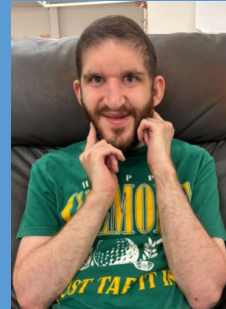


APRIL 2026

The Northern Star



North Star Community Services



Hot Off the Press...from 3420

A Look Back: The March calendar was full of busy and fun! We decorated donuts at Hurts Donuts, did chair yoga and painting at the Cedar Falls Community Center, went on a “French Fry Challenge”, and had lots of fun at Hartman Reserve for the maple syrup demonstration. We also decorated cookies at Hy-Vee and took a tour of the Hawkeye Community College Paramedic Department. Students from Hawkeye also visited us for a morning of crafts! Camp Courageous was here and Hartman Reserve also stopped by with Posie the opossum!. The John Deere Museum was also on the calendar as well as crafts at the Hearst Center, the Robotics Competition at UNI, and Bingo at New Aldaya. Pet Pals stopped by too! We always enjoy seeing Luka! A chef from Wartburg visited and showed us how to pack a sack lunch and Allen Women Health students came by for a presentation. We got to see our Waverly and Newel Post friends too which is always nice!

Looking Ahead: Hopefully April will bring warm weather but either way, we have lots planned! Brandon Libby from KWWL will be here to talk about the job of a meteorologist as well as Summer weather. Maoko Umeda will stop by to talk about calligraphy in Japan! AND a representative from Rydell will come and show us how to check the oil in a car! We will venture out to see the UNI Botanical Gardens, decorate donuts at Hurts, volunteer at the Food Bank, and see the reptiles at the UNI Science Lab. Pet Pals will stop by with our favorite four legged friend and Beck Orchards will give us a presentation on apples! Another day, we will take a tour of Hansen’s Dairy and enjoy ice cream at Cedar City Creamery. In April, we will also begin “My Well Being”, a 6 week program through the Black Hawk County Extension. Happy Spring!

THE SCOOP...from Newel Post

A Look Back: In March, we enjoyed Easter songs on the piano with Christie and celebrating St. Patrick's Day with our North Star friends. We played games and listened to bag pipes as well, which was really neat! Sara, our North Star nurse, taught us CPR, too. We celebrated kitten and puppy day by watching funny videos. We also enjoyed learning about World Wildlife, Alexander Gram Bell, and the history of chocolate. Camp Courageous stopped by with a rabbit and guinea pigs and Hartman Reserve brought Posie the Opossum! That was pretty cool! As always, we enjoyed time with our UNI friends and on another day, we went on a travelogue to London.

Looking Ahead: April will keep us busy for sure! Our friends from North Star and UNI will be here for some activities and Christie will play the piano for us. Root beer floats and pretzels are on the agenda—sounds yummy! We will take a travelogue to Chile and Easter crafts, songs, and games will keep us hopping! We will also try our luck at goofy golf, bingo, and other table games. In April, we will begin a 6 week program called "My Well Being" offered through the Black Hawk County Extension. Through various activities, we will learn about the importance of taking care of ourselves physically, emotionally, socially, etc. Happy Spring!





This Just In...from Canterbury

A Look Back: In March, we learned about events in the 1920's, Magic Johnson, meteorology, and took a virtual tour to Graceland. We went bowling at Maple Lanes, made a stop at a thrift store, and visited a nursing home. Playing corn hole was lots of fun, along with watching funny animal videos and learning about famous couples in history. We enjoyed doing a St. Patrick's Day craft and visiting the public library, too. Putting together puzzles was also lots of fun! We also learned facts about Aretha Franklin, the Eiffel Tower, and did a pizza cooking activity. A game of Simon Says was also a fun part of March!

Looking Ahead: We are hoping for warm weather in April! We will learn about the Titanic, baseball, the Civil War, Autism, Michael J. Fox, and the Field of Dreams. We also plan to discuss Babe Ruth, Famous Brothers, and play Yahtzee and Kings Corner. Food Bingo and a Would You Rather game are also on the agenda! We'll have our client council meeting, talk about the history of cotton candy, watch funny animal videos, play True/False trivia, and make a clothespin planter. Also on the calendar is a mock trial. April will be busy!

CONSUMER COLUMN

We went to the John Deere Museum. I took selfies. I took pictures on the John Deere tractor. I looked around the museum and my favorite part was taking pictures.

We went to Hawkeye College and they taught us how to wrap up wounds. I also went to George Wyth Park and we saw swans and eagles.

We went on a French Fry Challenge. We went to McDonalds, Taco Bell, and Fred-dies. We got french fries from there and we had to see which ones were the best.

We also saw a possum and they did a parade because it was the possum's birthday.

We went to Newel Post and I learned some interesting facts when we played a trivia game. I like going on the outings and I like going to the sensory room. I like when Pet Pals is here and seeing the dog. I like learning about different animals that come here with Camp Courageous. I had fun celebrating my birthday, too!

*Photography and Column
by Consumers*

