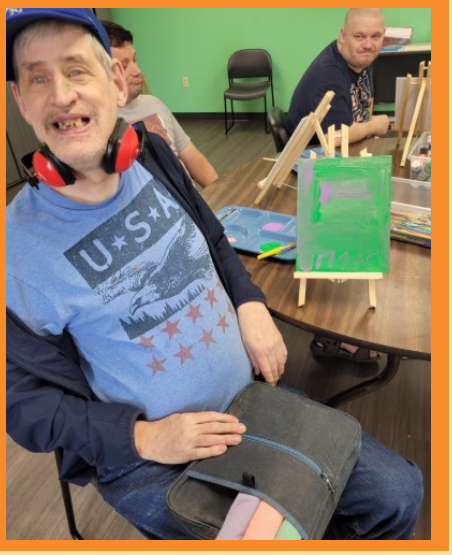
OCTOBER 2026

The Northern Star

North Star Community Services



Hot Off the Press...from 3420

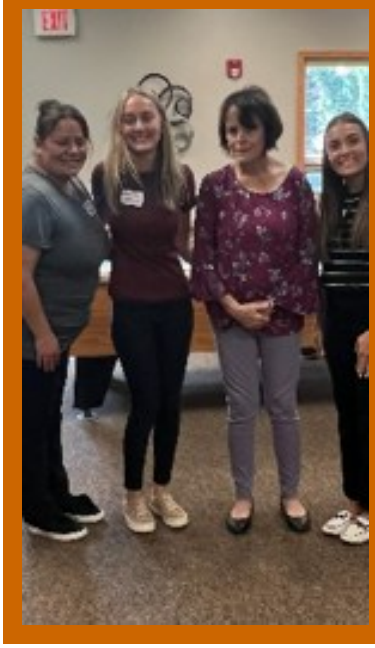
A Look Back: A day trip to Field of Dreams was lots of fun! Everyone got a chance to hit the ball and run the bases. Pet Pals came to see us and we always enjoy snuggles from Luka! One group had "Game Show Week" and played a different game each day, another made delicious Rice Krispie treats, and another group made Pet Rocks! Lots of fall crafts are being made as well! Using our new Art room, a group had fun learning about Leonardo Da Vinci and painted their own Mona Lisa's! A couple of groups also sang the National Anthem at the annual North Star Golf Classic that was held at Gates Park Golf Course. That day, we used our new handicap accessible van for the first time which was REALLY neat! We went bowling at Maple Lanes and visited Cattle Congress! The Waterloo Fire Department stopped by with one of their trucks and the next day, a group took a tour of the Waterloo Fire Station! Both were really fun! We ended the month with a Pizza Party, hosted by our Consumer Council.

Looking Ahead: Pumpkin season is here! And we have lots of fun planned! Groups will head to Bloomsbury Farms and Heartland Farms for fun activities and to pick out their own pumpkin! Also on the agenda is a visit to the Little Red Schoolhouse, Petersen & Tietz for flower arranging, and a paint class at the Cedar Falls Community Center. Visiting the Cedar Falls Fire Department is also on the calendar as well as the Hudson Newspaper, and Hy-Vee to decorate cookies. Wanderlust Studio will be here to do a "Hat Bar" with a group and Art students from UNI will stop by for a Fall craft. We will end the month with our Halloween Party!

THE SCOOP...from Newel Post

A Look Back: Summer has come to an end and we are already busy with Fall! Our UNI friends visited us and we made Fall wreaths together and we also learned how honey was made. The best part was tasting it! Trying different types of apples was tasty too! For Patriotic Day, we learned the history of the American flag and sang songs. Jenny Allen talked to us about voting, ballots, procedures, rights, and accessibility. We learned a lot. Christie shared her piano music with us as well. The history of Colonel Sanders was also a topic of discussion and sampling chicken nuggets! We ended the month with a day filled with carnival activities, games, popcorn, and tattoos! What a fun month!

Looking Ahead: In October, we look forward to music by the Anway's and visits from our UNI and North Star friends. One of our peers will help lead a painting class too! Popcorn Day and Candy Corn Day are also on the agenda as well as making dirt cups. We plan to play pumpkin bowling and other Halloween games, paint pumpkins, and play Halloween Bingo. We will wrap up the month with a Halloween Pizza Party! October should be fun—and delicious!



This Just In...from Canterbury

A Look Back: We welcomed back our UNI Speech and Hearing students in September—great to see them again! We made our annual visit to Cattle Congress, enjoyed Sue and Daisy from Pet Pals, and took a nice walk at George Wyth. Back at the center, we learned about Conway Twitty, the Rock & Roll Hall of Fame, Jerry Lee Lewis, Colonel Sanders, and Carol Burnett. A 9/11 project and tribute was also on the schedule as well as many games and crafts, including Jeopardy, "Name that Item", and sun catchers. Jenny Allen stopped by to talk about voting rights and rules which was very interesting. We learned a lot! Another day, we visited an Amish bakery and had a picnic at Fontana Park.

Looking Ahead: October has us excited for Halloween! We will make popcorn balls and sing Halloween karaoke and learn about Octoberfest. The history of Crossroads, College Square, and Adventureland is also on the schedule as well learning all about Hawaii. Hopefully the weather is nice for our trip to Backbone, too! We will visit the Cedar Falls Public Library, play arcade games at our 3420 location, and take a stroll at Bigwood's Lake. Trinkets and Togs is also on the calendar. October will be our final cookout of the year—we sure enjoyed them! We enjoy playing games so we will throw in a few of those too! A movie/popcorn day is planned as well as learning about drones, UK music bands, and famous rivers. Happy Fall from Canterbury!

Consumer Column

We learned about the 50 states and we also learned about countries. For the 50 states, we learned why they became a state. We did crafts and activities on the states. We talked about Colorado and Memphis, Tennessee. We talked about birthdays and music trivia. We also talked about life skills and what we do day to day. I took lots of pictures at the Field of Dreams and it was a lot of fun! This was probably my favorite outing. I had never been there before!

In our new library, we looked at books and talked about them.

We cut carrots for the Petting Zoo. In our new Art room, we did arts and crafts. In the library, we read some books. And then we did Wellness. My favorite part is the feet pedal. We had a pizza party and it was fun! I helped pass the pizza out.

We went bowling. We have been doing cooking and baking and my favorite thing is using the stove.

Photography and Column

by Consumers