

**AUGUST 2025**

# *The Northern Star*



## North Star Community Services



### **Hot Off the Press...from 3420**

**A Look Back:** We started off the month with something quite exciting! North Star celebrated 50 years! A group attended a speech given by Mayor Hart as he declared July 7th, “North Star Day”! Going along with our “Career Day” series, Robert Nichols from Greenwood Pharmacy and a MercyOne Paramedic stopped by to share what their jobs look like. We learned a lot! The rain did put a damper on some of our outings BUT it helped our garden grow! It was neat to see the vegetables from start to harvest—did you see the cabbage?! We enjoyed having a visit from the Blank Park Zoo as well! They brought their “Zoo To You” program to us and we learned a lot! Decorating donuts at Hurts was also on the calendar as well as mini golfing at Palmers, water walking at The Falls, and a visit to Three Pines Farm. And of course our furry friend, Luka, from Pet Pals stopped by too. The Mayor of Cedar Falls, Danny Laudick, came to see us and we enjoyed visiting with him. Some players from the Iowa Woo Football Team also visited to play catch with us—lots of fun!

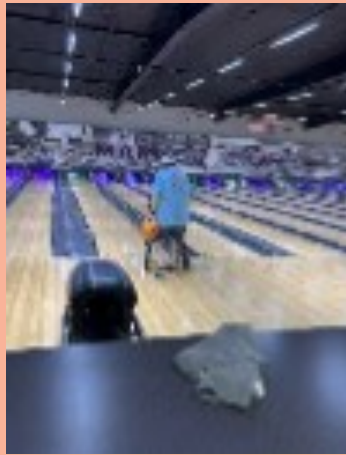
**Looking Ahead:** Summer goes fast but the fun doesn’t stop here! In August, we will take a tour of Bucks Stadium and meet some players, take a couple of trips to the CV Arboretum at Hawkeye College, and visit the Hudson Public Library for a story. Kris, a Wartburg Chef, will come by for a cooking class—wonder what we will make this time? Visiting our friends at New Aldaya for Bingo is also on the calendar as well as chair yoga at the CF Community Center. Going along with our “Career Day” series, a veterinarian from Den Herder will visit us and tell us all about their job! Bowling and Three Pines Farm is also on the agenda as well as clay/pottery classes at the Hearst Center! AND—our much anticipated SUMMER PARTY!!



## THE SCOOP...from Newel Post

**A Look Back:** July's calendar was full of fun! Donna from the YMCA came by and did a chair yoga class with us which we really enjoyed. We also had fun with the Cedar Falls Symphony Instrument Petting Zoo. We got to try out the different instruments and hear their fun sounds. Christie played the piano for us, our UNI friends played a game of volleyball with us as well as stencil painting, and Betty and Sweetie from Pet Pals came to see us. July had some very hot days so we enjoyed an ice cream treat! The Anways provided some music for us and our North Star friends visited us and we did some crafts together. We also went on a travelogue to New Zealand!

**Looking Ahead:** The August calendar has lots of great things planned! We are looking forward to a summer picnic party with food and games. Definitely hoping for good weather! Our North Star nurse, Sara, is going to do a lesson with us on how to stay healthy and a Veterinarian from Den Herder Veterinary Hospital is going to visit and tell us all about their job and what they do everyday. We will also celebrate Banana Lover's Day, Watermelon Day, and Lemonade Day—all with tasty treats!



## This Just In...from Canterbury

**A Look Back:** In July, Rand Bronemann lead an art class for us and we enjoyed a final visit from the UNI Speech and Hearing gals. We got crafty for the 4th of July and also had a gummy worm challenge! A trip to Amish District and Fontana Park for a picnic was also on the calendar. We did a sports/baseball trivia word match, made peanut butter cookies, had a Friday cookout on the grill, and sang our hearts out to Karaoke! Our cornhole tournament was a success and it was a lot of fun having Vicky and Cooper visit us from Pet Pals! We enjoyed a day out to the Petting Zoo to see the animals, too. We also held a Farkle tournament which was lots of fun. For North Star's 50th Anniversary, we visited the Waterloo City Hall for Mayor Hart's speech. That was quite an honor!

**Looking Ahead:** The August calendar looks to keep us busy! We plan to have a root beer float social, do some finger-painting, and have a pool tournament. A favorite game of ours is Junk Food Bingo so of course that is on the agenda! A few outings will be to Trinkets and Togs in Waverly, the Waterloo Arts Center, the Waterloo Public Library, and bowling at Maple Lanes. We look forward to learning about the Wizard of Oz, Disney, and Purple Heart history. Also on the calendar is learning some melon facts and arts sculptures and doing an Elvis crossword. And we can't forget a fun day of popcorn and a movie! Looking forward to all the fun!

# CONSUMER COLUMN

The visitor (Pharmacist) was really neat. He taught us about packaging the meds. He also said that when a vet needs medicine for their pet, the pharmacy can make it taste like fish! He told us about different medications and what they are for. I like the pharmacist!

At Three Pines Farm, we saw goats, llamas and ducks. The mom goat was protective over her baby. The llama tried to lick my shirt. We got smores ice cream sandwiches!

We went to the Art Plaza and my favorite part was seeing my church family there.

We went golfing and I hit the ball in the hole. I got a high score!

I went to the Hearst Center and I colored. We made coasters. I have mine in my living room and I put my pop on it.

We went to the park for a scavenger hunt. I played "Twinkle Twinkle Little Star" on the keyboard!

I liked dancing for the Talent Show.

My favorite part of the month was the Talent Show and I was blindfolded for my act.

***Photography and Column  
by Consumers***

