

CITY

Revealed

SEPTEMBER 2022 FREE

**EASY BACK-TO-SCHOOL
RECIPES PG. 10**

**TIPS TO KEEP MOVING
FROM AMERICAN HEART
ASSOCIATION PG. 8**

**THE CORRIDOR KEEPS THE
FUN GOING PG. 15**

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Michelle Milcoff
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CITY Revealed
MAGAZINE

319.447.CITY
City Revealed Magazine
PO Box 121
Cedar Rapids, IA 52406
www.cityrevealed.com



Publisher's Note

Happy September! I hope everyone has been enjoying the nice weather. Thank you for the positive comments from our readers. It's fun to know some of you pass your magazine onto friends and relatives each month. Thank you for reading!

I have some interesting days this month to share, starting with September 1st. This is Emma M. Nutt Day; she was the first woman telephone operator. When I was young a lady in my hometown was the telephone operator. Watching her work that board was the coolest thing ever. It is also National Cherry Popover Day (my kind of holiday). September 2nd thru September 4th we will be celebrating at North Point featuring 4 live bands and serving breakfast till noon. September 3rd is International Bacon Day as well as National Tailgating Day. Take your bacon and grill and enjoy the football game. September 4th NewBo is doing a Run Half Marathon and 10k. September 5th is Be late for Something Day. (I can do that!!) It is also Labor Day. Celebrate and enjoy. September 11th is 911 Remembrance Day. This is a day many of us watched the destruction and will never forget. Take a moment and pray for the victims who died and their family and friends who survived. Now here is a favorite of mine, September 14th is Cream-filled Donut Day! I can celebrate this all day long. September 16th is Collect Rocks Day. I have a few from my travels but can always find more.

The walk to end Alzheimer's in Cedar Rapids will be September 24th. Enjoy the weather and comradery of other walkers.

The Amana Colonies will be celebrating Oktoberfest September 30th thru October 2nd. Go, enjoy live music, games, beer, and German food.

Check out the Pet section for some fun ideas for your favorite pet. Don't have a pet, check out the adoption section.

Now with school starting, parents are trying to think of quick, creative ways to make breakfast items. Check out Macaroni Kids recipes. She has some great ideas. We also have some lunch ideas that are fun to make and are nutritious as well.

Home maintenance is never ending. Check out the enclosed article to see if you are on track, or like me, just a little behind.

The Greater Cedar Rapids Fall Parade of Homes is coming in October. Can't wait to see the latest ideas.

Get out and enjoy the September days.

God Bless



Don't have time to stop and pick up a magazine?
Have City Revealed delivered to you!
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City Revealed Magazine at PO Box 121
Cedar Rapids, IA 52406.

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BBB Tip: Facts about identity theft

Communication, work, school, shopping and even doctor's visits have undergone massive digital transformations in the past few years. Identity thieves are evolving right alongside us to better exploit victims in an increasingly digital world causing a sharp rise in fraud incidents and the amount of money lost.

1. Fraud and identity theft is rising significantly. Life changed as pandemic confusion collided with rapid transitions to remote work and learning. Many consumers lost jobs and loved ones. A sharp rise in imposter and online purchase scams, fraud and identity theft resulted.

2. Reports of thieves hijacking accounts have increased 72% since 2019. As more services shift online, consumers' private information shifted. One consequence is a rise in businesses data breaches and consumer account theft. Account takeovers are growing and have a high risk of financial loss.

4. Everyone is a target for identity theft. Consumers between the ages of 30 to 39 make up the largest share of identity theft victims. Children aren't safe from id theft and it often takes longer to recognize what has occurred when victims are young. It's never too early to monitor a credit report.

5. Social media users are 30% more likely to fall victim to identity theft. Thieves learn valuable information about potential victims from social media. Taking a Facebook quiz can increase exposure by collecting information that helps thieves who frequently make contact with victims through social media.

Avoiding identity theft takes diligence and an abundance of caution. Look for unfamiliar activity on your accounts and statements. Check your credit reports for unauthorized inquires or accounts. Do not share personally identifying information. Secure and shred personal documents as necessary. Watch for online phishing attempts or tech support solicitations. Never click on unknown links. Use strong passwords and

be careful about sharing any information. When making online purchases use a credit card.

With enough personal information, a scammer can pretend to be you and commit a wide range of crimes. You may not notice what is happening until the scammer has already inflicted substantial damage on your assets, credit, and reputation.



GREATER CEDAR RAPIDS
Parade of Homes
 Fall 2022 • NEW & REMODELED HOMES

GREATER CEDAR RAPIDS
Housing & Building
 ASSOCIATION

• building our community •
gcrhba.org

Coming Soon!
October 8-16, 2022
Fall Parade of Homes 2022

Tour beautiful new and remodeled homes, showcasing the work of the Corridors top builders and subcontractors! Look for more details in the October issue of City Revealed.

Sponsored by

Residential & Commercial
 319-632-1355 319-339-0004
 9440 Atlantic Dr SW Suite 3, CR

FALL HOME MAINTENANCE

September

- Check exterior finishes • Plant new lawn
- Check garage door tracks and lubricate bearings
- Check caulking for air and water leaks
- Check fireplace and chimney
- Check basement or crawl spaces
- Have humidifier, furnace and HRV serviced • Check clothes dryer vent
- Check and reset ground fault circuit interrupter (GFCI)
- Test smoke alarms and carbon monoxide detectors

October

- Check windows and screens
- Drain exterior water lines
- Check roof including shingles, flashing and vents
- Check weatherstripping
- Check sealing around windows and doors
- Check septic system
- Winterize landscaping and remove leaves
- Clean furnace filter and HRV • Clean water heater
- Shut off exterior water supply
- Check eavestroughs and downspouts
- Clean humidifier • Check and reset GFCI
- Test smoke alarms and carbon monoxide detectors

November

- Check attic
- Inspect floor drains to ensure trap is filled with water
- Clean furnace filter and HRV
- Check for condensation and humidity
- Check and reset GFCI
- Test smoke alarms and carbon monoxide detector

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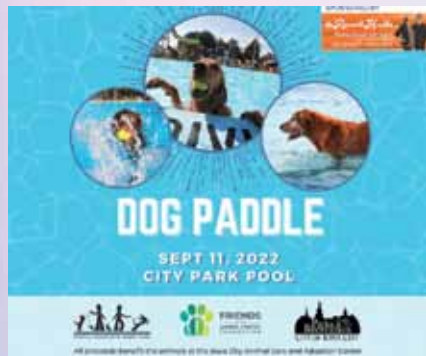
Owner Janie Fairchild & her dog Star

CedarValley@barkbusters.com www.dogtraining-cedarrapids.com 319.471.4141

September Pet Events

September 10, 2022 Bargains Galore Adoption Event 3-7pm

2020 16th Ave SW Ste B, CR
Check out all the treasures in the store while getting to meet some adorable kitties available for adoption! Check out our Facebook albums to find out more information on each of them. To adopt, message us to fill out an application before the event so we can get you preapproved, or fill out an application at <https://www.unos-promise.com/info/adoption>. Of course, you can always apply on site.



Before the City Park Pool is drained for the season attend this once-a-year opportunity for your dog to take a dip in the pool!
12:00pm – 2pm OR 3pm – 5:00pm
City Park Pool, 200 E. Park Rd, Iowa City

Early registration closes September 6th
Early registration \$10
General registration \$15



Adopt a Pet



Cedar Valley Humane Society
7411 Mount Vernon Rd SE, CR
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

NOT ACCEPTED: Rabies tags or city license tags
You must have a signed rabies certificate from your vet

Vaccine & Microchip Clinic
Tuesday, September 13th
3:00 pm to 6:00 pm

Available Services	Price if pet is already vaccinated	Price if pet is NOT vaccinated or microchipped
FVRCP or DAAPP Vaccine (Kittens included)	\$15	\$40
Rabies Vaccine	\$15	\$40
Both Vaccines	\$25	\$80
Microchip	\$25	\$25
Lithium Registration		\$25

Please have cats in carriers and dogs on non-retractable leashes
No Appointment Necessary!
CASH ONLY
Pets vaccinated today that are not spayed or neutered will receive a coupon toward today or future surgery at the Regional Clinic.
6540 6th St SW in Cedar Rapids
For more information please call (319) 363-1225

X107.5
PUP-A-PALOOZA
SUNDAY SEPTEMBER 18TH
LIVE MUSIC FROM 12P-6P
LP Street Food

Benefitting Cedar Valley Humane Society
ADOPT ME

Patio at LP Street Food- 302 3rd Avenue SW, Cedar Rapids

September 27, 2022 Spayghetti & No Balls Pasta Dinner- SAVE THE DATE! 4:00 pm - 9:00 pm

Zio John's 755 7th Ave, Marion
Be sure to join us for some delicious food and help raise funds for spay/neuter in Eastern Iowa! Check back for more information! iowahumanealliance.org/events

September 16 - October 7, 2022 Kathy's Pies Fundraiser – SAVE THE DATE!

Everyone loves Kathy's Pies! They are baked fresh right here in Cedar Rapids and freeze beautifully! Help us reach our goal to sell 500 Kathy's Pies. Tell your friends and family! Stock up for the holidays and know that your purchases are helping to provide much needed services for pets and strays in Eastern Iowa. <https://iowahumanealliance.org/events>



Get Out to One of the Area Dog Parks

This is a great time to get outside and take your furry friend for a walk!

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

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



American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

ABC

18

Practice spelling, do a squat for every vowel

22

Practice math problems, do a jumping jack every time the answer is an even number

19

Run in place for 30 seconds, check your heart rate

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds



heart.org/KidsActivities



Art Therapy for Dementia

Art therapy has many proven benefits for those living with dementia. In instances, those living with dementia have a slice of clarity and express emotions through art that a family or friend may never have known before. This helps them express feelings and communicate when they have lost their language ability.

Art Therapy also:

- Helps trigger good memories and increases reminiscing. Reminiscence therapy improves communication, provides relief from boredom which in turn decreases agitation, aggression, and depression. It also preserves family history and their quality of life!
- Activates neurons and brain function.
- Boosts self-esteem
- Increases focus & attention. As someone's dementia progresses, their attention span decreases. They may become easily distracted and have issues focusing.
- Better sleep. By keeping someone with dementia actively engaged in activities/art, they are proven to have a better nights' rest.

Meadowview Memory Care recognizes the benefits and offers constant activities revolving around arts and crafts; and an art therapist that comes in to do special art classes. If you are wanting to include your loved one in an art project, there are some simple steps to follow so it is successful for all.

- Keep the art project simple. Break the project down into steps.
- Use non-toxic items. Items of color, like paint, may be thought of as a drink.
- Keep the project at an adult level so it doesn't seem demeaning or childlike.

If you need ideas or want to join one of our many classes held at Meadowview. Please contact one of our nearest locations for times and the activity.



The Views of Marion - 319-390-8439

The Views of Cedar Rapids - 319-294-9669

Start the Kids Day off Right with These Quick & Easy Breakfast Recipes



Overnight Oatmeal

Have a hard time getting out the door in the morning? Save some time by making breakfast the night before.

INGREDIENTS: 1/2 cup old fashioned oats
1/2 cup milk

DIRECTIONS: Using a 16-ounce mason jar, add oats and milk; layer with desired toppings. Refrigerate overnight; serve cold.

Topping ideas: Sliced strawberries, peanut butter & jelly, honey and sliced almonds, diced pineapple and coconut, greek yogurt, diced apples, and cinnamon

It's back-to-school time and with it comes the challenge of getting back into a routine of go, go, go! Quick and easy meals are what come to mind for most parents when thinking of ideas for breakfast and lunch during the school year. Breakfast is a very important meal of the day, especially for children. They need to have a full tummy to be able to focus through the morning, and sometimes lunch can come later in the day than they may be used to. Lunch at school may be another challenge if your child prefers to take their lunch. What will keep the best is usually the main concern. This month we have put together a few recipes to make breakfast, lunch, and snacks a breeze. Happy Back to School!

Mini Omelets

Macaroni Kid Eats Publication

Bake these mini omelets when you have some free time and then either store them in the refrigerator for a few days or in the freezer if you would like to make a bunch in advance. Just wrap them up individually and reheat in the oven or microwave as needed. Turn the mini omelets into quick egg sandwich! Change it up and experiment with your favorite ingredients.

INGREDIENTS:

1 cup chopped ham
 1 cup chopped broccoli florets
 10 large eggs, beaten
 ½ cup milk
 ½ cup shredded cheese
 As needed, cooking spray
 To taste, salt & pepper

DIRECTIONS

1. Preheat oven to 375 F.
2. Whisk together eggs and milk. Season with salt and pepper.
3. Spray a 12-cupcake/muffin pan with the cooking spray.
4. Ladle a small number of eggs into each tin.
5. Divide the ham, broccoli, and cheese evenly.
6. Ladle more egg mixture over the ham, broccoli, and cheese, the tins should be 2/3 full.
6. Bake for 15-20 minutes.
7. While still warm and using a butter knife, cut around each egg muffin and scoop out with a large spoon.
8. Serve hot

Omelets will keep for a few days in the refrigerator. Unused omelets can be individually wrapped, frozen and reheated for another breakfast.

Crunchy Banana Snacks

Quick and easy and kiddo approved!

INGREDIENTS:

2 Bananas
 Peanut butter
 Honey
 Rice Cereal or your favorite

DIRECTIONS:

Spread peanut butter on a banana, drizzle with honey and roll in cereal. Slice and serve!

Lunch Box Kabobs

Are sandwiches getting boring? Throw in some kabobs in their lunch box instead! All you need are some skewers and really anything you have on hand! Here are a few ideas:

Deli meat • Cubed cheese
 Cherry tomatoes • Pickles
 Olives • Cucumbers
 Bell peppers • Pepperoni
 Salami • Zucchini

"Sword" a few of those up, throw in a fresh piece of fruit and crackers and you are good to go!

What other ideas do you have for quick and easy meals? We would love to hear them! Share with us on our Facebook Page @City Revealed Magazine

Ideas for breakfast and lunch!

Breakfast:

Mini Baked Omelets
 Overnight Oatmeal
 Pancakes - make the night before and reheat in the morning
 Cereal with fruit
 Oatmeal Breakfast Cookies
 Yogurt and granola
 Smoothies
 Toast or English muffins peanut butter

Lunch:

Cold cut sliders
 Pita Pockets with lunch meat or tuna or chicken salad
 Cheese + crackers and fresh fruit
 Leftover pasta
 Leftover pizza
 Bagel, fruit, and yogurt
 Pita Bread and hummus
 Turkey and cheese roll ups
 Cheese quesadilla
 Hard boiled eggs and fruit cup



Macaroni
 Kid

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



Make School Lunch Fun!

Let's face it, lunch is every kid's favorite subject no matter what grade or where they are eating. So, whether your kids are eating at school or at home this school year, let's make lunch special by creating new and fun ways to craft it. You can make lunch extra special for your kids by adding a little entertainment to their favorite meal of the day — try a new recipe, make fun sandwich shapes, add a riddle or sweet note, or create a fun crafted bag with stickers or games. Check out these fun ideas:

1. Special Note or Joke
Write a special note or joke and surprise them with a smile each day.
2. Craft a Snack
Turn snacks into a craft and make fun characters.
3. Origami Napkin
Create a fun origami figure out of a napkin and add an extra napkin with directions so they can fold one too.
4. Bento Box
Are you a mom of "munchers"? Fill up a bento box with all of their favorites for a balanced meal.
5. Silly Faces
Draw silly faces on bananas, sandwich bags, paper lunch bags, or fruit cups.
6. Have a Picnic
Take lunch outside and turn it into a picnic!
7. Stickers
Sticker all.the.things. Lunch bags, packaged items, create games - bring out your 3-year-old self.
8. Fun with Shapes
Turn sandwiches, fruit, and cheeses into fun shapes with cookie cutters.
9. Cupcake Wrappers
Fill different snacks in wrappers or colored cups to brighten up their lunch.
10. Kabobs
Make fruit or sandwich kabobs.

No matter what age, everyone loves lunch with a smile!

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. Charlotte's free local newsletter, please visit www.cedarrapids.macaronikid.com (Cedar Rapids) charlottel@macaronikid.com

KID'S in the Corridor

Kid Connect
Free Interactive Play Group



Coming to the Ely Public Library
Every Saturday 9:00-10:30am,
September 10- October 29



Family Learning
Connection

Ely Public Library
1595 Dows St, Ely, IA



Hiawatha Public Library

150 W Willman St, Hiawatha

Youth Services Librarian Alicia Mangin welcomes kids and their caregivers as she shares stories, songs, and fingerplays. Kids 0-5 and their caregivers are welcome. This event will not meet on Labor Day, September 5.

THE IOWA
**CHILDREN'S
MUSEUM**

STEM
SCIENCE • TECHNOLOGY • ENGINEERING • MATH
FAMILY FREE NIGHT

SPONSORED BY  Collins Aerospace

September 30, 2022 • 5 – 8 PM

The Iowa Children's Museum

1451 Coral Ridge Ave, Coralville

Join us the last Friday of the month for FREE admission and a STEM activity.

More events in the corridor can be found online
www.cityrevealed.com www.marionpubliclibrary.org
www.cedarrapids.macaronikid.com www.crlibrary.org
www.hiawathallibrary.com www.icpl.org

How to Pack a Healthy School Lunch



Packing lunches for school means you know which nutritious foods your kids are eating. Here are some budget-friendly, creative ideas to keep kids happy and healthy at lunchtime:

Make a Smarter Sandwich

While some kids prefer the same thing every day, others might be OK with a slight switch to their sandwich.

- Use different breads, like 100% whole-wheat tortilla wraps (choose wraps low in saturated fat and made with no hydrogenated oils) or 100% whole-wheat pita pockets.
- In addition to lettuce and tomato, try shredded carrot or zucchini and sliced apple or pear with a turkey sandwich.
- Try avocado or hummus as a swap for cheese or mayo.
- Try a leftover grilled chicken in your sandwich as a switch for lunch meat.

Love those Leftovers

Think about using the leftovers from a family favorite dinner for a next day lunch. Use a thermos to keep foods hot or cold until the lunch bell rings. Some ideas:

- Soup - tomato, vegetable or bean
- Chili (vegetarian or made with lean or extra lean ground chicken)
- Spaghetti (whole wheat with tomato, pesto or marinara sauce)
- Bean casserole or beans and rice

These foods sometimes have a lot of sodium, so make them homemade with little or no salt, or compare nutrition facts of similar products and choose the ones with less sodium.

Let Them Dunk

Sometimes it's OK to let your kids play with their food, especially when they're getting extra nutrition. Try packing one of these fun dunks with dippers:

- Apple and pear slices to dip into low-fat plain yogurt or peanut butter.

- Carrot, celery and sweet pepper strips to dip into hummus, fresh salsa or homemade bean dip.
 - Whole-grain crackers* or slices of grilled tofu (a soybean product) to dunk into soup.
- *Choose crackers low in sodium and saturated fat and made without hydrogenated oils.

Get Them Involved

When kids help pack their lunch, they're more likely to eat that lunch! On nights you have a bit more time, like a Sunday night, have them choose which piece of fruit or what type of whole grain bread they want and let them assemble their lunch. Make this a weekly routine – it's another great way to spend family time together.

For more information on keeping your kids healthy and happy this school year, visit heart.org/kids.





9TH ANNUAL HOPEWALK REGISTRATION IS OPEN SEPTEMBER 17, 2022

8:30 – 11:00 AM

**Cherry Hill Aquatic Center
341 Stoney Point Rd NW, Cedar Rapids**



The HOPEwalk is a local community walk supporting awareness and education on suicide prevention and those affected by this national health crisis. The walk includes an opening presentation and a lap around Cherry Hill Park in Cedar Rapids, Iowa.

We believe that every life matters and want to gather to remember those lost, support survivors, raise awareness, and help prevent suicide in the Cedar Rapids community. Funds raised at the walk will be spent locally in the community to raise awareness and help prevent suicide.

Check-in Begins at 8:30AM • Opening Presentation | 9:30AM

1 Lap Walk Following Opening Presentation

Participants can register online at hopewalk-cr.com or in person the day of the event and can register as an individual or as part of a team.



2022 Cedar Rapids Walk for Apraxia Every Child Deserves A Voice September 17, 2022

At the Walk for Apraxia, we come together not only to celebrate the achievements of our Apraxia Stars, but to raise funds to support the programs that help our Stars shine. The Walk for Apraxia supports educational opportunities, awareness, financial aid, support for research, and much more. By joining the Walk, you are making our apraxia community tighter, stronger, and ready for the road ahead. Don't forget - registration is now FREE so we encourage you to register today and invite your network to do the same! For complete details visit <https://www.apraxia-kids.org/> Noelridge Park (ITC Pavillion) 4900 Council St NE, Cedar Rapids center.

ARTS FOR AFRICA

Arts and Craft Fair

SATURDAY, SEPTEMBER 17, 2022 AT 10 AM – 3 PM

Shop from local artists and crafters, silent auction and more!

Proceed benefit Tumaini Schools in Tanzania, Africa.

Noelridge Christian Church, 7111 C Avenue NE, CR

PROCEEDS TO BENEFIT TUMAINI SCHOOLS IN TANZANIA



Fall Fun Comes to Marion

City of Marion IOWA

IDs will be scanned at the entrance to the event.
 General Admission: \$40 includes access to brewers beginning at Noon, official Oktoberfest tasting glass, and participation in games at Celebration Tent

VIP: \$50 includes 11:00 am access to brewers including limited run offerings and swag items, premium Oktoberfest tasting glass, and participation in games at Celebration Tent.

This is a rain or shine event, sorry no refunds.
 Tickets available at eventbrite.com <https://web.marioncc.org/events>

Marion Farmers' Market at Taube Park September 10, 2022 8:00am - 11:00am

Taube Park - 2200 31st Street, Marion
 The Marion Farmers' Market offers a variety of locally grown produce, fresh baked goods, flowers, homemade crafts, and much more.

MARION INTRODUCES NEW "MOVIES ON THE MOVE" SERIES
Free and open to the public. Between May and September, on the third Tuesday of the month, the department will bring an outdoor movie to select Marion neighborhood parks. Tuesday, Sept. 20 featuring "Back to the Future" at Hanna Park, 775 Fairview Dr.

The movies are scheduled to begin around 8 p.m. (or dusk). Attendees are encouraged to bring chairs/blankets to the park for lawn seating. Outside food and drink are permitted.



Uptown Marion Market
Saturday, September 24, 2022 8:00 AM - 12:00 Noon
 7th Avenue and City Square Park in Uptown Marion
 Featuring vendors, music, and family-friendly programming.



OKTOBERFEST Saturday, September 17, 2022 11:00 AM - 3:00 PM 7th Avenue & City Square Park, Uptown Marion 1001 7th Avenue, Marion

The Marion Chamber is proud to announce a new signature event! Enjoy a fun afternoon sampling a wide variety of beer brands and styles from the best breweries in Iowa and surrounding areas. The 2022 Oktoberfest will feature 25 breweries bringing a variety of styles. Brewery reps will be on hand to visit with and educate fans on their beers.

The festival will take place in Uptown Marion on 7th Avenue and City Square Park. Each attendee will receive a commemorative tasting glass, access to samples, and complementary water. Music and games, traditional stein holding contest and hammerschlagen, in City Square Park at Celebration Tent!

Attendees must be 21 years of age or older to participate,

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COMMUNITY AMENITIES
 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.

Corridor Events



TCR AT BRUCEMORE: ONCE
Thursday, September 1
Friday, September 2
Saturday, September 3
Sunday, September 4
Thursday, September 8
Friday, September 9
Saturday, September 10
Sunday, September 11

Performed live and outdoors at Brucemore's Peggy Boyle Whitworth Amphitheater. From the very first note, *Once* draws you in and never lets go. This captivating musical is the only show to have music that won an Academy Award, a Grammy Award, an Olivier Award and a Tony Award.

On the streets of Dublin, an Irish musician and a Czech immigrant are drawn together by their shared

love of music. Over the course of one fateful week, an unexpected friendship and collaboration quickly evolves into a powerful but complicated love story, underscored by emotionally charged music. Featuring all of the magical songs from the critically acclaimed film, including the Oscar-winning "Falling Slowly," this achingly beautiful, joyously uplifting show strikes an unforgettable chord in audiences and speaks to the power of music to connect us all. A show like that only comes around *Once*.

Content Note: This production contains some adult language, situations, and brief mention of self harm.

For tickets and more information, visit the TCR website here: <https://www.theatretr.org/event/once/2022-08-26/>



The 2022 Women's Arts Festival is honored to celebrate women through musical performances, visual art demonstrations, culinary arts, a large arts guest vendor market, and much more!
1100 3rd St SE, Cedar Rapids



September 10, 2022

Enjoy \$1 admission on the second Saturday of the month as part of our #NotJustFebruary \$1 days. Members and children under 5 years old are free.



Harvest Hayrack Nights

September 14, 2022

Ushers Ferry Historic Village

5:00 PM to 6:30 PM

5925 Seminole Valley Tr. NE, Cedar Rapids

This program is geared for families with young children (older children welcome). Bring supper with you and come out to Ushers Ferry for an early evening hayrack ride, bonfire, and simple craft before bedtime. The saloon will be open with popcorn and sarsaparilla available for purchase. Advance registration is not required. Free admission for children ages 5 and under. For ticket information and to register call 319-286-5566 or visit www.crrec.org.



September 16, 2022

BrewNost

National Czech & Slovak Museum & Library

6:30 PM to 9:30 PM

1400 Inspiration Place SW, Cedar Rapids



September 16, 2022

Downtown BlockToberfest CKTOBERFEST - DOWNTOWN CEDAR RAPIDS

Downtown Cedar Rapids

5:00 PM to 10:00 PM

2nd Ave SE/3rd St SE, Cedar Rapids

Ever wanted to party in the streets of downtown Cedar Rapids?! Join the Fun Not Fancy Restaurant Group and Downtown Cedar Rapids for the block party of your dreams!

ALL AGES

\$5 donation (benefits Kiss Your Kids Foundation and Iowa Giving Crew)

The Pork Tornadoes with opening act, Slap'N'Tickle
There will be food and beer available for purchase.



RUN FOR PIE



5K Run/Walk & Kids Run
Sept 17, 9:00 am
Lisbon, IA

Great Cause, Flat Course, Pie for All.
Register at RunForPie.com



September 17, 2022
Crunchberry Run
2nd Ave Bridge
9:00 AM to 12:00 PM

Murals & More invites you to The Crunch Berry Run, sponsored by The Quaker Oats Company, an extraordinary, family-friendly, colorful fun run or walk – you choose how far you go, up to 5K!

In partnership with Cedar Rapids Downtown Farmers' Market, The Crunch Berry Run begins at 9:00 AM on Saturday, September 17, 2022, starting and ending at the 2nd Ave Bridge in Downtown Cedar Rapids. You will be covered in environmentally-friendly colored powder as you run or walk the route! The party continues after crossing the finish line on the 2nd Ave Bridge until 11:00 AM with crunch berries, music, family-friendly activities, and of course more color! This fun run/walk is not timed and is appropriate for people of all ages and athletic abilities.

The Crunch Berry Run is a fundraiser for Murals & More. All proceeds from this event go to support Murals & More's mission to cultivate public art in Cedar Rapids, Iowa. Learn more or sign up: <https://crmurals.org/crunch-berry-run/>



8th Annual Asian Fest
12PM - FREE

Come celebrate and recognize culture and heritage from all over Asia located right in Eastern Iowa. Dine, dance, and develop an appreciation of the Asian communities in the area with local food vendors, cultural villages, a kid zone, live performances, an annual fashion show and lots more. 1100 3rd St SE, Cedar Rapids

SUNDAY, SEPTEMBER 18TH

FESTIVAL LATINO

DOMINGO 18 DE SEPTIEMBRE

MCGRATH AMPHITHEATRE, 11AM-5PM
475 1ST ST SW, CEDAR RAPIDS

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Step into the Amana Colonies

AMANA COLONIES

Fall is here and Amana Colonies is ready with fun festivals to get us in the fall mood. The Amana Colonies authentic German architecture and ambiance created by ancestors is so wonderfully preserved still today. Visitors coming to the scenic seven villages will find delicious authentic food to dine, and wines and beers to sip. Quality handcrafted products, art, and a variety of quaint shops line the streets. 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.

most popular apple item on the menu has to be a great piece of German-style apple strudel. Take a bite of this and you'll think you're in Munich. Not a bad idea with Oktoberfest just a few weeks away. Looking for an All-American treat?

How about a crisp caramel apple? Who doesn't love that? It's an American Classic. The Chocolate Haus is just one place you'll find that delicious treat and they hand-dip them every day.

Sunday, September 18th we will revive a German tradition with our Volksmarch in the Homestead timber. From 11 am to 2 pm join us as we walk the Nature Trail to the Iowa River and back. The Volksmarch is weather dependent so if it is raining call ahead (319-622-7622). Picture a beautiful fall day, a picturesque village, and apple treats in every shop. That's Apfelfest in the Amana Colonies. Find complete details at <https://amanacolonies.com/event/apfelfest-apple-fest/>



APFELFEST (APPLE FEST)
September 17 & 18, 2022 10:00 AM - 10:00 PM

It's apple time and this Saturday we will celebrate all things apple (and some things that aren't). Here is a chance to experience the Amana Colonies at a wonderful time of year. The leaves are turning and there is a slight crispness in the air. Kind of like that crisp caramel apple. It's a beautiful time to visit the Colonies and you'll find apple treats, apple gifts, and apple desserts at many of the businesses. Of course, a local orchard will be on hand to sell you fresh apples to take home.

Take the Apfelfest Sampling Stroll and visit a variety of businesses that will all have something apple for you to sample, then when you've finished turn in your brochure and be entered into a drawing for a \$50 gift certificate. A culinary highlight of Apfelfest is the Amana Meat Shop's Apple Gouda Brats. You can purchase some to take home or head to the brewery where they'll be on the grill. Wash them down with a little Millstream beer or root beer and listen to the music. What a great fall day. Several of our restaurants feature apple dishes. The



OKTOBERFEST 2022: 57th Anniversary
FRIDAY, SEPTEMBER 30TH
10:00 AM - 11:59 PM

SATURDAY, OCTOBER 1ST
10:00 AM - 11:59 PM
SUNDAY, OCTOBER 2ND
10:00 AM - 5:00 PM

Enjoy a keg tapping ceremony on Friday at the Festhalle along with German Music, Amana Brats, local wines, and beer. Saturday begins with a parade followed by the Oktoberfest Games and more beer, brats, and music. Sunday offers more music and fun and admission on Sunday is FREE. Find event and ticket details at <https://amanacolonies.com/event>

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September

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