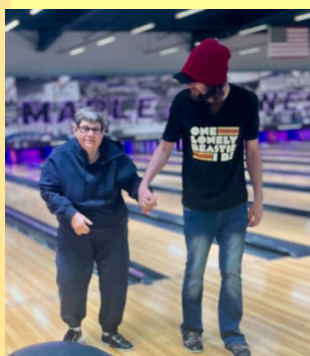
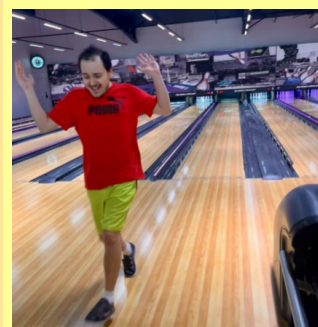


**MARCH 2026**

# *The Northern Star*



## North Star Community Services



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

**A Look Back:** To start off the month of February, Dave Boesen, Waterloo Mayor, came to visit us. He told us all about the duties of his job and helped us get ready for our upcoming Consumer Council election. Hartman Reserve and Camp Courageous also came to see us, as well as Raina Genaw, who played classical music on the saxophone. Eliana from UNI Best Buddies also visited us to do crafts and play games. Throughout the month, we enjoyed bowling at Maple Lanes, chair yoga at the Cedar Falls Community Center, Bingo at New Aldaya, and volunteering at the Food Bank. We also put flower arrangements together and Petersen & Tietz. The Cedar Falls Community Theater hosted us for a tour and we also visited the Science Lab at UNI. We enjoyed time with our friends at Newel Post and a morning of crafts at the Hearst Center. And of course, our Valentine's Party!

**Looking Ahead:** March is here and hopefully some warm weather as well! We are excited to get outside more! On the calendar this month are visits from Pet Pals, Hartman Reserve, Camp Courageous, and a chef from Wartburg will do a cooking class with us. Wonder what we will make? Students from Hawkeye College will stop by to do some crafts with us and students from Allen will also come by for a presentation. Other days, we plan to do chair yoga and a painting class at the Cedar Falls Community Center, take a tour of the Hawkeye College Paramedic Dept., play Bingo at New Aldaya, do a cookie decorating class at Hy-Vee, and visit Hartman Reserve for a maple syrup demonstration. And who is excited for our "Cup Stacking Competition"? Have a great March!



## THE SCOOP...from Newel Post

**A Look Back:** Lots of fun was had in February! We enjoyed listening to a visitor, Raina, play the saxophone, music by the Anway's, and singing along to the piano with Christie. Hartman Reserve stopped by with a presentation on migration and hibernation and we enjoyed seeing the animals, pelts, and deer antlers. Allen College students spent a morning with us to make paper lanterns. And friends from UNI played Winter Bingo with us and shared Valentine's cards with us. For the Superbowl, we had fun playing football related games and enjoyed snacks. We also had fun learning a new dice game! This month, we also played Minute to Win It, did some show n tell, took a travelogue to Milan, Italy and discussed the Winter Olympics. Busy month!

**Looking Ahead:** The March calendar is already full! Our monthly volunteers will be here and we always look forward to seeing them. Hartman Reserve and the Anway's will also stop by. Our North Star nurse, Sara, will be here to talk about Health and we will also go on a travelogue to London. Sounds interesting! We will learn about the history of chocolate and of course, will need to sample some! We also plan to talk about Wildlife Day, Hog Wild Day, enjoy a movie and popcorn, play shuffleboard and other games, and celebrate St. Patrick's Day with a craft and party!



## This Just In...from Canterbury

**A Look Back:** In February, we celebrated Maestro, our cat's, 18th birthday. He also a vet visit this month! We had a Superbowl party, did Valentine crafts, visited the Waterloo Public Library, and learned about Camp Courageous. Also on the calendar was Hank Aaron Hangman, bowling at Maple Lanes, Ash Wednesday facts, history of the NYC subway, goodies at the Amish bakery, and a stop at Crumble Cookie. We learned about paper money, watched funny animal videos, celebrated the Bee Gees anniversary, played a pop culture game, and learned about the history of the United States Postal Service. World Cancer Day was also a topic of discussion as well as taking an auto car quiz. February kept us busy!

**Looking Ahead:** We have lots planned for March! We plan to take a trip to the library, the thrift store, Maple Lanes, and a local nursing home. Topics of discussion will be famous couples in history, 1920's events, agricultural facts, meteorology, Magic Johnson, Aretha Franklin, and the Eiffel Tower. We also plan to do a pizza cooking activity, a St. Patrick's Day project, a bacon puzzle, watch funny animal videos, and a Graceland virtual tour. Also on the agenda will be a weather storm puzzle, a famous landmark game, and fun baseball laughs! Playing Simon Says and Corn Hole should be fun too! We are excited for March and hopefully some warm weather!

# CONSUMER COLUMN

We went to the Food Bank. We volunteered there. We put labels on baggies. We did 1000 of them.

We went to UNI. We saw alligators and snakes. And turtles. I got to pet a turtle. It was fun! I liked going there.

At UNI, we went to the Science Lab. My favorite part was the alligators!

We went to the Phelps Pavillion. I enjoyed that. We also did a craft with the Allen students.

I liked Valentine's Day and doing crafts. Our group learned about Black History Month and historical figures. We talked about Martin Luther King and Mae C. Jemison. She was an astronaut. We also went to the Hearst Center to do art. We went to the flower shop. That was fun! March is about St. Patrick's Day and the color green.

*Photography and Column  
by Consumers*

