

DECEMBER 2025

The Northern Star



North Star Community Services

Hot Off the Press...from 3420

A Look Back: November brought some cold weather but we found lots of fun indoors! We started the month with volunteering at the Food Bank and going to UNI to play ball with student athletes. We also visited the John Deere Museum and the local libraries. We love Bingo and had fun playing a few games at New Aldaya and Friendship Village. Joy “the Comfort Dog” from Cedar Rapids came to see us and we loved that! Hartman Reserve also stopped by and did a wonderful lesson on turkeys. With the holidays around the corner, we participated in bell ringing through the Salvation Army as well! Camp Courageous visited us again too! We had fun with archery! We went to Petersen & Tietz this month as well and did some flower arranging. Maoko Umeda from UNI visited us with a presentation on Japanese culture. It was very interesting! Overall, a fun month! Happy Thanksgiving!

Looking Ahead: December’s calendar filled up quick! We will start the month off by going to Wartburg college in Waverly to play kick ball with student athletes. Sounds fun! We will also do some chair yoga at the Cedar Falls Community Center and visit the studio of 101.9 radio. We have lots of visitors lined up too! The UNI Clarinet Ensemble and UNI Horn Choir will stop by. Looking forward to hearing them play! The River Hills Bell Choir is also on the calendar as well as the Union Carolers—we always enjoy these groups. The guy in the red suit might visit us too! Stay warm everyone!





THE SCOOP...from Newel Post

A Look Back: November kept us busy! The Anway's provided music for us to sing and dance along with and we also enjoyed hymns that Christie played on the piano. Our North Star friends visited and we all shared what we are thankful for. UNI friends helped us with a bead craft and we also did a gift bag exchange game. Camp Courageous came to see us and they brought rabbits and guinea pigs for us to hold! For Thanksgiving, we made a turkey craft, played turkey games, and made really neat fall trees out of puzzle pieces. November was good to us!

Looking Ahead: The December calendar looks full of fun! We look forward to having the Union Carolers visit us as well as the UNI Clarinet Ensemble, River Hills Bell Choir, and Santa and Mrs. Claus! Christie will play the piano for us and the Allen OT students and their instructors will spend an afternoon with us. Our UNI and North Star friends will also join us for some holiday cheer and fun. We will be in the holiday spirit by watching a Christmas movie with popcorn, enjoying cookies and hot chocolate, making Christmas cards and crafts to share, and having a Newel Post Christmas celebration. We will wrap up the year with a New Year's Eve party!



This Just In...from Canterbury

A Look Back: In November, we visited the Waterloo Airport, the Hearst Center, the Waterloo Dog Park, and went bowling at Maple Lanes. We also visited the Amish community which we always enjoy! For lessons, we learned about the different political parties, the history of Iowa, and the history of radio stations. Also on the agenda was discussing Will & Ro Rogers Philosophy, Veterans Day, and all things candy! The biography of Steven King was also a topic of discussion as well as Navajo Code Morse and facts about Mandalay Mansion. We went on a community scavenger hunt, participated in an indoor exercise program, and did everyone's favorite...Karaoke! To end the month, we learned about the history of Thanksgiving!

Looking Ahead: The December calendar will keep us busy! We plan to learn about the Wright Brothers, the history of Gingerbread and fruitcake, Christmas cards, and the Ford Model A. We will also visit the Dan Gable Museum. We plan to make Christmas ornaments and cookies, decorate the Canterbury Christmas tree, and take an outing to Trinkets and Togs. The calendar also has us talking about the 60's, John Lennon, and having a Yahtzee competition. We will also learn about Lady of Guadalupe and play "Junk Food Christmas" Bingo. And of course we can't forget everyone's favorite...Christmas Karaoke. We will end the month with a New Year's Eve party!

CONSUMER COLUMN

I liked helping at the food pantry. I helped to give food to the people.

I went on a lot of outings. I thought it was fun. We went to Newel Post and did crafts. And we talked about what we are thankful for. I liked the guest speakers that came here. I liked petting the rabbit and guinea pig too.

I liked when we went to other rooms and did projects with the other groups.

I liked playing bean bag toss and basketball! I liked listening to history facts and I wrote down a lot of information. That was fun!

We listened to lessons and learned about different cultures. We got to give suggestions on what activities we wanted to do. I learned a lot about Colorado!

We went to the Hearst Center and saw my friend, Brad. We went to McDonalds for ice cream. My group won the carrot cutting contest. That is why we got to get ice cream!

