

September 2022

The Northern Star



North Star Community Services, 3420 University Ave, Waterloo, IA 50701, (319) 236-0901

A Look Back...

Where did August go!?! The month flew by! Dayhab had a great month, with visits to the Three Pine's Farm to play with their baby goats, outings to explore the Hartman Reserve Nature Center, Art classes at the Hearst Center, and even a couple visits to the Place to Play adaptive park! We have also been enjoying spending time in our own North Star garden harvesting tomatoes, cucumbers, apples and pears! In the building, consumers are staying cool with all kinds of cooking classes, summertime art, music, and of course, curriculum! Dayhab has had their summer fun, we are ready for the fall cool down.

Bring on the leaves!



Mexico Word Search

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

beach
burrito
cactus
fajita
gecko
guacamole
iguana



jalapeno
maracas
peppers
pinata
salsa
sombrero
tamales

A Look Ahead...

September looks like it has a lot of fun in store for dayhab! Groups will continue to utilize the nice weather to get out to parks, ice cream runs, the library, art classes, and store runs for cooking class! Consumers are looking forward to our Camp Out Day, to celebrate the end of summer with some S'mores and campfire activities! Back at the building, we will continue to work on curriculum and begin to embrace fall with various fall themed crafts and games! The beginning of a new month is so exciting!

September is Hispanic

Heritage Month!

"We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success."

- ◆ The Hispanic Heritage Month was enacted into law on August 17, 1988.
- ◆ Hispanic Heritage Month starts on September 15th to coincide with the independence of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Plus the independence of Mexico on September 16th and Chile on September 18th.
- ◆ Hispanic refers to the ethnic group consisting of people from Cuban, Puerto Rican, South or Central American, Mexican and other Spanish cultures.
- ◆ A person who identifies as Hispanic is from or has ancestors from a Spanish-speaking territory or country.
- ◆ Spanish is the second most-spoken language in the US
- ◆ Among the most popular Hispanic dishes in the United States are tortillas, tamales, tacos, different salsas and condiments like guacamole, pico de gallo and mole.

Hispanic
Heritage Month
September 15-October 15

