges and lemons. This will keep the white meat moist while cooking and also adds a nice citrus note to the basting liquid.

*Instead of a whole turkey, you can roast a hotel breast (just the white meat parts of a turkey). Follow the same cooking instructions as above, but start basting after 20 minutes.

*Many readers said they like to use a cooking bag for the turkey to save on the mess. While we agree that using a bag will help save the mess, we like the crispy skin too much to use one.

Fall is here. Pumpkin spice has taken over the world and Thanksgiving is upon us. There is something about Fall that everyone loves. For me, it's time to pull out the cozy sweatshirts and start the holiday season. It's when we shop for Fall decor and Christmas is already on display. It's where we can get creative and think of new traditions and excuse to eat way too much food while spending time with friends and family. This month we have compiled a few recipes you are sure to love. From my family to yours, we wish you a very Happy Thanksgiving.

Cheesy Corn and Shells

Ingredients:

1 1/2 cups shell pasta (or you can use what you have in the pantry -- elbows also work well!)
1 can corn, with liquid
1 can creamed corn
1 stick of butter
1 cup processed cheese, cubed, or 1 cup of your favorite jarred or canned cheese sauce

Directions: Pre-heat the oven to 350 degrees. Place all ingredients in a casserole dish. Stir. Cover with foil and bake for 30 minutes. After 30 minutes, remove from oven and stir again. Put it back into the oven, uncovered, for an additional 30 minutes or until the sauce thickens and the top is lightly golden brown. Want more veggies? Simply throw in your frozen favorites, like peas or broccoli. We hope your family enjoys this quick and easy 5-ingredient dish as much as we do!



Creamy Pumpkin Soup

This seasonal soup can be served as a starter or a meal with some crusty bread and a garden salad.

Ingredients:

1/2 cup butter
1 medium onion, chopped
1/2 cup flour
2 qts. vegetable stock, chicken stock or water
1 pt. light cream
3 cans pumpkin (15 oz cans)
1/2 cup light brown sugar
Pinch cayenne pepper
Salt & black pepper to taste

Directions:

1. Melt butter in a large stock pot over medium heat, add onion.
2. Cook for 3 minutes or until onion is translucent.
3. Add flour and mix well to form a roux.
4. Add vegetable stock and whisk to incorporate.
5. Add pumpkin, cream, brown sugar, and cayenne pepper.
6. Increase heat to high and bring to a boil.
7. Reduce heat to a simmer and cook for 10 minutes.
8. Season with salt and pepper to taste. Serve hot.



Craft a Snack: Pumpkin Shaped Cheese Ball

This one we are dubbing as a "craft a snack" because we know the kids can handle this one and who doesn't like squishing cheese balls? (giggle) Just a few ingredients and 10 minutes and you've upgraded the boring cheese ball to a cute and festive delicious treat!

What you need:

- Cheese ball of your choice
- Pepper top for stem (we used jalapeno because we like to add sliced pepper to the tray)
- Crackers
- Knife (butter knife if kids are making)
- Rubber bands
- Plastic wrap

Craft it:

1. Take your cheese ball out of the packaging and wrap it in plastic wrap. "Squish" it into the shape of a pumpkin.
2. Wrap rubber bands around the wrapped cheese ball to create a "pumpkin" look.
3. Using the back of a knife, press in along the rubber bands to make indentations.
4. Cut the top of your pepper off and use it as the stem.
5. Add to your charcuterie board for a little quirkiness or on its own plate with a side of crackers.



Macaroni KID
Cedar Rapids

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids. 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) charlottel@macaronikid.com

EAT SMART MONTH



Get Smart in the Kitchen

Nourish yourself, your family and your community by learning how to shop, cook and eat smart! Making more of your meals at home is one of the best ways to eat healthier and save money, too. Try these tips to get cooking.

- Add more color to your meals with fruits and vegetables. Fresh, frozen, canned and dried can all be healthy choices, but watch out for salty sauces and sugary syrups.
- Compare nutrition label information at the grocery store. Choose products with the lowest amounts of sodium, saturated fat and added sugars.
- Learn some new cooking methods and techniques. Instead of frying foods – which can add a lot of extra calories and unhealthy fats – use healthier cooking methods that add little or no fat, like roasting, grilling, baking or steaming.
- Give your pantry a makeover. If your cabinets, fridge and freezer are well-stocked with the right staple ingredients, it will be easier to make healthy meals.
- Make it fun for kids to try new foods. Let them pick out a new fruit or vegetable in the grocery store each week. Figure out together how to cook or prepare it in a healthy way.
- Make healthy substitutions, like whole grain instead of refined white flour. Take small steps over time to replace less-healthy ingredients in your family favorites.
- Cut down on the salt and learn new ways to give food great flavor, including herbs, spices, vinegars, citrus, garlic and other seasonings.
- Upgrade your fats. Use liquid vegetable oils such as canola, corn, olive, safflower, sesame and sunflower in place of butter and solid fats.
- Include some meatless meals. Choose plant-based proteins like beans, vegetables, legumes and tofu.
- Relax! Have fun in the kitchen and get the family involved in planning and preparing meals. Explore new recipes together.

Snack and Sip Smarter

Think beyond meals. Snacks and drinks are an important part of your eating pattern. They can add extra calories, sodium, saturated fat and added sugars you don't need. Here are some ways to keep them healthier.

- Choose H2O. Remember, the healthiest thing you can drink is water! Make it your default choice when you're feeling thirsty. You can give it some extra appeal by adding fresh or frozen fruits, herbs or a splash of 100% fruit juice.
- Try seltzer, club soda or sparkling water if you love the fizz. For a festive holiday look, garnish with whole cranberries and mint leaves.
- Swap the empty calories of most crackers and chips for the crunchy goodness of whole grains, raw fruits and veggies, and nuts and seeds.
- Replace sugary drinks (including sodas, energy and sports drinks, sweet tea and lemonade) with water or unsweetened tea. To make the switch easier, cut back the amount of sweetener gradually until your taste adjusts.
- For a satisfying boost of energy, try peanut or almond butter, hummus or low-fat yogurt.
- Be your own barista. Opt for less-sweet homemade versions of coffee drinks, hot cider and cocoa. (You'll save money, too!)
- Throw an apple, orange or banana in your bag for those times when hunger takes you by surprise. It will fill you up and help keep you from overeating later.
- Drink in moderation. Alternate cocktails and other adult beverages with water to cut down on the calories and added sugars.
- For a lighter appetizer or game day snack, serve crisp, colorful, cut-up vegetables for dipping into hummus or guacamole.



Marion Senior Activities at Lowe Park

Marion Senior Activities at Lowe Park
 Lowe Park Arts & Environment Center
 4500 N.10th Street, Marion

The Lowe Park Arts and Environment Center is home to FREE senior activities on a daily basis during the week. The programs and activities are geared towards adults ages 55 and up. For more information on these programs or other sites, please contact the Parks and Recreation office at Lowe Park at 319-447-3590.

If Linn-Mar Schools cancel due to inclement weather, all senior activities scheduled at Lowe are canceled.

No snacks will be provided, however, participants will have access to the fridge.

Weekly Activity Schedule

- Geri-Fit / Tai chi Fitness** • Mon • All Year • 9:30a.m.
 - Yahoo - bingo card game** • 1st & 3rd Monday
All Year • 9 a.m. • Lowe Park
 - Cards-500** • Wed • All Year • 9 a.m. • Lowe Park
 - Line Dancing** • Wed • All Year • 1 p.m. • Lowe Park
 - Nickle B-I-N-G-O** • Thur • All Year • 9:30 a.m. • Lowe Park
 - Cards-PINOCHLE** • Fri • All Year • 9 a.m. • Lowe Park
- NOTE(S): Senior site at Lowe Park is always welcoming new guests, so stop out and join any activity at any time.



The Heritage Area Agency on Aging, in partnership with Marion Parks and Recreation Department, is pleased to host Encore Café in Marion.

Encore Café is once again offering meals on Wednesdays and Thursdays from 11:30 a.m. -12:30 p.m., and, includes a choice of entrees and various sides. Older adults over the age of 60 are welcome to participate on a voluntary contribution basis, and those under 60 are invited to participate by paying \$9 per meal. Reservations are highly recommended and can be made by calling the Encore Café reservation line at 319-398-2585. Feel free to contact Lauren with any questions, by calling 319-361-4881.



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COMMUNITY AMENITIES
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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.

CITY REVEALED MAGAZINE 13



2022 Alzheimer's Disease Facts and Figures



1 in 3

seniors dies with Alzheimer's or another dementia

Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

\$272 billion



Americans are living with Alzheimer's



In 2020, COVID-19 contributed to a

17% increase

in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321 billion

By 2050, these costs could rise to nearly

\$1 trillion

Between 2000 and 2019, deaths from heart disease have **decreased 7.3%**

It kills more than **breast cancer and prostate cancer**

combined

while deaths from Alzheimer's disease have **increased 145%**

More than **80%** of Americans know little or are not familiar with **mild cognitive impairment (MCI)**, which can be an early stage of Alzheimer's.



Shop Local on Small Business Saturday



Traditionally, the day after Thanksgiving has been known as Black Friday, a day that many large retail stores offer unbelievable deals to get you started on your holiday gift giving venture. This year consider starting your local holiday shopping on Small Business Saturday instead. Held annually the Saturday after Thanksgiving, this is an awesome way to get your shopping started while supporting small, local businesses in your community. Here are a few reasons why it's a great idea to shop local and on Small Business Saturday.

1. You help create jobs in the community when you shop at local businesses. Money spent in locally-owned businesses, builds a stronger business financially which then creates more employment opportunities, in-turn putting more money back into the community. When you make a purchase at a small business, you are doing your part to stimulate the local economy.

2. Your tax dollars stay local. Shopping at small businesses helps keep money within the community. Your tax dollars stay local, going toward public services, better schools, and libraries.

3. Small businesses give back locally more often. Small businesses are more likely to go beyond writing a check to a local cause and are more likely to get involved and develop a partnership with others. Local establishments often serve as community hubs for events and fundraisers, like a pizza parlor sponsoring a little league fundraiser for the neighborhood team.

4. Shopping at one local business often helps other local businesses. Many small businesses tend to offer products that are made in-house or locally; creating a ripple effect in the local economy by supporting essentially more than one local business with a purchase. Shoppers are also more likely stop by other independent retailers in the vicinity. Small business owners are also more likely to use other local businesses for their needs, such as local printers, accountants, attorneys.

5. Small businesses offer a broader range and more unique products. You don't want to sport the same look as your friends or have the same cookie-cutter furnishings. Small businesses can help you get away from the mass-produced items found at big box chains and help you find one-of-a-kind items for your home or unique gifts for your significant other. You'll also be able to find locally-owned businesses that are more available for custom orders.

6. Supporting locally-owned businesses helps keep communities diverse and gives them distinctive character. Can you imagine what it would be like to live in a place with nothing but strip malls and big box stores? Walkable town centers with small businesses add to the vibrancy and uniqueness of a community and are essential in keeping the smalltown feel. By participating in Small Business Saturday, you're making sure independent businesses continue to thrive. It would be tough for the charming trinkets shop or the mom and pop deli around the corner to stay afloat without your patronage.

7. Community decisions are made by more people that are actually living in the community. Local business ownership ensures that important decisions are being made by people that will also feel the impact of those decisions.

8. Entrepreneurship is the key to the future. Encouraging local entrepreneurship fuels America's economic innovation and prosperity to build a better future. Small businesses attract an array of talented individuals that will learn more skills in the smaller setting leading to a better ability to adapt to situations and problem solve quickly. It is a stepping-stone for many to find their own business path and help families move out of low-wage jobs and into the middle class.

This upcoming season, and year-round, consider shopping at small, locally owned businesses more often. It's a great way to get better acquainted with your neighborhood and support the community that you live in.

Small Business Saturday 2022 is November 26th. The Uptown Marion District invites you to kick off the holiday shopping season with Small Business Saturday. Uptown Marion Main Street and Marion Chamber of Commerce will host a shopping event on Saturday, Nov. 26, between 10 a.m.– 2 p.m. Enjoy holiday music as you shop and dine in Uptown Marion.





Holiday

The holidays are just around the corner and the corridor has a variety of family-friendly events to get you in the holiday spirit along with an array of gift-giving ideas. Make sure to shop small today and every day to support our community.

and many other distinctive, one-of-a-kind items. Guests are also invited to purchase sweet treats at the bake sale in Mercy's Watts Library. The bake sale will offer homemade cakes, cookies, pastries and other decoratively displayed treats.

Raffle tickets will be also sold for items and gift certificates from local merchants. Holiday merchandise will be offered at Mercy's two gift shops, as well.

All proceeds go to the Mercy Auxiliary in support of their current projects at Mercy Medical Center, including cardiac, thoracic and vascular surgery services, as well as funding for HALO® Sleep Sacks®, which are sent home with each newborn in the Mercy Birthplace.



**November 10, 2022
Mercy Auxiliary's Annual Mistletoe Market
8:30 a.m. to 4:30 p.m
Mercy Cedar Rapids
701 10th St SE, Cedar Rapids**

Get your holiday shopping done early at this festive Auxiliary fundraiser. More than 40 local vendors will have their unique, handcrafted merchandise on display and available for purchase beginning at Mercy's 10th Street entrance and extending into the Hallagan Education Center. Guests will find home and holiday décor; soaps; aprons; children's gifts; jewelry; wood and metal works;



Events



November 26, 2022 • 9:00 am - 5:00 pm
Shop Small Saturday

The Mount Vernon-Lisbon Community Development Group (CDG) is coordinating another Shop Small Saturday celebration! Stores will be open and have specials throughout Mount Vernon and Lisbon.



Old World Christmas Market 2022
10:00 AM - 4:00 PM • Free
National Czech & Slovak Museum & Library
1400 Inspiration Pl SW, Cedar Rapids



December 3, 2022
Christmas In the Park & Peppermint Walk
4 - 8:00 pm

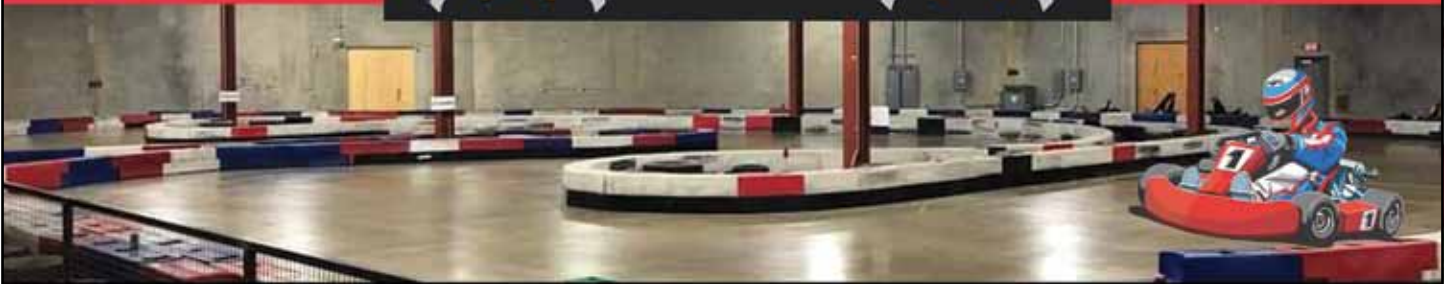
Santa, and Mrs. Claus, will return to City Square Park in Marion for Christmas in the Park and Peppermint Walk!

You do not want to miss our 13th year of making spirits bright. The Old World Christmas Market is inspired by traditional European markets, but with our own Midwest magic. Experience a delightful market with local handcrafted items, delicious treats, entertainment and activities for people of all ages. This enchanted celebration of culture, community, and holiday cheer is free for the entire weekend, including admission to NCSML galleries.

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Thursday, November 24, 2022

Join the Thanksgiving tradition at the Cedar Rapids Turkey 5K Run/Walk on Thanksgiving morning! Everyone gets a donut at the finish line!

410 3rd Ave SE

Greene Square Park, Cedar Rapids

Use #TurkeyTradition to share your photos!

Additional race information can be found at <https://iowaruns.com/cedarrapidsturkeytrot>.

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Celebrate the Holidays in Amana

Holidays in the Amana Colonies

The Holidays are right around the corner and Amana Colonies is ready with fun festivals to get us in the Holiday mood. Visitors coming to the scenic seven villages will find delicious authentic food to dine, wines and beers to sip, quality handcrafted products, art, and a variety of quaint shops. Numerous festivals take place throughout the year for residents and visitors alike. Enjoy all the Amana Colonies has to offer! To learn more about the Amana Colonies, visit amanacolonies.com.

November 4-6, 2022

Girls Get Away Weekend

Grab your girlfriends, or bring the guys along, and come out to the Amana Colonies. You'll find all types of events; from special menu selections at restaurants, special packages at some of the B & B's, hotels, and Inns, plenty of shopping, decorating advice, and wine sampling to name a few.

November 25 – December 18, 2022

Tannenbaum Forest

Friday-Sunday

This is a must-do holiday event! Tannenbaum Forest has become a holiday tradition for many. Come see the twinkling lights of over 70 decorated real Christmas Trees, and a 17-foot German-style Christmas pyramid all in a century-old dairy barn! Please dress for the weather as this unique setting is not climate controlled. Each weekend during the holiday season will have a theme and special events are planned. A goodwill offering is collected with proceeds benefiting the University of Iowa Children's Hospital. Suggested \$3 donation.

2022 Tannenbaum Forest Schedule

Holiday Fun and Games Weekend

Friday, November 25, 11:00 am – 7:00 pm
Saturday, November 26, 10:00 am – 7:00 pm
Sunday, November 27, 11:00 am – 4:00 pm

Prelude to Christmas

Friday, December 2, 10:00 am – 8:00 pm
Saturday, December 3, 10:00 am – 8:00 pm
Sunday, December 4, 11:00 am – 5:00 pm

Children's Weekend

Friday, December 9, 11:00 am – 5:00 pm
Saturday, December 10, 10:00 am – 7:00 pm
Live Reindeer outside the Festhalle: 1pm – 4pm, Weather Dependent
Sunday, December 11, 11:00 am – 4:00 pm

Holiday Traditions Weekend

Friday, December 16, 11:00 am – 5:00 pm
Saturday, December 17, 10:00 am – 7:00 pm
Sunday, December 18, 11:00 am – 4:00 pm
For more information visit <https://amanacolonies.com/things-to-do/festivals/tannenbaum-forest/>

Amana Pickle Hunt

While visiting the Colonies Tannenbaum Forest you can also take part in the Amana Pickle Hunt. Based on legend of the German Pickle Ornament, it's said that an old German Christmas custom was to hang a pickle ornament on the Christmas tree late on the evening of December 24th and the first child to find the pickle on Christmas morning would receive an extra gift.

December 2-4, 2022

37th Annual Prelude to Christmas

8:00 AM - 5:00 PM

A magical weekend with special events, food/beverage sampling in the shops, carolers on the street, and the town decked out in Christmas finery. Enjoy candlelit streets, the beautiful Tannenbaum Forest, great shopping for unique gifts, and our delicious food all in a place like no other. Join us for a weekend of special shopping and activities, including the annual Amana Church Christmas Cookie Walk and Holiday Bazaar.

Christmas with
Jim McDonough STEINWAY ARTIST
 AND HIS ORCHESTRA
20th Anniversary Tour!

November 27, 2022 • 2:30 pm - 5:00 pm
 Coralville Center for the Performing Arts
 1301 5th St, Coralville

December 10, 2022 • 2:30 PM
 Paramount Theatre
 123 3rd Ave SE, Cedar Rapids

This dazzling stage production features International Steinway Artist, Jim McDonough alongside his 14-piece professional orchestra, performing spectacular arrangements of all your favorite Christmas music and other all-time hits. Don't miss the return of one of Iowa's most treasured holiday traditions!

November

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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 Cooke, Judy Collins, Joan Baez, The Folk Legacy Trio and George Jones, formerly with the Kingston Trio. Rick Dougherty, former member of the Limeliters and Kingston Trio and Jerry Siggers, former lead singer of the legendary duo-act 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 *Figaro*, *Aida* and *Donizetti's* *Lucia di Lammermoor*. The program takes the audience on a musical journey featuring baritone 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

Three art lovers on business, and the music of the three brothers from Bratislava (Czech), Bratislava and Roman Janoska and their Kunitzky-born brother-in-law John Danos prove that in remarkable fashion their musical creations happily harmonize in either fully cerebral their classical back with the music of other genres. From jazz and Latin to pop music, Janoska Style is the more than just a "sound", it is "music to be heard" - you have to listen to it and feel it too.



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 features 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 best! More than 25 years after Melissa Manchester released *Delta*, her 1989 album that honored the great female singers who influenced her, she turns the tables with *The Fallin'*, a raucous excursion to the ones, including Frank Sinatra, Billie Holiday, Tony Bennett and Glenn Miller, and the iconic songs they made famous. Worked with Marvin Hamlisch, Kenny Rogers and Barry Manilow.



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