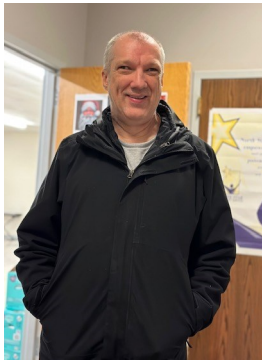


February 2024

The Northern Star



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



A Look Back...

Dayhab had a nice, calm start to the new year with a pretty tame January! Consumers enjoyed outings to the Bluedorn Science Imaginarium, the Hearst Center for art classes, volunteering at the Cedar Bend Humane Society, craft time at Newel Post, a visit to the Cedar Falls library, and trips to local shops to get coffee and cocoa!

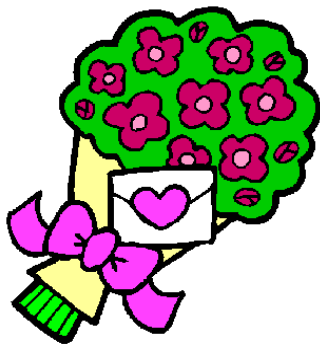
Back at the building consumers enjoyed doing craft projects, playing games, relaxation in the sensory room, visits to our arcade, and working through curriculum lessons. January has been good to us!



Valentine's Day Word Search

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

candy
 card
 chocolate
 cuddle
 flowers
 friend
 heart



hugs
 kisses
 love
 roses
 smooch
 snuggle

A Look Ahead...

Welcome February! We are excited, because this month brings one of Dayhab's favorite outings... Bowling! Consumers will be going bowling at Maple Lanes throughout the month, in addition to visits to the Library, the Hearst Center, Imaginarium, and Donut runs!

Back at the building, our Allen College Occupational Therapy friends return once a week until April! Dayhab consumers will also enjoy a Valentine's day dance in our multipurpose room! Day to day will be spent working on curriculum lessons, crafts, games, and fun!



Love YOURSELF this

Valentine's Day!

Valentine's Day is a day for love, and there is no one more important to love than yourself! Below are just a few ideas to show yourself some love this Valentine's day!

Cook your favorite meal



Take a bubble bath

Give yourself a Spa day



Listen/ watch a motivational video

Eat your favorite sweet treat



Do your favorite exercise

Buy yourself flowers or a gift



Read a book

Journal what you love about yourself



Spend time with good friends

Dance to your favorite song

