

CITY Revealed

FEBRUARY 2022 FREE



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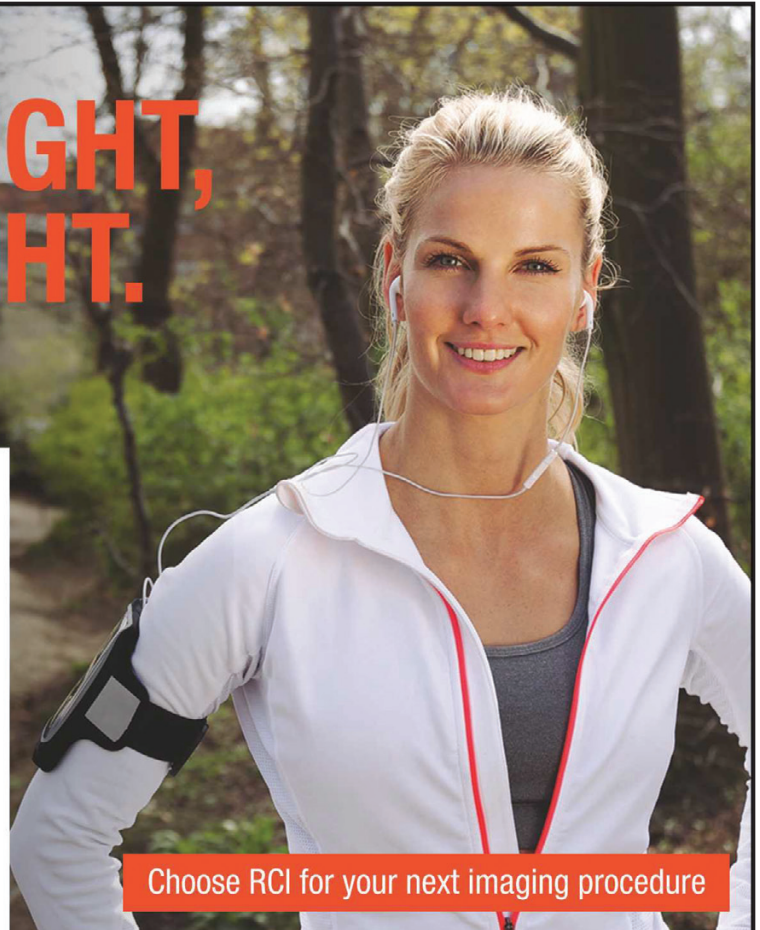
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Publisher's Note

Happy February! I hope everyone was able to keep warm in the below zero temperatures in January. I try to remember February is a short month and by March we start getting warmer weather now and again.

February starts out celebrating American Heart Month. Be sure and check out Charlottes Slow cooker soup recipe inside. Charlotte also has some delicious ideas for Valentine's Day.

In February we also celebrate Black History Month, National Bird Feeding Month, Children's Dental Health Month and much more. A favorite of mine is Spunky Old Broads Month!

Spunky Old Broads Day is always February 1st. When thinking about your favorite S.O.B. she should be successful, independent, self-reliant, outgoing, outspoken, bold, and brave. Spunky Old Broads Day Slogan is Women are like fine wine. They get better with age. I am not sure how spunky I am, but my mom was, and so were her good friends. I will continue to aspire to be like them!

February 2nd is Ground Hog Day. This little guy looks outside the morning of the second. If he sees his shadow, he goes back to bed, we have 6 more weeks of winter. If he doesn't see his shadow, he plays outside for a bit, happy because spring is close at hand. Personally, I'm hoping for a cloudy day.

February 5th is Eat Ice Cream for Breakfast Day. This is a day I really need to celebrate. The 9th is National Pizza Day, another favorite day for me. There are a lot of food days this month, pick your favorite day and celebrate it.

We don't want to forget about Valentine's Day on February 14th. Make this a special day for you, friends and or loved ones. It's not about spending a bunch of money on someone, but time. If you only watch movies and eat popcorn (with a little chocolate of course), it is a holiday well spent.

If you are already thinking about what to plant in your garden this spring, or wondering how to plant something new, check out the Winter Gardening Fair Saturday February 19th in Hiawatha. There are several workshops to choose from. I have gone three different years and have learned so much each time.

Thinking about doing some remodeling and don't know where to start? The Cedar Rapids Home Show February 25th - 27th at Hawkeye Downs Fairgrounds might be a good place to start. I certainly get all kinds of ideas when I am there.

Whatever you choose, get out and enjoy the day.

God Bless



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Get Out
and Support Your Community



HOME CEDAR RAPIDS SHOW

Cedar Rapids Home Show
Hawkeye Downs Fairgrounds
and Expo Center

4400 Sixth Street SW
 Cedar Rapids, IA 52404

Friday, February 25th –
4pm to 8pm
Saturday, February 26th –
10am to 6pm
Sunday, February 27th –
12pm to 5pm

- Guests to the show can see the latest in building products and services to assist in building, remodeling or improving their home and yard.
- Seminars will be held throughout the show
- Sign up for a chance to win a Home Show Giveaway from Bank Iowa

Admission at the door: \$5,
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Why Wait Until Spring!



I am sure you have heard the phrase, spring cleaning. A time to purge everything you don't need or want and do a thorough deep cleaning throughout your home. But why wait until spring. I like to sort, organize and deep clean through these cold months to get a head start. The following are just a few things I am working on this winter. Consider adding them to your to-do list.

Donate, donate, donate! I often find myself with an excess of things that I do not use; some things that I am not even sure what they are. So, I keep a box in my home specifically for donations. As I am sorting, organizing and cleaning each room I take the box with me and add to it. There is always something to add! As soon as I have a full box, to donation it goes.

The kitchen and pantry. The kitchen is the hub of the home, and by this time of year, the "everything drawer" is overflowing onto the countertops. I like to take a day and deep clean the entire kitchen and pantry top to bottom. From wiping down the light fixtures, cabinets and counters, to scrubbing the stove, the floors and base boards. This is a great time to take everything out of your cabinets and drawers for a thorough cleaning and organize. Really think about the items as you put them back and decide if you want and need them, adding to the donate box as you go. Don't forget the fridge. It is time to let the holiday leftovers go. After you go thru all your items for expiration, take out and clean the shelves and drawers. You will be amazed by how great it feels to have a clean, organized fridge. This is also a great time to consider any kitchen updates. As we spend more time at home it's important to be comfortable in our main spaces.

Clothes closet and drawers. This is where the donation

box really starts to get filled up. Now that we have had a few months of this cold stuff, I have a good idea of what I wear and need, and what just keeps looking pretty on the hanger. This is also a good time to start looking at the spring and summer clothes I have collected and come to terms with what is not going to happen in the next the couple of months. It is time to let some items have a new home. While putting away what I decide to keep I have come to love those cloth baskets for organizing.

Clean up your zen-zone. These months are great for binging on movies and favorite shows or reading a few good books. But your space needs to be neat and organized to really enjoy your time. If you don't already have one, start with finding a space that will suit your needs. Next, clean up the area around you and start organizing your space; adding your favorites. Think of items that will create comfort; a lounge chair, a throw blanket and neck pillow, a salt lamp rock and snack basket. A cozy space to escape to.

The ups and the downs. As you make your way thru your home deep cleaning each room, don't forget to look up. The light fixtures, ceiling fans, and detectors can all use a good wiping down, and this is a great time to put in new lightbulbs. Use a pillowcase for quick cleaning of any of your ceiling fans. Next, look down. We clean our floors regularly, but the baseboards need some love, and the carpets and rugs have likely started to show signs of winter tracking in. Get a head start on those spots.

Make sure to note any damage as your cleaning that may need more attention this spring. It's never too soon to start planning your spring projects!



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February Pet Events



February 5, 2022

Bargains Galore Adoption Event

2020 16th Ave SW Ste B, Cedar Rapids
Have a great time checking out all the treasures in the store while also getting to meet some of our adorable kitties available for adoption! Check out our Facebook albums to find out more information on each of them. Message us if you would like to fill out an application before so that we can get you preapproved before arriving. Or you can fill out an application on our website at <https://www.unos-promise.com/info/adoption>. Of course, you can always fill out on-site as well.

Adopt a Pet

Adopt Your Best Friend Today!

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
Open House Every Saturday
10AM-2PM – Dog Adoption & Gift Shop

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

February 2, 9, 16 & 23, 2022

DOGS AT THE DOWNS

5-7:30
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4400 6th St SW, Cedar Rapids - North Expo Hall

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Cost is \$5 per dog. Proof of canine vaccines is required. More information at hawkeyedowns.org/dogs.

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
Open House Every Saturday
11AM-3PM – Cat Adoption & Gift Shop

Walk Your Dog - Area Dog Parks

February 22, 2022 is Walking the Dog Day!

Pets need lots of exercise and plenty of playtime. This is a great time to get outside and take your furry friend for a walk. Choose a place you've never explored and keep your walks interesting. It will be great for you both. To let your dog really stretch their legs, check out our local dog parks for an open space to run around. Check for park details before heading out to one of our local 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



February is Dog Training Education Month

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February is Heart Health Month

Celebrate heart health with this yummy slow cooker vegetable soup. Perfect on these cold winter days. Make a double batch and have a healthy side all week. I hope you enjoy some of my family-favorites. Happy Heart Month!

Slow Cooker Vegetable Soup

Ingredients:

- 1 can organic tomato soup
- 3 cups vegetable or chicken stock
- 2 whole potatoes, diced small*
- 3 green onions (scallions) chopped (whites and greens)
- 1 bag frozen mixed vegetables
- 1 large can diced tomatoes

- Bay leaf
- 1/2 tsp. dried oregano
- Salt and Pepper to taste
- Cooked Egg Noodles

Directions:

Pour tomato soup and stock into slow cooker and whisk until smooth. Add all other ingredients, except noodles, and cook on low for 8-10 hours or on high for 4-5 hours. Remove bay leaf. Add cooked egg noodles or other pasta during the last 15 minutes. Serve with crackers, salad or grilled cheese and enjoy! *For a quicker prep time, omit potatoes.



Valentines Brownies

This Valentine's Day, simplify your life and let the kids help you make a yummy dessert that the whole family will love.

Ingredients:

- 1 pkg brownies and ingredients per instructions
- 3 cans of frosting (red, pink, and white) or Powdered sugar

Directions:

Bake a 13x9 pan of brownies using your favorite recipe. Use a heart-shaped cookie cutter to cut the brownies into hearts.

Microwave the canned frosting for 1-2 minutes to make a smooth, liquid glaze.

Spoon the glaze over each brownie, coating the top and the sides.

Drizzle alternate colors of glaze over the top. Let frosting set and enjoy.

No frosting? Dust some powdered sugar instead!



Skewer Fun!

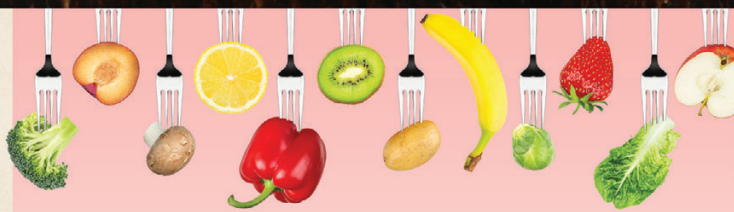
Sweet Treats do not have to be unhealthy or difficult to prepare. We have put together a treat for your little sweetie with ingredients you probably have in the pantry or fridge! You will see this recipe is easy and I promise it will not be a "Pinterest fail!"

Use the fruits you have on hand and let your kids have fun creating a snack that's easy for any age to prepare. What we used:

- Strawberries
- Grapes
- Blueberries
- Clementine
- Skewers

Directions:

Cut your strawberries. Using a knife, cut a "V" at the top of the strawberry for a fun heart shape, if you'd like. Using the sharp side of the kabob, skewer on your fruit. Serve with yogurt or other fun dip.



Picky kids? Try these sneaky tips!

*Add 1 cup of fresh spinach to your browning mix or chocolate cake by chopping in a blender with the wet ingredients.

*Add a scoop of powdered greens to smoothies, meatloaf, soups, chili and pasta sauce.

*Add chia seeds and hemp seeds to salads, ice-cream, oatmeal and yogurts.

*Swap sugary yogurts for plain greek and add your own fruits and low calorie natural sweetener.

*Mix pureed cauliflower or sweet potato into your cheese sauce for macaroni cheese.

*Grate carrots into your hash browns

*Add finely chopped mushrooms to any ground beef recipe

*Add shredded zucchini in your slow cooker recipes



Macaroni KID[®]
Cedar Rapids

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 Cedar Rapids, IA

Romance Weekend

Join us to celebrate love on Valentine's Day Weekend in the Amana Colonies!

Whether this year's love is your significant other, your best friend, or your favorite family members, bring them to enjoy special dinners, fun shopping, and unique activities in the Amanas for Romance Weekend.



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February 11 - February 13, 2022

Put the romance back in your life with a getaway to the Amana Colonies. You'll find special events taking place in many of the shops and restaurants along with some special overnight romance packages available at our hotels and B&Bs. This is the perfect time to get away from it all in the Amana Colonies.

For more details visit amanacolonies.com/things-to-do/events/themed-weekends/romance/



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A day of over 70 gardening classes and hands-on workshops. Tuition covers your choice of five sessions, horticultural-related society displays and vendors, a lunch, and complimentary beverages. Hosted by ISU Linn County Extension Master Gardeners Program and Kirkwood Community College.

Register at <http://bit.ly/gardening2022>
DEADLINE TO REGISTER IS FRIDAY, FEB. 11TH!





How Senior Living Communities are Helping Couples Stay Together

You've celebrated so many milestones together; the birth of your children, careers, life adventures, retirement, and the birth of grandchildren. You know what the other likes and dislikes and can often finish her sentences. Then one day something changes: She was diagnosed with dementia and slowly has begun to require 24-hour care. Other than struggling to provide the 24-hour care, you're still in good health.

You could never imagine living separately from your spouse but living together is becoming increasingly challenging. Deteriorating health conditions such as stroke or dementia can lead to safety concerns, and you know it's important to seek outside intervention. Now what?

Many are moving to a continuing care retirement community so that their different needs are being met and allowing them to stay together. CCRC's offer independent and assisted living apartment homes with the ability to add clinical services and they have specialized memory care communities and skilled nursing facilities integrated into the campus. This provides the peace of mind the spouse needs that their loved one's care is being managed by professionals, that they themselves get a reprieve so they don't burnout, and they still reside under the same roof.

The ability to reside together, enjoying meals and activities, is an important part of being able to continue your relationship as your healthcare needs change. Transitioning to a continuing care retirement community is often a good option for couples.

If you live in Linn, Benton or Jones counties in Iowa and would like more information on CCRC options near you, call The Views Senior Living.



The Views of Marion - 319-390-8439

The Views of Cedar Rapids - 319-294-9669

Reclaim Your Rhythm



MAKE MOVES TODAY

Take a stand. Wear red and give on February 4th. Together we can change the statistics and help women create the healthy habits they need to have their best chance at life.

Learn more at WearRedDay.org

American Heart Association.



Go Red For Women is nationally sponsored by



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MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



10
Minutes
of stretching is like walking the length of a football field



2.5
Hours
of walking every week for a year is like walking across the state of Wyoming



30
Minutes
of singles tennis is like walking a 5K



1
Hour
of dancing every week for a year is like walking from Chicago to Indianapolis



20
Minutes
of vacuuming is like walking one mile



30
Minutes
of grocery shopping every other week for a year is like walking a marathon

Source: <http://www.purdue.edu/walstothehoon/activities.html>

EAT SMART ADD COLOR MOVE MORE BEWELL

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE

Reclaim Your Rhythm

GET BACK INTO THE GROOVE WITH THESE TIPS



TAKE CENTER STAGE FOR WOMEN'S HEART HEALTH

Wear red and give to help women create the healthy habits they need to have their best chance at life

Give now.



MOVE TO THE GROOVE FOR MENTAL WELL-BEING

One of the keys to better health and mental well-being is getting back into the rhythm of an active lifestyle.

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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.

Well Woman Visit: What to Ask Your Doctor



By the American Heart Association

The American Heart Association is urging women to use American Heart Month as a time to schedule their well-woman visit; a yearly exam that may be helpful in preventing cardiovascular disease and stroke. But the exam is not just about what your doctor will ask you. As a patient, you have the power to ask your doctor questions that will help them do a more thorough examination.

Patients sometimes tend to think that doctors are all-knowing and have all the answers, so patients often take a very passive role in their own health care. Yet, you know your body better than anyone. It is important for you to give your doctor as much information as possible to help them make a more accurate assessment of your health.

There are also important questions you can ask your doctor to help them pinpoint any specific health concerns that need to be addressed, as well as helping you gain a better understanding of your own condition. Remember, the signs and symptoms of cardiovascular disease and stroke—the No. 1 killers of women—can often be passed off as symptoms of the flu or stress. Even if you are experiencing something that may seem normal, ask your doctor about it.

Here are some questions to remember:

Will you please explain all these numbers to me? Every exam involves hearing lots of numbers such as systolic and diastolic blood pressure readings, pulse rate, HDL and LDL cholesterol levels, body mass index, and so on. Ask your doctor to tell you your numbers, explain their significance, and whether yours are in the normal range.

What do you think about my current medication regimen? You'll need to have a list of all the medicines and dietary supplements you take and the dosages.

Is (fill in the blank) something to be concerned about? Ask your doctor about any changes in your weight, digestion issues, joint pain, headaches, skin conditions, or whatever you might be experiencing.

When will the lab results be in? Blood screening tests often take at least a day or two to get the results. You can tell

your doctor to call you with the results, and whether or not it's OK to leave the results in a voice mail or if you want to hear the results directly.

Are there any particular things we need to keep an eye on? The human body is extremely complex, so there's almost always something that will need special attention moving forward.

Is there anything in my family history I should watch out for? Give your doctor a full understanding of any diseases your relatives have had or died from. You might also be prone to the same illnesses.

Are there any additional tests, screenings, or counseling you'd recommend? A typical exam may involve a number of tests, but there are others, such as a cholesterol test or mammogram, that may require you to go to a lab or other facility to be done. Other tests may be needed if your initial exam indicates a problem that needs exploring. Some of these other tests may be diagnostic, not preventive, and therefore may require you to pay your co-payment and/or deductible.

Are all my shots current? You might need a flu shot, tetanus booster, or if you're planning a trip to other countries you might need a specific immunization.

Could you recommend a diet and exercise regimen? Be honest and tell your doctor about the foods you normally eat, and how much (or how little) you exercise. Be open to applying the advice you get. Depending on other factors (such as whether you are obese or diabetic), you may be eligible for nutrition counseling, so ask your health care provider about that.

Can we go ahead and schedule next year's well-woman visit? It's smart to plan ahead, so while you're at the doctor you can make the next exam appointment one year from now.

Learn more about your Well-Woman Visit at www.GoRedForWomen.org. Get involved - The American Heart Association is a relentless force in Corridor. To get involved, visit www.heart.org/EasternIowa/



KID'S in the Corridor

FEBRUARY 5, 2022

BESTIE BASH

Noon - 2PM

Bring your kiddos (and their besties) to the mall so they can spend some time together craftin' up a storm at BESTIE BASH! We'll have a sweet giveaway for all kids, a small paint craft, and a friendship bracelet station. Come enjoy the afternoon with us & don't forget to tell all your mommy friends! (Sweet treats & crafts are limited quantity & only available while supplies last.)

Lindale Mall

4444 1st Ave NE, Cedar Rapids

February 14, 2022

15th Annual Kids Day 2022

1:00-5:00PM

February is Children's Dental Health Month

We'll be seeing children all afternoon, but an appointment is not necessary to join the fun! Stop by and enjoy:

- face painting
- arcade games
- coloring contest
- photo booth
- door prizes
- goody bags for everyone
- snacks and more!

Cedar Rapids Smile Center, PLC, 1260 3rd Ave. SE, Cedar Rapids

February 12, 19 & 26, 2022

10AM-12PM

FREE

The Music and Arts Studios, 1847 E Ave NE

We are so thrilled to have all of our creative Saturday morning kids back in the studio painting, drawing, sculpting and creating art with us again. Professional musicians and artists will be there to help your child explore new art supplies or instruments! Free for all students, regardless of membership status.

Parent Education CONSORTIUM
play & learn at hiawatha public library
 THURSDAYS FROM 10:00-11:30
 FEBRUARY 17 - MAY 12
 REGISTRATION REQUIRED

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Ice Rinks:

Jones Park Tennis Court (200 Wilson Ave SW)

Noelridge Park Tennis Court (4900 Council St. NE)

Thomas/Legion Park (343 Marion Blvd) is open daily from 6am-10pm as weather permits

Rinks are constructed using a plastic liner, which results in better quality ice and a longer skating season.



Sledding:

• **Noelridge Park** 4900 Council St. NE, CR

• **Cherry Hill Park** 341 Stoney Point Rd. NW CR

• **Ellis Park** 916 Ellis Blvd. NW, CR

• **Bever Park & Old McDonalds Farm** 2700 Bever Ave. SE, CR

• **Prairie Park Fishery** 2125 Otis Rd. SE, CR

• **Jones Park** 201 Wilson Ave SW, CR

• **Thomas Park** 335 Marion Blvd, Marion

• **Taube Park** 2200 31st St., Marion

• **Pinicon Ridge Park** 4729 Horseshoe Falls Rd, Central City

• **Pleasant Creek State Recreation Area**

4530 McClintock Rd., Palo 319.436.7716

• **Napoleon Park** 2501 S. Gilbert St., Iowa City

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

February Events

FEBRUARY 5, 2022

Celebrating Black History Month at the Museum

Celebrate Black History Month with the African American Museum of Iowa! Galleries will be open with FREE admission on Saturday, February 5 from 10am – 4pm, and Thursday, February 17 with extended hours from 10am – 7pm. Along with FREE admission, visitors can also enjoy: A Free Book, A Snack, Activity Sheets,

AAMI's Traveling Exhibit: Iowa Civil Rights

Continue the celebration year-round at AAMI! #NotJustFebruary
African American Museum of Iowa
55 12th Ave SE, Cedar Rapids

February 7, 2022

Harafica Cimbál Band

7:00-9:00PM

National Czech & Slovak Museum & Library
1400 Inspiration Drive SW, Cedar Rapids
NCSML welcomes the world-class cimbál band, Harafica, for the first time to the United States with performances in Chicago, Cedar Rapids, New York City, Philadelphia, and Washington D.C. This eight-member band was founded in 1999 by a group of young men attending elementary music school in Moravia. More than 20 years later, the group is still playing a repertoire of Czech and Slovak folk and modern songs, including original pieces. Under the guidance of experienced dulcimer player and composer, Petr Gablas, a group of charismatic musicians have earned respect amongst other dulcimer musicians and especially with audiences.



Join Lexi Belle, Roxie Mess and Mindy Belle in celebrating Galentine's Day at NewBo City Market!
1100 3rd St SE, Cedar Rapids

Your ticket will include admission to the show, one complimentary drink ticket, an honorary crown, and a truffle from Lori Ann's Candies. NewBo Beer & Wine will be open throughout the show for additional beverages. The Market Shopkeepers will be open until 8 p.m., so grab your dinner and desserts to enjoy during the show!



FEBRUARY 12, 2022

CinéVino

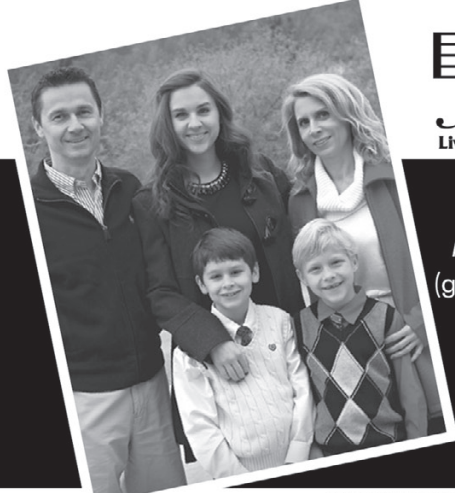
6:30-10:30PM

NewBo City Market! 1100 3rd St SE, Cedar Rapids
Join us for the return of NewBo City Market's CinéVino, a one-of-a-kind event celebrating Iowa wine and cinema! Wine lovers will enjoy a film screening and sip on numerous samplings from several local wineries. Your ticket will give you access to the film screening, wine tastings featuring a variety of local wineries, and appetizers catered by Market Shopkeepers! Attendees will also receive a wine journal card so they can keep track of which wines they liked best throughout the night. Doors open and wine tasting begins at 6:30pm, with the film screening beginning at 7:15pm. CinéVino is a 21+ event.

HAPPY
Valentine's Day



5¹⁰ LIVE CONCERTS
\$45 ONE LOW PRICE



ANOTHER GREAT CONCERT LINEUP FOR THE 2021-2022 SEASON!
 Members get five live concerts for one low price—all five shows for just \$45 (general seating) in Cedar Rapids. Plus, attend five additional Metro Community Concerts at the Gallagher-Bluedorn in Cedar Falls at no additional cost.

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 Landladies, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez, The Folk Legacy Trio are George Grove, formerly with the Kingston Trio, Rick Dougherty, former member of the Landladies and Kingston Trio and Jerry Siggins, former lead singer of the legendary doo-wop 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 Donizetti's Bradamante and more. The program takes the audience on a musical journey including famous soloists from Broadway, classical and Americana genres. David Foster, Grammy Award Winning Producer/Artist and Multi-Award Winning Vocalist says Gulley is "...next generation of music superstars!"



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 boys! More than 25 years after Melissa Manchester released Tribute, her 1989 album that honored the great female singers who influenced her, she turns the tables with The Fellas, a radiant encomium to the men, including Frank Sinatra, Mel Tormé, Tony Bennett and Dean Martin, and the iconic songs they made famous. Worked with Marvin Hamlisch, Kenny Rogers and Barry Manilow.



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), František and Roman Janoska and their Konstanz-born brother-in-law Julius Dornas proves that in remarkable fashion their musical creations happily harmonize or colour-fully contrast their classical fach 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.



BRING A FRIEND AND ENJOY!

February

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