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CITY Revealed

OCTOBER 2023



GREATER CEDAR RAPIDS Fall 2023
 **Parade of Homes**



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A Note from the Publisher

Happy October!

As the leaves change and the weather cools, we're embracing the season of vibrant leaves, cozy sweaters, and pumpkin-spiced everything. There most definitely is a lot of events and activities happening this October in the Corridor - be sure to check out the feature with Macaroni KID Cedar Rapids - get your free calendar of family fun in the Corridor!

We welcome back the Parade of Homes for their Fall feature, a showcase of new and remodeled homes from October 7th to 15th.

Our Cutest Pet Contest has concluded the submission phase, and now it's your turn to cast your votes for the cutest Pet. They are all adorable - glad we don't have to pick!

Check back next month for what's coming up in the Corridor to get us geared up for the holidays. Businesses are getting ready to help you find that perfect something for the special people in your life. Thank you for reading and we hope you enjoy this month's City Revealed!



Char

Charlotte Linde
Publisher & Chief of Inspiration



GREATER CEDAR RAPIDS Fall 2023 Parade of Homes



Tour the most exquisite homes in the area that exhibit the craftsmanship of the finest local builders and remodelers! The Greater Cedar Rapids Housing & Building Association has organized the Spring Parade of Homes for over 14 years, showcasing the exceptional work and quality of the region's top builders and remodelers. Admission is \$10, and children 12 and under can attend for free. Discount tickets are available for \$9 at any Casey's General Store. Don't miss the chance to admire these beautiful homes!

The parade will present houses in various neighborhoods with a broad range of prices. The tour offers a glimpse of a range of floor plans, home designs, and products that feature the latest in green technology, giving the community an opportunity to see the latest advancements in home building techniques up close. According to Executive Officer Melissa Olson, "It's a great opportunity for our members to showcase not only what they can do, but also who they are."

Building a house requires many companies to work together to provide a quality, efficient, and affordable home that meets the buyer's needs. Choosing the right companies to work with can be overwhelming. This collaboration between the GCRHBA and builders and remodelers ensures that you find the right builders for your project. The association provides networking opportunities and connections for building professionals to work together to offer quality, efficient, and affordable structures for the Cedar Rapids region, as well as a directory for the public to find qualified businesses for their building and remodeling needs. If you're looking for a local professional to perform painting, plumbing, electrical work, lawn care, or any other projects, up to constructing a home or commercial building, you can browse the directory on the GCRHBA's website, gcrhba.org.

If you're considering a new home or remodel, come and tour the Fall Parade of Homes and find the perfect builder for you! We would like to express our gratitude to this year's Fall Parade of Homes sponsors, including Hills Bank, Ferguson Bath, and MidAmerican Energy. Thank you to all participating members. To learn more, visit gcrhba.org.

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GREATER CEDAR RAPIDS Parade of Homes

Fall 2023



GET INSPIRED!

**Tour new & remodeled homes
October 7-15**

Tickets available at any parade home for \$10. Discounted tickets are available at any local Casey's General Store for \$9. Children 12 & under are FREE. A portion of each ticket sold will be donated to a local nonprofit.

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Fall Parade of Homes 2023

Cutter Construction LLC

1025 Juniper Drive SW, Cedar Rapids

Gardenview Homes

2924 Belle St SW, Cedar Rapids

2921 Belle St SW, Cedar Rapids

2915 Belle St SW, Cedar Rapids

Hames Homes

6203 Luke Street SW, Cedar Rapids

Jerry's Homes, Inc.

1914 Holly Meadow Avenue SW, Cedar Rapids

1419 Beringer Court NE, Cedar Rapids

Jim Sattler Custom Homes

2012 Sierra Circle NE, Cedar Rapids

Johannes Brothers Construction

2909 Country Club Dr, Marion

Legacy GreenBuilders & Developers

1215 Osage Ln, North Liberty

Martin Built Homes

1535 Cardinal Drive, Fairfax



Navigate Homes

5524 Seminole Valley Trail NE, Cedar Rapids

5518 Seminole Valley Trail NE, Cedar Rapids

5602 Seminole Valley Trail NE, Cedar Rapids

5608 Seminole Valley Trail NE, Cedar Rapids

5631 Seminole Valley Trail NE, Cedar Rapids

PRK Williams Building Group

Tiffin

Pro Selection Builders

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5106 Dostal Drive SW, Cedar Rapids

3121 Golden Gate Court SW, Cedar Rapids

Sattler Homes Inc

1337 Forest Ridge Court, Swisher

Skogman Homes

1502 Cardinal Drive, Fairfax

2401 Nature Ridge Drive NW, Cedar Rapids

3459 Edgebrooke Dr, Marion

6913 Grey Slate Ct SW, Cedar Rapids

Twenty40 Building Concepts, Inc.

2799 Roycroft Drive, Marion

2752 Roycroft Drive, Marion

2391 Roycroft Drive, Marion

Watts Group

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1953 1st Ave SE, #302, Cedar Rapids

1953 1st Ave SE, #404, Cedar Rapids

1953 1st Ave SE, #406, Cedar Rapids

1953 1st Ave SE, #502, Cedar Rapids

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Xtreme Builders of Iowa

3932 Peridot Drive, Marion

SCAN ME!





1419 Beringer Court NE, Cedar Rapids



2924 Belle St SW, Cedar Rapids



**1025 Juniper Drive SW, Cedar Rapids
BEFORE REMODEL**



**1025 Juniper Drive SW, Cedar Rapids
AFTER REMODEL**



6203 Luke Street SW, Cedar Rapids



2915 Belle St SW, Cedar Rapids



1914 Holly Meadow Avenue SW, Cedar Rapids



2921 Belle St SW, Cedar Rapids



2012 Sierra Circle NE, Cedar Rapids

GREATER CEDAR RAPIDS **Parade of Homes** Fall 2023



2909 Country Club Dr, Marion



1215 Osage Ln, North Liberty Marion



PHOTO OF SIMILAR PROPERTY



5518 Seminole Valley Trail NE, Cedar Rapids



5524 Seminole Valley Trail NE, Cedar Rapids



5602 Seminole Valley Trail NE, Cedar Rapids



5608 Seminole Valley Trail NE, Cedar Rapids



5631 Seminole Valley Trail NE, Cedar Rapids



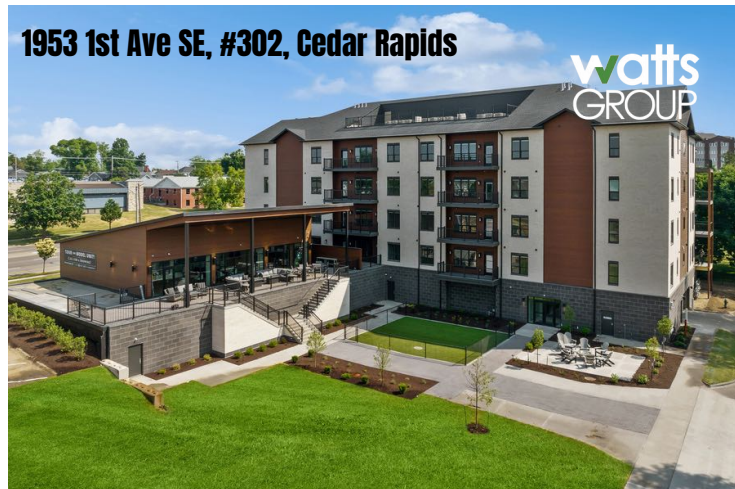
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GREATER CEDAR RAPIDS **Fall 2023**
Parade of Homes



Getting Your Home Ready for Fall: Essential Preparations



As the leaves start to change color and the air becomes crisper, it's a clear sign that fall is on its way. It's the perfect time to prepare your home for the upcoming season. By taking some proactive steps, you can ensure that your house is cozy, efficient, and ready to withstand the challenges that autumn can bring. Here are some essential preparations to consider for a smooth transition into the fall season.

1. Inspect and Maintain Your Heating System:

The first step in preparing for fall is to ensure your heating system is in top condition. Schedule a professional inspection and maintenance check for your furnace or heating system. Clean or replace filters, check for leaks, and ensure that your thermostat is working correctly. This will help keep your home warm and your energy bills manageable during the colder months.

2. Check for Drafts and Insulate:

Inspecting your home for drafts is crucial in keeping the cold air out and the warm air in. Check doors and windows for gaps, and use weather stripping or caulk to seal any leaks. You can also add insulation to your attic or walls if needed. Proper insulation will not only keep your home warmer but also reduce heating costs.

3. Clean Gutters and Downspouts:

Falling leaves can quickly clog your gutters and downspouts, leading to potential water damage and roof issues. Clean them out before the leaves really start to fall, and consider installing gutter guards to make future maintenance easier.

4. Test Smoke and Carbon Monoxide Detectors:

Safety is a top priority, so test your smoke and carbon monoxide detectors to ensure they are in good working order. Replace batteries if needed, and consider installing additional detectors if your home lacks coverage.

5. Prepare Your Fireplace and Chimney:

If you have a fireplace, now is the time to get it ready for use. Schedule a chimney sweep to remove creosote buildup and ensure that your fireplace is safe to use. Stock up on firewood and kindling so you can enjoy cozy fires when the temperature drops.

6. Protect Your Garden and Lawn:

Prepare your garden for the winter by trimming back plants, removing dead foliage, and covering delicate plants with mulch or blankets. Drain and store garden hoses, and shut off exterior water sources to prevent freezing pipes.

7. Clean and Store Summer Gear:

As you prepare for fall, consider what summer items you won't be using. Clean and store patio furniture, garden tools, and any summer sports equipment. This will not only free up space but also ensure these items are in good condition for next year.

8. Decorate for Fall:

Finally, add some seasonal charm to your home by decorating for fall. Display pumpkins, gourds, and autumn wreaths. Consider swapping out light, summery curtains for heavier, insulated drapes in warm, autumnal colors to add a cozy ambiance to your living spaces.

By following these tips, you can get your home ready for fall and enjoy a comfortable, efficient, and inviting living space throughout the season. Preparing now will help you avoid last-minute rush and ensure that your home is well-equipped to handle whatever autumn throws your way.





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The Power of Early Breast Cancer Detection

Early breast cancer detection is a pivotal step in the fight against this widespread disease. Detecting breast cancer at an early stage significantly improves treatment outcomes and increases the chances of survival. Routine breast self-exams, regular mammograms, and clinical breast examinations by healthcare professionals are essential tools in identifying potential abnormalities.

When breast cancer is diagnosed in its initial stages, treatment options are often less invasive, less aggressive, and more effective, enhancing the quality of life for those affected.

Beyond statistics, early detection means the opportunity for more moments, more milestones, and more memories shared with loved ones. It's a message of hope, emphasizing the importance of proactive breast health awareness for every individual.



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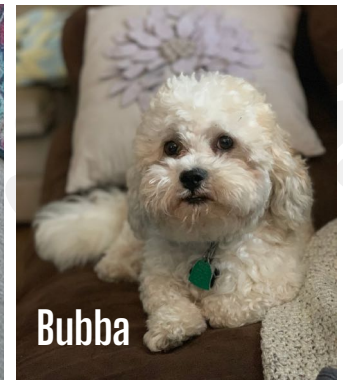
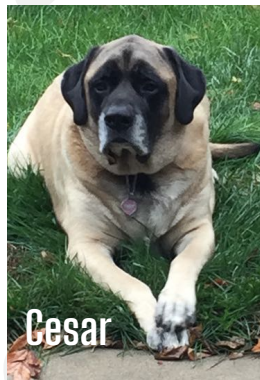
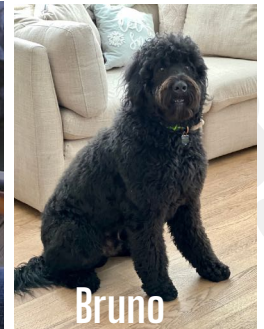
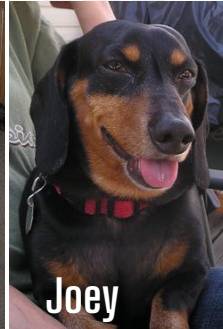
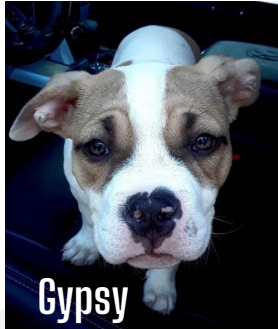
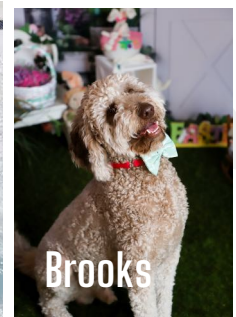
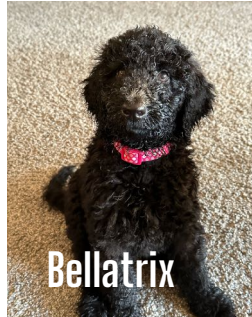
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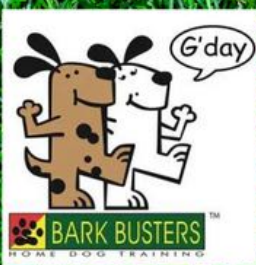
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Creamy Butternut Squash Soup

As the crisp autumn air sets in and leaves begin to don their vibrant hues, there's no better way to embrace the coziness of fall than with a bowl of homemade Butternut Squash Soup. This velvety and aromatic dish captures the essence of the season, combining the earthy sweetness of butternut squash with a medley of warm spices. Whether enjoyed as a comforting appetizer or a satisfying main course, this creamy butternut squash soup is a delightful way to savor the flavors of fall and ward off the chill. So, grab your apron and get ready to indulge in the ultimate autumn comfort food. Enjoy with some crusty bread or a side salad for a complete meal.

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cubed
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 4 cups vegetable broth
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Salt and pepper to taste
- 1/2 cup heavy cream (or a dairy-free alternative for a vegan version)
- Fried sage, thyme,, pepita seeds or olive oil for garnish (optional)

Instructions:

1. Prepare the Squash: Start by peeling, seeding, and cubing the butternut squash. You can also find pre-cut butternut squash in many grocery stores to save time.
2. Sauté the Aromatics: In a large soup pot, heat the olive oil over medium heat. Add the chopped onion and carrots and sauté for about 5 minutes, or until the onions become translucent. Add the minced garlic and sauté for an additional minute until fragrant.
3. Add the Squash and Spices: Add the cubed butternut squash to the pot, followed by the ground cinnamon, nutmeg, ginger, salt, and pepper. Stir well to coat the vegetables with the spices.
4. Simmer with Broth: Pour in the vegetable broth and bring the mixture to a boil. Reduce the heat to low, cover the pot, and let it simmer for about 20-25 minutes or until the butternut squash and carrots are tender.
5. Blend the Soup: Use an immersion blender to puree the soup until smooth and creamy. If you don't have an immersion blender, carefully transfer the soup in batches to a blender or food processor and blend until smooth. Be cautious when blending hot liquids.
6. Add Cream: Return the blended soup to the pot and stir in the heavy cream (or dairy-free alternative). Warm the soup over low heat for an additional 5 minutes, stirring occasionally.
7. Adjust Seasoning: Taste the soup and adjust the seasoning with more salt and pepper if needed.
8. Serve: Ladle the creamy butternut squash soup into bowls. Garnish with fresh parsley or chives if desired. You can also drizzle a little extra cream or olive oil on top for added richness.

OCTOBER

There's more to October than football, costumes, and pumpkin spice. It's a month packed with meaningful observances, causes, and fun holidays. Here are five events, holidays, and celebrations happening in October:

1. Breast Cancer Awareness Month

October is dedicated to raising awareness about breast cancer, the most common cancer among American women with about 250,000 new cases diagnosed each year. Breast Cancer Awareness Month acts a reminder to prioritize breast health and support those affected. Oct. 1-31

2. Pregnancy and Infant Loss Awareness Month

Throughout this month, families come together to remember and honor the little ones who left us too soon. It's a time for support, understanding, and healing. Oct. 1-31

3. Indigenous Peoples' Day

Join the movement to honor and recognize the native people who originally inhabited our lands. Find out the Native American tribes that called your area home. Oct. 9

4. Make a Difference Day

The fourth Saturday of October is your chance to make a positive impact in your community through volunteer work. Find a project that aligns with your family's values and volunteer today! Oct. 21

5. Halloween

One of the most anticipated holidays of the year for many kids! Dressing up in fun costumes, fun treats, and candy... what's not to love? Be sure to check the Macaroni KID event calendar to find all of the great local Halloween activities and events happening today! Oct. 31



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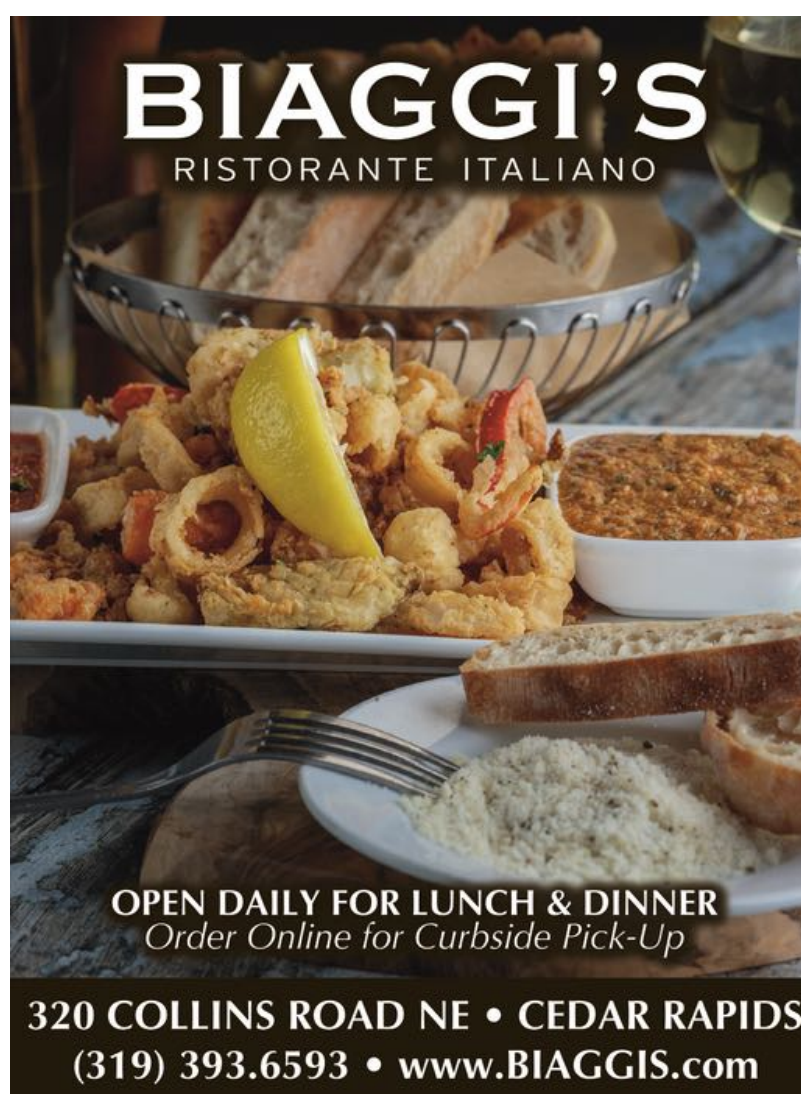
SPOOKY RECIPES

Celebrate Halloween with one or two of our spooky recipes -- you will surely get a few giggles, along with some eeks and eews!

Mummy Quesadillas

Start your week out celebrating Halloween with these fun Mummy Quesadillas!

- Let the kids help with cutting 4 tortillas into long strips. Scissors work great for this task.
- Layer four whole tortillas with shredded cheese, cooked ground beef, pepperoni, and more cheese.
- Top with the cut pieces to resemble a mummy.
- Add sliced black olives for the eyes.
- Microwave each tortilla for 1-2 minutes or until warmed through and melty. Enjoy!



Cookie Dough Graveyard

This edible graveyard is the perfect Halloween party food and is a great way to connect and celebrate the Halloween season with kids! The recipe uses crushed chocolate cereal or graham crackers for the dirt and vanilla cookies filled with chocolate for the tombstones. The best part of this activity is piecing the graveyard together! Who says you can't play with your food?

What you'll need:

- Edible cookie dough (we used [Big Dipper Cookie Dough](#))
- 2 cups of chocolate cereal or four graham crackers
- Candy corn and pumpkin candy
- Licorice
- Marshmallows
- 6 oval vanilla and chocolate filled cookies (like Pepperidge Farms' Milano cookies)
- Orange frosting
- 1 container black glitter gel icing





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.



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Ladies Night



DISCUSSION WITH AUTHOR
CHERYL MULLENBACH
IOWA'S MISBEHAVING WOMEN

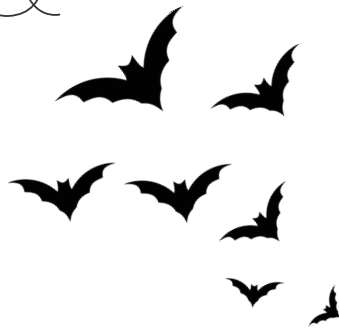
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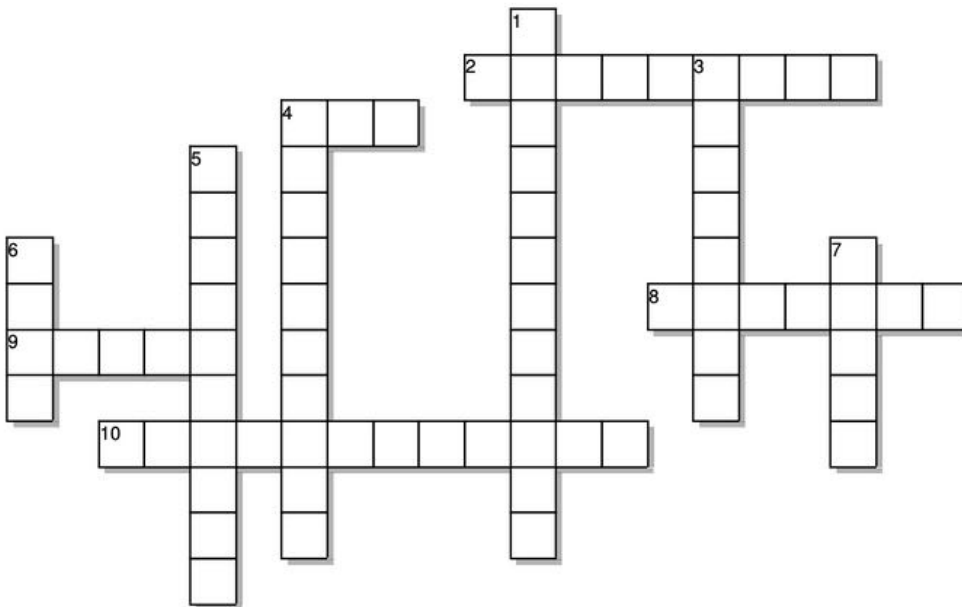


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October
 Jack o Lantern
 Halloween
 Costume
 Orchards
 Pumpkin Spice

Haunted House
 Spooky
 Autumn
 Crisp
 Sweater
 Candy Apple
 Scarecrow



ACROSS

- 2 What sweet treat is commonly associated with October and Halloween, often made from sugar and corn syrup?
- 4 A spooky, nocturnal flying mammal
- 8 What is the act of preserving fruits and vegetables for later use, often associated with the fall season?
- 9 Fruit often used for bobbing
- 10 What do children traditionally say when they knock on doors for candy on Halloween?

DOWN

- 1 In some cultures, what festive event is celebrated in October to honor the deceased?
- 3 Outdoor activity involving corn stalks
- 4 What famous author wrote the classic horror story "Dracula"?
- 5 What warm and spiced beverage is often enjoyed in the fall
- 6 October birthstone
- 7 A October zodiac sign



with special guest
Fishbait

What is Macaroni KID?

Macaroni KID Cedar Rapids is a free weekly newsletter and website that delivers news on all the kid and family friendly events going on in your community. From story times to festivals, from open gyms to trunk or treats, from nature walks to origami classes, you can find all the amazing events happening in your own backyard with Macaroni KID Cedar Rapids!

Looking For Family Fun
FALL Events?



OCTOBER 2023

AGES▼ CATEGORIES▼ Search Events SUBMIT AN EVENT

• Indicates sponsored content

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bird Banding at Indian ... AirFX Junior Jumpers ... Fall Fun & Pumpkins ... More It! Dig It! Do It! Pottin' Farm - Old Ma ... Farmers Market at Gu ... 5 more	2 Grab & Go Velvet Post ... Babytime at Ely Publ ... Early Learning Storyt ... Preschool Story Time ... Story Time for Ages ... Story Time Nature Wa ... 7 more	3 Early Learning Storyt ... Little Lunches at ... Half Off Day at Spac ... Fall Fun & Pumpkins ... Parade for Teen ... 1 more	4 Baby Storytime at the ... Baby & Toddler Story ... Toddler Time at the M ... Parent Tot Open Gym ... Teen Story Lab at th ... Fall Fun & Pumpkins ... 3 more	5 AirFX Junior Jumpers ... Sensory Storytime for ... Preschool Storytime ... Stories & Songs in En ... Scribble Club for Teen ... Fall Fun & Pumpkins ... 4 more	6 AirFX Junior Jumpers ... Fall Festival at Blu ... Open Gym for Ages 5+ ... Parent Tot Open Gym ... Friday Afternoon TCG ... 5 more	7 Fall Fun & Pumpkins ... Kid Connect REGISTE ... AirFX Junior Jumpers ... Rescue Fundraising Wa ... Free First Saturday for ... Fall Village Plant REG ... 5 more
8 AirFX Junior Jumpers ... Little Lunches at Ely ... Farmers Market at Gu ... Fall Festival at Blu ... Fall Festival at Blu ... 5 more	9 Babytime at Ely Publ ... Early Learning Story T ... Creating 3D Sculpture ... Toddler Time for Age ... Little Lunches at ... 5 more	10 Talking Trees: Prescho ... Early Learning Story ... Crafting Circle for Al ... Little Lunches at ... Half Off Day at Spac ... Fall Fun & Pumpkins ... 4 more	11 Baby Storytime at the ... Baby & Toddler Story ... Expressive Arts Story ... Talking Trees: Prescho ... Fire Prevention Presc ... Parent Tot Open Gym ... 7 more	12 AirFX Junior Jumpers ... Preschool Storytime ... Expressive Arts Story ... Sensory Storytime for ... Scribble Club for Teen ... Fall Fun & Pumpkins ... 4 more	13 Fall Open House at ... Fall Festival at Blu ... Fall Festival at Blu ... Science for Squids ... Open Gym for Ages 5+ ... Friday Afternoon TCG ... 10 more	14 Celebrating Latino Cu ... Festivity Market at Low ... Fall Fun & Pumpkins ... AirFX Junior Jumpers ... Kid Connect REGISTE ... Expressive Arts for Ch ... 8 more
15 Fall Fun & Pumpkins ... AirFX Junior Jumpers ... Fall Festival at Blu ... Farmers Market at Gu ... Fall Festival at Blu ... 5 more	16 Babytime at Ely Publ ... Toddler Time for Age ... Early Learning Story T ... Preschool Storytime ... Story & Art at the Pl ... Little Lunches at ... 2 more	17 Crafting Circle for Al ... Early Learning Story ... Crafting Circle for Al ... Little Lunches at ... Half Off Day at Spac ... Fall Fun & Pumpkins ... 3 more	18 Baby & Toddler Story ... Baby Storytime at the ... Toddler Time at the M ... Parent Tot Open Gym ... Teen TEAM Lab at th ... Fall Fun & Pumpkins ... 3 more	19 AirFX Junior Jumpers ... Preschool Storytime ... Sensory Storytime ... Parachute Play at La ... Sensory Storytime for ... Preschool Play Day at ... Scribble Club for Teen ... 5 more	20 AirFX Junior Jumpers ... Fall Festival at Blu ... Music & Movement at ... Parent Tot Open Gym ... Open Gym for Ages 5+ ... Friday Afternoon TCG ... 8 more	21 AirFX Junior Jumpers ... Pumpkin Patching L ... Pumpkin Patching L ... Kid Connect REGISTE ... Fall Fun & Pumpkins ... First Truck Workshop L ... 13 more
22 Fall Fun & Pumpkins ... AirFX Junior Jumpers ... Fall Festival at Blu ... Farmers Market at Gu ... Open Gym for Ages 5+ ... 4 more	23 Babytime at Ely Publ ... Early Learning Story T ... Crafting Circle for Al ... Toddler Time for Age ... Story & Art at the Pl ... Little Lunches at ... 2 more	24 Tuesday Tales at Haws ... Early Learning Story ... Crafting Circle for Al ... Little Lunches at ... Half Off Day at Spac ... Fall Fun & Pumpkins ... 6 more	25 Baby & Toddler Story ... Baby Storytime at the ... Toddler Time at the M ... Parent Tot Open Gym ... Teen TEAM Lab at th ... Fall Fun & Pumpkins ... 6 more	26 AirFX Junior Jumpers ... Sensory Storytime ... Sensory Storytime ... Surprise Art Explorat ... Preschool Storytime ... Sensory Storytime ... Preschool Play Day at ... 12 more	27 AirFX Junior Jumpers ... Fall Festival at Blu ... Music & Movement at ... Open Gym for Ages 5+ ... Parent Tot Open Gym ... Friday Afternoon TCG ... 10 more	28 Splish Education ... Fall Fun & Pumpkins ... Fall Fun & Pumpkins ... AirFX Junior Jumpers ... LEGO Workshop L ... Fall Fun & Pumpkins ... First Truck Workshop L ... 13 more
29 Fall Fun & Pumpkins ... AirFX Junior Jumpers ... Fall Festival at Blu ... Farmers Market at Gu ... 12 more	30 Babytime at Ely Publ ... Preschool Story Time ... Halloween Story TL ... Preschool Storytime ... Thank or Treat & Pl ... Little Lunches at ... 3 more	31 Early Learning Story ... Tuesday Tales at Haws ... Halloween Story TL ... Storytimes at the ... Little Lunches at ... Half Off Day at Spac ... 7 more	1 Baby & Toddler Story ... Baby Storytime at the ... Toddler Time at the M ... Parent Tot Open Gym ... Teen TEAM Lab at th ... Fall Fun & Pumpkins ... 2 more	2 Sensory Storytime at ... Preschool Storytime ... Stories & Songs in En ... Scribble Club for Teen ... Family Fun Night at th ... Fall Fun & Pumpkins ... 1 more	3 Open Gym for Ages 5+ ... Parent Tot Open Gym ... Friday Afternoon TCG ... Teen's Teen Game D ... Inflatable Day at Open ... Friday Night Bings for ... 1 more	4 Kid Connect REGISTE ... Free First Saturday for ... Jack SPAT at Chauc ... Winter Seed Sowing B ... Family Board Games ... 351 Replies at Haws ... 1 more

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Down: 2. BAT, 3. APPLE, 6. ZEBRA

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