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CITY Revealed

NOVEMBER 2023





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A Note from the Publisher

Welcome November!

As we embrace this new month, we're excited to share a couple of recipes we think you will enjoy to help celebrate Turkey Day. We've also revealed the winner of our Cutest Pets of the Corridor Contest. A massive thank you to all who participated – your furry friends are all champions in our hearts!

With the weather gradually cooling down, let's not forget the extra care our beloved pets deserve during the chillier days ahead.

Now, mark your calendars for an important date, Saturday, November 25th, celebrated as Small Business Saturday. While online shopping offers convenience, the charm of wandering through our local shops unveils unique treasures and plays a vital role in supporting these beloved businesses. To make your shopping adventure in Cedar Rapids even more accessible, we've created a handy QR code that connects you to all participating local businesses.

Don't let the cooler weather deter you; there's still a multitude of vibrant events to enjoy downtown, keeping the spirit warm and lively.

As we navigate through November, may you and your loved ones savor a Thanksgiving filled with warmth, gratitude, and joy.



Char

Charlotte Linde
Publisher & Chief of Inspiration



CITY Revealed

Find us on



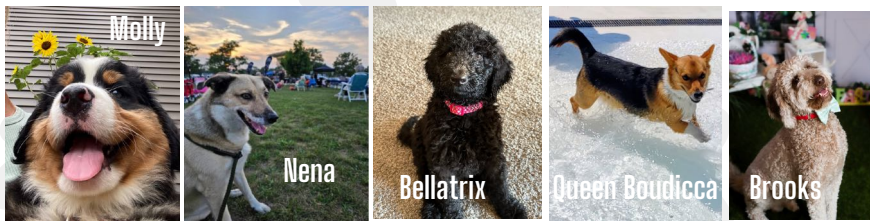
CUTEST PETS OF THE CORRIDOR CONTEST

CONGRATS TO OUR WINNER GYPSY!

Runner up



Runner up



Thank you everyone for participating in our first ever Cutest Pets of the Corridor Contest! We think they are all the cutest and winners in our book!





A Stunning Cornucopia Bread Basket: The Ultimate Centerpiece

I love my charcuterie boards — and this one is sure to impress this Thanksgiving. One year we were invited to a "friends-giving" and they asked me, the Italian girl, to bring a salad. A salad! So, I made sure to add a few salad ingredients to this beautiful board — let's just say they won't ever ask this Italian girl to bring a salad again. This cornucopia basket is not only easy to make, but it is also beautiful. Move over turkey — this cornucopia charcuterie board is taking over your centerpiece duties.

Ingredients:

- 3 containers (11 oz) of refrigerated soft breadstick dough
- 1 egg
- 1 tablespoon water
- Everything Bagel seasoning
- Non-stick cooking spray
- Heavy-duty tin foil
- Assorted cheeses, meats, berries, olives, nuts, vegetables, spreads, and herbs

Directions:

1. Preheat oven according to breadstick package directions
2. Spray cookie sheet with non-stick cooking spray
3. Form the shape of a cone with heavy-duty tin foil and curve the bottom
4. Spray the outside of the cone with non-stick cooking spray
5. Beat the egg and water in a small bowl
6. Separate the breadsticks and start wrapping them around the tinfoil cone, starting from the tip and working your way up, pinching each end together as you go
7. Keep wrapping the cone until you have about an inch or so of foil left and 3 strips of breadsticks
8. Pinch the top of the remaining breadsticks together and braid
9. Wrap the braid around the top of the basket and pinch ends together
10. Brush "basket" with egg wash and sprinkle with Everything Bagel seasoning
11. Bake until golden brown
12. Let cool completely and stuff just before putting on display or serving



Impressive, right? The "wow" factor is guaranteed, and your secret of how easy it was to create will be safe with us. Get ready to bask in the admiration and ooo's and ahhh's - and you can bet you will never be asked to bring a salad again.

The **Views** SENIOR LIVING
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of Marion

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Michelle Milcoff
319-390-8439
Community Relations Director
The Views of Marion
www.ViewsOfMarion.com



Everything you
need as you heal,
recover and thrive
to stay active.



Find us on
Facebook
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We are thankful for our staff and residents for the month of November.
Let our family take care of yours! See for yourself why the residents say it feels like home.
Call 319-390-8439 to speak with Michelle or visit us online at www.ViewsOfMarion.com



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SATURDAY NOVEMBER 25, 2023 9 AM - 3 PM
3100 BLUE RIDGE CT NE | CEDAR RAPIDS, IA 52402

FIVE SEASONS

Lights

DEC 1-31
2023

McGRATH AMPHITHEATRE

THE
play
CAFE

TIK TOK NIGHT!

TEEN

Night

FRIDAY NOVEMBER 17TH 6-8PM



If you have a loved one or you are caring for someone with dementia, you may know that they can recall long term memories very well, but have a harder time recalling short-term memories. This is why reminiscence therapy is so important for those living with dementia. It can bring back memories from the happiest points in their lives which creates less anxiety, depression, and challenging behaviors. Reminiscence therapy is very different than just asking your loved one questions about their past. Instead, create things for them, like a scrapbook of photos from when they were growing up that will spark those memories and create conversations. You might want to plan these activities earlier in the day if your loved one tends to 'sundown' in the afternoon. You may also want to pick a time where they are most alert which tends to be in the morning.

Besides photos, magazines, and scrapbooks, there are other ways you can have your loved one participate in reminiscence therapy such as doing a hobby with them that they used to do when they were younger. Maybe they enjoyed painting or crocheting? This in turn will boost some conversation and bring back memories of the past. Music is also a powerful tool for creating memories. Have them listen to popular music of when they were

growing up or maybe a favorite song from the past. Even if their dementia has progressed to the point where they are non-verbal, music is a great form of non-verbal communication for them. They may start dancing and smiling so you know it has sparked a significant memory for them.

By continuing to reminisce, you can help as a caregiver stabilize the progression of the disease. Reach out to your local senior living community to learn more about how you can participate in reminiscence therapy with your loved one.

The Views of Marion 319-390-8439

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University of Northern Iowa
concertassociation.net/waterlooia

CRCommunityConcert.org
319-540-2301



Easy Roasting Thanksgiving Turkey in 5 Simple Steps

Step 1:

Prep the Turkey

Begin by thawing the turkey in advance, ensuring it's completely defrosted. Remove giblets and neck from the turkey's cavity, pat it dry with paper towels, and place it on a roasting rack in a large pan.

Step 2:

Season and Flavor

Rub the turkey with softened butter, inside and out. Season with salt, pepper, and your favorite herbs and spices. Consider a blend of paprika, thyme, sage, and rosemary for a classic taste. This step is essential for flavorful, crispy skin.

Step 3:

Stuff and Truss

Enhance the flavor by stuffing the turkey cavity with quartered onions, halved lemons, garlic cloves, and a few sprigs of fresh herbs. To ensure even cooking, truss the turkey with cooking twine, tying the legs together.

Step 4:

Roast to Perfection

Preheat your oven to 325°F (163°C) and roast the turkey, breast-side up, allowing approximately 15 minutes of cooking time per pound. Use a meat thermometer to check when the thickest part of the thigh reaches 165°F (74°C). Baste the turkey with pan juices every 30-45 minutes.

Step 5:

Rest and Carve

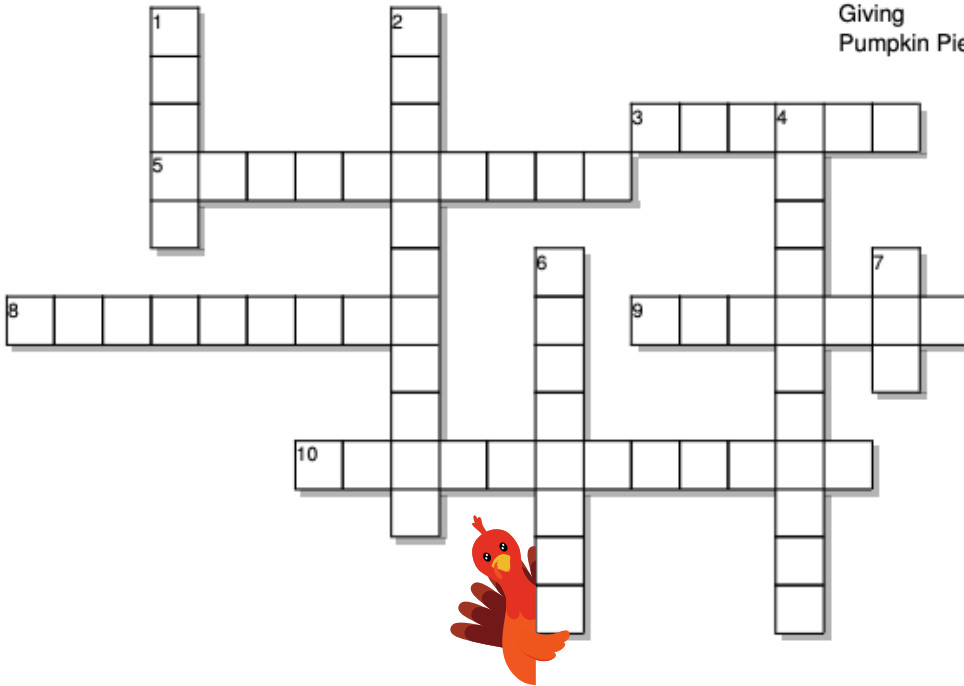
After reaching the desired temperature, remove the turkey from the oven and let it rest for at least 30 minutes. This crucial step allows the juices to redistribute, keeping the meat juicy and flavorful. Carve the turkey and serve with your favorite Thanksgiving side dishes for a memorable feast.

With these 5 easy steps, you can roast a delicious Thanksgiving turkey that's sure to delight your guests and make your holiday celebration a success.

HELLO November

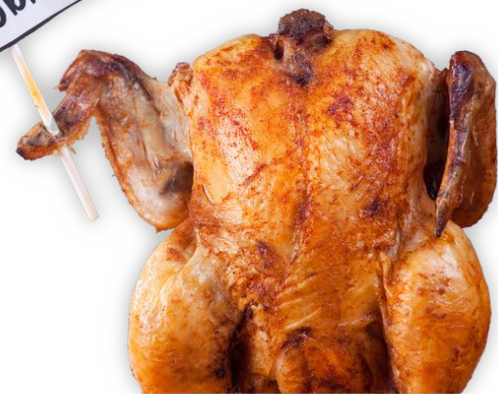


T Q E T H A N K F U L B M D
 G H G I V I N G R D R R S Y
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 T L Y N L N Q R B R L X Y N
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 R F L C T S E K P E D G Y Y
 K J A T K V G A P B N M R R
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 M Z L R U S Y J D L N K L Y
 K X A Y E M Y L R A K G P L
 R C L D N Y N D D R Y B W Z



November
 Thankful
 Blessed
 Turkey
 Giving
 Pumpkin Pie

Family
 Friends
 Thanksgiving
 Autumn
 Crisp
 Carmel Apples
 Black Friday



ACROSS

- 3 The colorful foliage that falls from trees in autumn
- 5 A popular fall beverage made from apples
- 8 A famous ship that brought Pilgrims to America in 1620
- 9 The zodiac sign for those born in early November
- 10 The act of showing gratitude

DOWN

- 1 The birthstone for November
- 2 In the U.S., the day after Thanksgiving known for its shopping deals
- 4 A national holiday in the United States commemorating military veterans
- 6 Popular side dish for Thanksgiving
- 7 A delicious dessert often served on Thanksgiving with a flaky crust



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Loving-Kindness Meditation



Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

<p>1</p>  <p>Yourself: Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."</p>	<p>2</p>  <p>Family and friends: Direct your kindness to someone you love or care about by repeating, "May _____ be happy."</p>
<p>3</p>  <p>Someone neutral: Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.</p>	<p>4</p>  <p>Someone difficult: Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.</p>
<p>5</p>  <p>Group: Think about all of these people together and equally direct your kindness to all of them, "May they be happy."</p>	<p>6</p>  <p>Everyone: Finally, direct your kindness everywhere. "May all beings everywhere be happy."</p>

You can change up the thought or phrase or combine words, such as:

- May I be at peace.
- May I be loved.
- May I be healthy and strong.



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.

Shop Local on Small Business Saturday



SCAN FOR PARTICIPATING BUSINESSES



Saturday November, 25th



VETERANS DAY

HONORING ALL WHO SERVED



Metro
**Veterans Day
Pancake Breakfast**

SATURDAY, NOVEMBER 11TH
9:00 - 11:00 AM

VETERANS & THEIR FAMILIES
EAT FOR FREE
(EVERYONE ELSE WILL BE FREE WILL DONATION)

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November 10 • 6 - 10 AM

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Excludes beer, 30 only



VETERAN-OWNED
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Saturday, Nov. 11th | 10 a.m. to 4 p.m.
At NewBo City Market

NewBo CITY MARKET | ufg | INSURANCE | LA



VETERANS DAY

Veterans
and Active Military
Eat Free

Saturday, November 11th
11am-2pm
(Limited Menu)



PEDALERS FORK

Veterans!
Bring your spouse or a friend!

THANK YOU
for your service to our country!

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ANNUAL
VETERANS
HOLIDAY DINNER

6 DECEMBER 2023

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Main floor, Coliseum
Questions? 319.286.5038

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FREE Dinner!

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Veterans Memorial Commission

HyVee
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Park
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SPECIAL THANKS TO:
City of Cedar Rapids CARE Committee,
Hy-Vee Johnson Avenue and Park CR

Veterans Day Services
presented by the
Metro Veterans Council

Saturday, November 11, 2023
10:00 am
Galleries open 9am to 2pm

VETERANS MEMORIAL BUILDING
50 2nd Avenue Bridge, Cedar Rapids

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
-John F. Kennedy

CEDAR RAPIDS
Veterans Memorial Commission

theatre & bar



Prairiewoods Holiday Bazaar

Saturday, Nov. 18,
8 a.m.—1 p.m.



THE WIZARD OF OZ



TCR THEATRE
CEDAR RAPIDS

NOV 17 — DEC 17
theatreocr.org ☎ 319-366-8591

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Kids can be dropped off as long
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SIGN UP HERE!

Sunday, November 5th, 2023 from 5-8pm

(Deadline for registration is October 29th)

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Cost: \$20 covers unlimited laser tag & escape rooms for 3 hours!!!
Custom Patches available for \$2.00 each

**You can bring snacks and water bottles! (we will not be providing these)
MORE INFO: <https://www.dragonslaircenter.com/>

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NOVEMBER 18, 2023
10:00 AM TO 12:00 PM

SPONSORED BY:



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THE **WIZARD OF OZ**



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Lunch & Learn:
History of Western Iowa
Presented by Linda Hartley Hey
November 14, 2023 at 12:30 PM



Chew on This! is sponsored by Rob & Kathy Cook

800 Second Avenue SE | Cedar Rapids, IA 52403

FALL CHARCUTERIE AND FLIGHT NIGHT!

WEDNESDAY, NOVEMBER 8TH 5-8PM



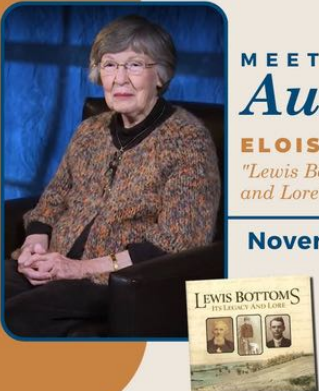

Featuring:

THE HISTORY CENTER


MEET THE **Author**

ELOISE DENNIS
"Lewis Bottoms: It's Legacy and Lore"

November 16, 2023
6:00 PM



Meet the Author series is sponsored by:



THE HISTORY CENTER

HOLIDAY BAZAAR

Shop local & support small businesses!

November 25, 2023
10:00 AM - 2:00 PM

The History Center's Holiday Bazaar is sponsored anonymously and by



800 Second Avenue SE | Cedar Rapids, IA 52403

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ALL PROCEEDS GO TO: **Idiot's Paws & Bar**

WEDNESDAY NOVEMBER 8TH | 5-6PM YAPPY HOUR | 6-8PM PAINT TIME

LOCATION: THE OLYMPIC THEATER | 1202 3RD ST SE

\$30 PER PERSON DUE AT SIGN UP
CASH ONLY BAR - CAN BRING SNACKS

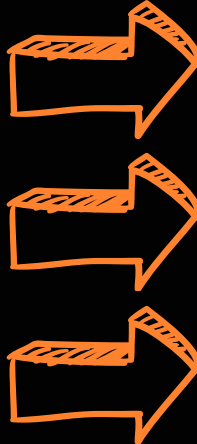
ARTIST: JODEE DENKLAU | CANVAS SIZE 11X14




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	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Be the first to know about all of the awesome, family-friendly events and activities going on in Cedar Rapids. Get your FREE local event calendar in your inbox - SCAN HERE



Macaroni KID®
Cedar Rapids

FREE

Cedar Rapids
Events Calendar!

#FindYourFamilyFun

Kids Bored?
WE'VE GOT YOU
COVERED!



www.cedarrapids.macaronikid.com

SMALL BUSINESS SATURDAY | NOV 25

FOUNDING PARTNER 



**HARD WORKING
GOOD BEERING**

Trivia-Karaoke-Ladies Night
400 6th St. S.W.

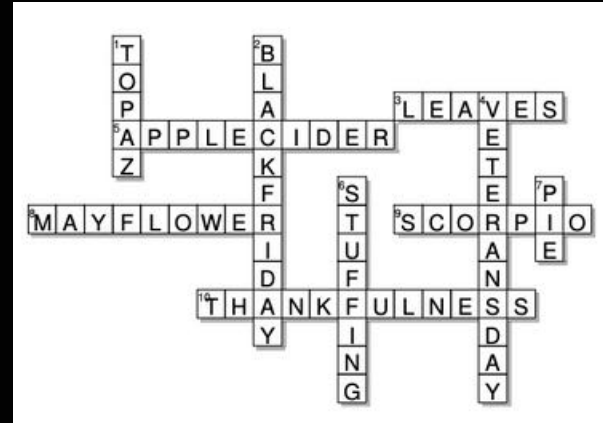
Just Coz
400 6th St. S.W. Cedar Rapids, IA



HOLIDAY MARKET
Ushers Ferry Lodge
Saturday | December 16 | 1-5 PM

VENDOR OPPORTUNITY
Contact Lindsay York: l.york@cedar-rapids.org

CEDAR RAPIDS
PARKS & RECREATION



Crossword puzzle grid with words filled in: TOP, APPLE, Z, MAYFLOWER, THANKFULNESS, Y, ID, F, T, U, I, N, G, S, T, A, N, D, A, Y, SCORPIO, LEAVES, E, P, E, A.



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Word search grid with words highlighted: TQETHANKFULBMD, GHGIVINGRDRRSY, BNAGPRFRDEWEVM, TLYNLNQRBRLXYN, UGAVKLIMIPSIROC, RFLCTSEKPEDGY, KJATKVGAPBNMRR, EAMMOFLILMDDWD, YMUNIEREVBURSR, TWTMLSIJIMPYJ, MZLRUSYJDLNKLY, KXAYEMYLRAKGPL, RCLDNYNDDRYBWZ



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