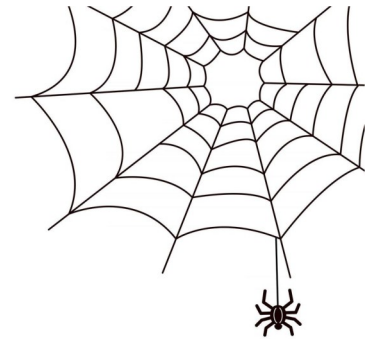


OCTOBER 2025

The Northern Star



North Star Community Services



Hot Off the Press...from 3420

A Look Back: We started off the month with a fun game of pickleball with the UNI Pickleball Club and the Cedar Falls Pickleball Club. The weather was great to be outside! We also volunteered at the Humane Society and the Food Bank. Visiting Three Pines Farm was also a great day and we love seeing all the animals. And the ice cream was delicious! Another day, we decorated cookies at Hy-Vee. Yummy! The UNI student athletes invited us back to play ball—we always love that activity. A Community Inclusion Strategist from Veridian Credit Union visited us and gave a wonderful presentation on money. Cattle Congress is always a time we look forward to so we spent a couple days there as well! We also visited our friends at Newel Post for some crafts and activities.

Looking Ahead: October will bring pumpkins and lots of fall fun! We plan to visit the Little Red Schoolhouse, UNI to play ball with some student athletes, and the Wartburg Science Department to see the famous tortoise! We will also make a few visits to Heartland Farms to pick out pumpkins! Always one of our favorite parts of October! We will also volunteer at the Humane Society and the Food Bantry. Also on the calendar is the Hearst Center for arts and crafts, Newel Post to see our North Star friends, and to the Waterloo Public Library for some art activities. Making a visit to the Hudson Herald Newspaper is also on the agenda...they asked if they could publish one of our "Consumer Columns"! How exciting! And of course, we will end the month with our HALLOWEEN PARTY!



THE SCOOP...from Newel Post

A Look Back: In September, we painted wooden gnomes and enjoyed learning all about them. We also made picture books filled with all the things we love. Making bird feeders was also an activity we did and it was neat to see the birds (and squirrels!) outside the window. The Amway's came to sing and play music for us. We always enjoy dancing to some old-time country music!

Looking Ahead: We have lots of fun planned for October. We plan to have an "Apple Day" and try out the different flavors. Sounds yummy! Something we do each year is stuff scarecrows so we are looking forward to that too! We will also make owl wall hangings. For Halloween, we plan to paint pumpkins, play pumpkin bowling and pumpkin musical chairs...all things pumpkins! We will also make dirt cups. Camp Courageous is going to visit us in October as well as students from Allen Occupational Health. It looks to be an exciting month at Newel Post!



This Just In...from Canterbury

A Look Back: In September we took a tour of Hartman Reserve, enjoyed ice cream at McDonalds, visited the petting zoo, went to Back Bone State Park and George Wyth, and the Manchester Bakery. We also earned about Sweet Corn, Buddy Holly, and the meaning of Labor Day. Also on the calendar was a visit to the Hearst Center, a picnic at Fontana Park, and goodies at an Amish Bakery. A trip to Bigwoods Flea Market was also something we enjoyed and of course, Cattle Congress! An activity that we really enjoyed was releasing butterflies. We learned a lot about the process! In September, we also baked cookies, watched a documentary on the Golden Girls, learned about National Wildlife Day and Sweet Corn Day. This month was busy!

Looking Ahead: Of course October will be full of Halloween, but we have lots of other fun planned too! We will do lessons on DaVinci Code, Samurai/Zulu, Medieval Medicine, Grouch Day, and the history of National Geographic. We plan to visit the Cedar Falls Public Library, the Oelwein Corner Market, Back Bone State Park, Hartman Reserve, the Cedar Valley Arboretum, and the John Deere Museum. Bingo, Corn Hole, and Bible stories is also on the agenda. Hopefully the weather will be nice for our outdoor walk, too! Halloween activities should keep us very busy with Halloween Karaoke, crafts and pumpkin painting, a visit to the Heartland Farms, and a party!

CONSUMER COLUMN

We went to Cattle Congress and my favorite part was seeing the cows and the sheep. We played a game and I turned around and won a t-shirt!

We went to the Post Office to mail letters to other people at North Star. We had to put stamps on them and then mail them out. This was my first time mailing a letter.

We went to Hartman Reserve and walked around. We saw snakes in cages and I got to pet cats. We also went to another park and swung on swings.

We cut carrots for the petting zoo. The goats and llamas eat them. They have two pigs there.

We also helped at the Food Bank. We put food on the shelf and put celery into the freezer. We socialized with the people there and asked people how many items they wanted.

My group played UNO Attack and did a lesson on Canada. I learned that Canada is a country and has 41 million people. People have to take their shoes off before going into someone's house, too. The flag of Canada is red and white. We colored a picture of the flag.

*Photography and Column
by Consumers*

