



Canadian Mental Health Association  
Cochrane-Timiskaming  
Addiction and Mental Health Services

Association canadienne pour la santé mentale  
Cochrane-Timiskaming  
Services de toxicomanie et de santé

Northern Star Program  
11 Riverside Drive  
New Liskeard, ON

# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup 1pm - 3pm - St. Pat's decor/DIY</p>	<p><b>4</b></p> <p>9am - 10am - Crafts 10AM - 11AM - Guitar w/Jerry Burger soup casserole 1pm - 3pm - Table Talk</p>	<p><b>5</b></p> <p>CLOSED ALL DAY for CPR/First Aid training at CMHA</p>	<p><b>6</b></p> <p>CLOSED ALL DAY for CPR/First Aid training at CMHA</p>	<p><b>7</b></p> <p>9AM - 10AM - Coffee Time 10AM - 11AM - Yoga Free Soup 1pm - 3pm - St. Pat's decor/DIY</p>
<p><b>10</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup 1pm - 3pm - St. Pat's Decor/DIY</p>	<p><b>11</b></p> <p>9am - 10am - Crafts 10am - 11am - Guitar w/Jerry Grilled Cheese/Tomato Soup 1pm - 2pm - Members Meeting</p>	<p><b>12</b></p> <p>10am - 11am - Coffee Time/Table Talk Free Soup 1pm - 3pm - Mental Spring Cleaning</p>	<p><b>13</b></p> <p>9am - 10am - Guess that song Irish Stew 1pm - 3pm - Diamond Dots</p>	<p><b>14</b></p> <p>9am - 10am - Coffee Time 10am - 11 am - Yoga Free Soup 1pm - 3pm - Bingo</p>
<p><b>17</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup/Green Smoothie 1pm - 3pm - St. Pat's Trivia</p>	<p><b>18</b></p> <p>9am - 10am - Coffee Time/Crafts 10am - 11am - Guitar w/Jerry Railway Dinner 1pm - 3pm - Table Talk</p>	<p><b>19</b></p> <p>10am - 11am - Coffee Time/Table Talk Free Soup 1pm - 3pm - Still Life Drawing</p>	<p><b>20</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Guess that song Western Sandwich 1pm - 3pm - Diamond Dots</p>	<p><b>21</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Batch Cooking/Rice Krispy squares 1pm - 3pm - Movie and popcorn</p>
<p><b>24</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup 1pm - 3pm - Still Life Painting/board games</p>	<p><b>25</b></p> <p>9am - 10am - Crafts 10am - 11am - Guitar w/Jerry pancakes 1pm - 3pm - Table Talk</p>	<p><b>26</b></p> <p>10am - 12am - Pyrography Free Soup 1pm - 3pm - Pyrography</p>	<p><b>27</b></p> <p>9am - 10am - Drop In/Guess that song Tater Tot Casserole 1pm - 3pm - Diamond Dots</p>	<p><b>28</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup March Birthday Cake 1pm - 3pm - Bingo</p>
<p><b>31</b></p> <p>9am - 10am - Coffee Time 10am - 11am - Yoga Free Soup 1pm - 3pm - Aloe Vera Uses/DIY crafts</p>	 	 		