

**SEPTEMBER 2025**

# *The Northern Star*



## North Star Community Services



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

**A Look Back:** The weather was perfect for a day with the Waterloo Bucks. We played catch, ran bases, and took turns swinging the bat. So much fun! Another day, we volunteered at the Humane Society and of course enjoyed giving the animals lots of attention. We also enjoyed the beautiful nature at the Cedar Valley Arboretum and Botanic Gardens. We played Bingo with our friends at New Aldaya, went to the petting zoo and Hansen's Dairy, and visited the Cedar Falls Community Center for some chair yoga. Also on the calendar was a trip to the Phelps Pavilion, Three Pines Farm, and bowling at Maple Lanes. A chef from Wartburg stopped by and taught us how to make 321 Cake in a Cup—it was delicious!! Luka with Pet Pals also came to see us! We enjoyed the nice weather with some mini golfing and a beach ball game with our friends at Newel Post. We also went to Orchard Hill Park and played pickleball with the UNI coach. As a part of our "Career Day" series, we had a visit from Alicen Tracey, a vet at Den Herder Veterinary Hospital. Rob Gipper from Evansdale Fire Rescue stopped by with his Dalmatian too! To end the month, we had our SUMMER PARTY—complete with beach balls, popsicles, and McDonalds McFlurries! August was busy and lots of fun!

**Looking Ahead:** Summer is coming to an end but there is still lots to do! In September, we will volunteer at the Humane Society and the Food Bank, visit Fontana Park, and play sports with a group of UNI athletes! We will also decorate cookies at Hy-Vee, visit Three Pines Farm, and enjoy a few days at Cattle Congress!



## THE SCOOP...from Newel Post

**A Look Back:** In August, we enjoyed visits from our UNI friends, Betty and Sweetie from Pet Pals, our North Star friends, and Christie sharing her piano music! To celebrate a great summer, we enjoyed a picnic lunch as well. Nurse Sara gave a health presentation, discussing overall physical, mental, spiritual, and environmental health. We learned a lot! On a hot day, we enjoyed some refreshing lemonade and even painted with lemons! Dr. Alicen Tracey from Den Herder Veterinarian Hospital stopped by and explained about her job and how she cares for the animals. She was wonderful in answering all our questions. On National Watermelon Day and National Banana Lovers Day, we enjoyed some delicious treats, too! To end the month, we had a visit from Evansdale EMS Captain, Rob Gipper and his Dalmatian, Annie. What a fun visit!

**Looking Ahead:** The September calendar will keep us busy for sure! Our UNI friends and North Star friends will stop by to visit as well as Pet Pals and Christie with some piano music. We will go on a travelogue to Sweden, make bird feeders, and watch a program on the Titanic. We always enjoy dancing and singing with the Amway's and of course we have to play bingo and do some painting! Fall is around the corner!



## This Just In...from Canterbury

**A Look Back:** Our August calendar was full of things that kept us very busy! We enjoyed learning about 4H, the history of Root Beer (along with some Root Beer Floats of course!), the history of the Purple Heart, and celebrating National Cat Day and our special friend, Maestro! We visited Trinkets and Togs in Waverly, did some bowling at Maple Lanes, and enjoyed a day at the Waterloo Arts Center. Also on the calendar was a pool tournament, Ping Pong toss, listening to “old time” stories, fingerpainting, Wizard of Oz trivia, and our favorite—Junk Food Bingo! We also visited our friends at Pinnacle Nursing Home and enjoyed a nice walk at Prairie Lake. Visiting the Waterloo Public Library was also something we enjoyed in August.

**Looking Ahead:** September looks to be just as busy! We will learn about Labor Day, the Buddy Holly story, and watch a documentary about the Golden Girls. Sweet Corn Day, Maid Rite Day, and Wildlife Day are in September so we will enjoy those as well! Going to McDonalds for some ice cream and the Manchester Bakery are definitely things we are looking forward to! We will play Corn hole Toss, do some football trivia, and make cookies! A tour of the Amana Colonies is also on the agenda as well as going to an Amish bakery, Fontana Park, George Wyth, Backbone State Park, and celebrating our September birthdays! Fall is around the corner!

# CONSUMER COLUMN

This month we went bowling and to the petting zoo. We also got ice cream at McDonalds!

We learned about coupons. Coupons can be used to get ice cream or discounts. We learned about addressing envelopes and putting stamps on the envelope.

We went to see the Waterloo Bucks and I liked batting and catching. I liked the music when we went bowling.

At the Community Center, we did chair yoga. I liked it because we did stretching.

We learned how to pack a suitcase. I have packed a suitcase before. You do not pack pop or chocolate in a suitcase. The chocolate will melt and the pop will explode.

Uno Attack is really fun! We also learned how to make an appointments.

I played Bingo with my group and there were big numbers.

## *Photography and Column by Consumers*

