

JANUARY 2026

The Northern Star



North Star Community Services



Hot Off the Press...from 3420

A Look Back: We kept busy in December with lots of fun! We enjoyed chair yoga at the Cedar Falls Community Center, decorated donuts at Hurts, and went bowling at Maple Lanes. We also enjoyed a visit at the Life 101.9 radio station! Wartburg College student athletes hosted us for a game of kickball—so much fun!! Lots of groups came to see us too which we always love! The UNI Horn Choir and Clarinet Ensemble played for us which was awesome! The River Hills Bell Choir also stopped by as well as the Union Carolers. They were definitely spreading the Christmas cheer! And of course, Santa and Mrs. Claus came by to see us! Partnering with Blessed Sacrament again this year, we filled 800 food bags for local school children, to ensure they have food over Christmas break. We ended the month with a Christmas party and a Gingerbread House contest!

Looking Ahead: January usually brings cold weather so we made sure to plan lots of indoor fun! We will play indoor pickleball at Pickleball Courtside, go bowling at Maple Lanes, decorate donuts at Hurts, and do some chair yoga at the Cedar Falls Community Center. We will also volunteer at the Food Pantry and the Restore Home Store. The Cedar Falls Public Library and Hudson Public Library will host us for stories and crafts as well. We always enjoy that! Camp Courageous will visit us again and we will have a special guest play the saxophone for us too! Looking forward to January!

Stay warm everyone!



THE SCOOP...from Newel Post

A Look Back: December was filled with music, holiday cheer, and friends! We had many visitors—the UNI Clarinet Ensemble, River Hills Bell Choir, the Union Carolers, all came to see us! They were all such a nice treat! We also enjoyed piano music with Christie. This month, we made snowman ornaments and sang Christmas carols with our Allen College friends. Mr. & Mrs. Claus and a few of their helpers from Allen spent a morning with us. Our friends from UNI helped us decorate our tree, sang carols with us, and they brought ornaments for us to decorate. Our North Star friends also came by for some holiday crafts. We celebrated Christmas with a pizza party and we enjoyed a holiday movie with hot chocolate and cookies. Throughout the month, we played holiday games and enjoyed each other's company. We wrapped up 2025 with a New Year's Eve party!

Looking Ahead: In January, we look forward to spending time with our wonderful volunteers and friends. Our UNI and North Star friends will come by for a visit and Camp Courageous will also be here for some neat activities! We enjoy music so look forward to hearing Christie play hymns on the piano and the Anways will have us dancing and singing as well. Another visitor will be here to play the saxophone for us as well—can't wait! Also in January, we will celebrate Elvis and Dolly Parton on their birthdays and take a travelogue to Anchorage, Alaska. Busy month ahead!



This Just In...from Canterbury

A Look Back: In December, we made Christmas cookies, learned about the history of Christmas cards and Christmas ornaments, played Junk Food Christmas Bingo, did some Christmas Karaoke, and decorated our tree...All things Christmas! We enjoyed visiting our other friends at North Star and listening to the UNI Horn Choir. That was a fun treat! We also went bowling, shopped at Trinkets & Togs, and visited Pinnacle Nursing Home. The Boy Scouts also stopped by for a visit which was really neat! As a group, we discussed the history of the Gingerbread, the history of the fruitcake, Lady of Guadalupe, best of the 60's, and the Ford Model A. Lots of interesting chats! Another day, we did an eggnog puzzle, had a Yahtzee competition, and ended the month with a New Year's Eve party!

Looking Ahead: The January calendar has lots of things planned! We will talk about New Year's resolutions, go bowling at Maple Lanes, and visit the Dan Gable Museum. We will learn about Hockey, US Mint Coins, Happy Days, the top 50 songs of 2025, and learn about forest fires. Also on the calendar is visiting the North Star arcade, a Wii bowling competition, a dice game, and a card/board game competition. We will also learned about the biographies of Muhammad and Dolly Parton, facts about Fig Newton, the Beatles, and have a "Favorite Sports Team" day! A visit to Cookie Crumble and the Art Center s also on the agenda as well as doing a survival kit activity, a debate class, and discuss National Religious Freedom Day. Lots of fun things going on at Canterbury—stay warm!

CONSUMER COLUMN

We went to the library and read books. I like having parties here. We had one this month for Christmas. We had cookies and punch. My cookie was a frosted one.

We had visitors that came to see us. River Hills was here and I enjoyed that. Last month we rang the bell for Salvation Army. People put money in the red bucket.

We had a Gingerbread contest. We used frosting, marshmallows, m&m's and gum drops. We put frosting on the Gingerbread House.

We went to Wartburg and I made a homerun. I got to meet people and talk to them. Kickball is a pretty cool sport.

We did yoga and exercise and when we came back, we ate on the second lunch.

We made homemade chili in our group. You put tomato juice and hamburger and stir in a pan. We warmed it on the stove.

