

What: EIHQ 2026 Quilt Retreat

When: Friday, August 28, 9am – Sunday, August 30, 2pm

Where: Prairiewoods, 120 E. Boysen Rd., Hiawatha

Retreat Hosts: Sheila Williams & Carol Rowland

Theme: Scrap Happy

Please join us for a relaxing and fun weekend of sewing and spending time with **30** of your fellow quilters!

Featured Project - Sheila will provide a special featured project kit for everyone to enjoy, optional for you to work on. In addition to this, please bring your own personal projects, along with all necessary supplies, tools, and materials.

Name Tags – Carol will provide a fun name tag for each of you.

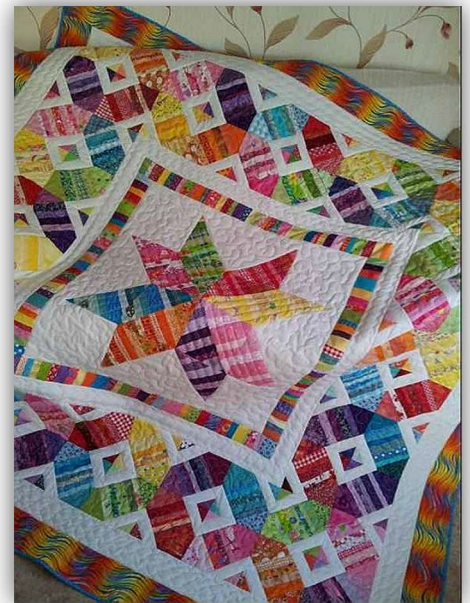
Door Prizes – Sheila and Carol will provide door prizes, however, if you would also like to donate any quilt-shop-quality fabric, newer quilt books, patterns, etc. to add to the door prizes, they are welcomed.

Free Table – We'll also provide a space for attendees to share giveaways like quilt magazines, fabric scraps, etc. You can clean your sewing room, reduce waste, and provide treasures for others, all at the same time!

Snack Table – A snack table will be available for any treats you'd like to share.

Meals – New this year - as part of your retreat cost (to keep the price lower) we have elected for Prairiewoods to provide only 2 meals per day – brunch at 10:00 am, and dinner at 5:30 pm. *Please note that Prairiewoods is not a certified allergy-free facility. Please plan accordingly and bring your own additional food if needed.

Quilt Vendor – Cotton Creek Mill from West Branch will have an employee running a pop-up shop at Prairiewoods to enable us to purchase items throughout the weekend.



Secret Sisters – You can optionally choose to participate in Secret Sisters where you would provide 2-3 small gifts per day (anonymously) to your assigned person (fat quarters, note pad & pen, pattern, small cook book, pin cushion, chocolate, etc.), and a final “larger” gift (hand-made item, kit from your stash, seasonal décor, etc.) during the secret sister reveal on Sunday.

Prairiewoods is a beautiful retreat center set on 70 acres of timber and fields, with walking paths and even a labyrinth! We eat and sew in one building and sleep in another building (if choosing to spend the night). The sleeping rooms have 2 twin beds and a shared bath with one other room.

Please join in the fun with your fellow quilting friends – former and new!

Scrap Happy! - EIHQ 2026 Retreat Registration Form

****Forms must be mailed and not postmarked before Tuesday, June 23, 2026****

Participant Information:

Name: _____

Address: _____

City, St, Zip: _____ Phone: _____

Email: _____

Name for name tag: _____ First time at an EIHQ retreat? _____

Dietary needs – Please note if food allergy or food sensitivity _____

This information will be provided to Prairiewoods and they will try to accommodate, however, you may need to bring your own supplemental food to guarantee your dietary needs are fully met.

Massage – Are you interested in a massage during the retreat? _____ (Cost TBD - You would pay the massage therapist directly at the time of service.)

Secret Sisters - Would you like to participate in Secret Sister gifts? _____

If so, please provide gift ideas for you (favorite fabrics, colors, small gift items that you would enjoy):

Cost of Retreat (Please select one option):

- 1) I would like to commute from home (\$156) _____
 - 2) I would like to stay overnight with a roommate/double room (\$256) _____
 - 3) I would like to stay overnight in a private/single room (\$356) _____
- Name of roommate (or we can assign one) _____
- Need a first floor room? _____

Please mail your check (payable to EIHQ) and registration form on or after June 23, 2026 to:

Carol Rowland
7415 Prairie Hawk Dr. SW
Cedar Rapids, IA 52404

Registration is for EIHQ members only (unless we need help filling spots). Participants will be selected in the order received. There will be a waiting list if more registrations are received than spots available.

For questions please contact:

Carol Rowland by email (crowland@southslope.net) or phone (319)331-2029
Sheila Williams by email (quilting4fun.sw@gmail.com) or phone (319)540-2773