August 2026

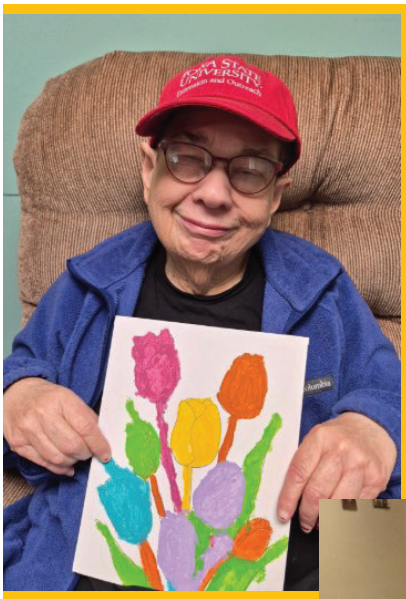
The Northern Star

North Star Community Services

Hot Off the Press...from 3420

A Look Back: July was filled with taking care of our garden, water walking at The Falls, visiting the petting zoo, and mini golfing. So nice to be outside! We visited the Hudson Police/Fire Department, played ball with the Waterloo Bucks at Riverfront Stadium, and played Pickleball with the Cedar Falls Pickleball Club. The Cedar Valley Sportsplex stopped by to teach us about gym safety which will be very useful in our new Wellness area! Black Hawk County Extension was also here to show us the process of making butter and Allen Hospital visited us for a tour of an ambulance. A day trip to Miracles of Motion in Swisher, IA was lots of fun! We enjoyed seeing the horses and having a picnic lunch. Pet Pals was here which we always enjoy! Players from the Iowa Woo football team stopped by to play catch with us and Hartman Reserve was also here! We got to pet a snake! Taking a day trip to Bixby State Preserve was also a fun outing and the weather was perfect for a group to go disc golfing! Another day, the Hudson Library hosted us for stories and crafts and we ended the month with a week of Summer Fun! Daily parties filled with music, Limbo, treats, and fun with our friends!!

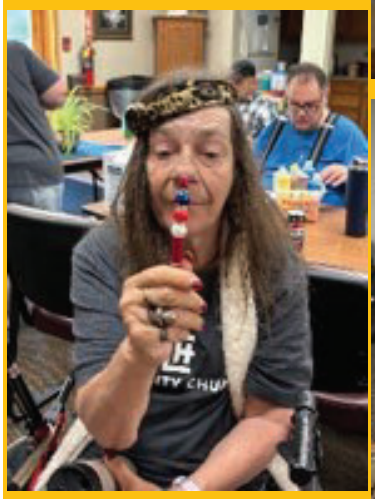
Looking Ahead: Summer goes fast but we keep the fun going! The August calendar has us visiting the Field of Dreams movie site, Bloomsbury Farms, UNI Botanical Center, and volunteering at the Food Bank. We will also cool off with water walking at the Falls and take an outing to see the animals at Hartman Reserve. Mini golfing and the petting zoo are also on the agenda as well as a painting class at the Cedar Falls Community Center. New Aldaya will host us for Bingo and another day we will visit the African American Historical Cultural Museum. Looks like a full calendar!



THE SCOOP...from Newel Post

A Look Back: To celebrate America's 250th birthday, we sang patriotic songs and had ice cream sundaes! The Amway's provided music that we had fun dancing to and Christie played the piano for us. We always enjoy that! Our friends from North Star and UNI stopped in to visit us and Sara from Hartman Reserve brought two snakes for us to see and touch. We learned a lot about snakes! Another day, we learned about the history and fun facts about graham crackers, pudding, and freezer pops and the best part was sampling them! Painting canvases was also on the calendar as well as enjoying root bear floats! Waverly's North Star invited us to a virtual program to honor veterans which was really nice. And throughout the month, we enjoyed some games!

Looking Ahead: August will have us celebrating our pet Parakeet, CJ's, 9th birthday! We will take a travelogue to the Everglades, make cards for our friends, and learn about Smokey the Bear, National Parks, and Chuckwagon races. The Black Hawk Gem and Mineral Society will visit us as well, to teach us all about rocks! Listening to the American Band Stand, having our own Antique Road Show, and doing a "Whodunnit Mystery" activity are all on the August calendar!



This Just In...from Canterbury

A Look Back: July was a warm one but that didn't stop us from all the fun! We enjoyed baking cookies, grilling hot dogs, playing ping pong, and singing to some Karaoke. We played a Food Test game, made mini pizzas, played noodle ball, and cooled off with some tasty popsicles! July outings took us to the Hearst Center, the Amish District, and Fontana Park which we always enjoy. Also on the calendar was learning about Astrology, Mythology 101, history of the Vikings, and women of science. We also had a movie day, held our client council meeting, enjoyed a morning walk, experimented with play dough, and held a mock trial. We ended the month with a fun Summer Cookout!!

Looking Ahead: Our August calendar is full and will definitely keep us busy! We plan to have a picnic at Hickory Hills, take a trip to some thrift stores, visit the Hearst Center, Waterloo Arts Center, a local nursing home, and the petting zoo. With the Iowa State Fair around the corner, we will learn about its history. Another day, we will talk about flag etiquette and learn about the Purple Heart. Sweet Corn Day is also on the calendar as well as hand painting, making window catchers, and learning about the history of the Iowa Farmer's Market. We will learn more about the Amish District and hold the Canterbury Olympics! Lots of games, Bingo, and Karaoke are also a must and we look forward to the August cookout!

Consumer Column

We went to the Hearst Center and looked at the art displays. We had fun with the Laua party and playing Limbo he day we got to make smores!

We went to Dairy Queen and got ice cream. I got an Oreo blizzard! We played catch with the baseball players at Bucks Stadium. We got a signed baseball!

Yesterday I helped my peers. We are best buddies! I liked eating a S'more. I put mine in the microwave! I helped cut carrots by breaking them in half. These are for the animals at the petting zoo.

We went to the Falls and walked in the lazy river. The water was cold when I first got in. We did butter making. I shook the jar.

I did disc golfing with my group. I have never done that before. We went to a park. The disc had to land in the basket. It was a lot of fun to play catch with the Iowa Woo players!

We made butter and had crackers and butter. This was my favorite!

Photography and Column by Consumers