

# June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9am - 9h30am - Coffee Time 9h30-11am - Gel Nails with Amanda Free Soup 1pm - 3pm - Diamond Dots	<b>3</b> 9am - 10am - Coffee Time 10am - 11am - Table Talk Grilled Cheese/Tomato Soup 1pm - 3pm-Pride Talk with Donna	<b>4</b> 10am - 11am - Coffee Time Free Soup 1pm - 3pm - Rent Smart with Vanessa	<b>5</b> 9am-10am-Coffee Time 10am-11am-Trivia Tac Mac Casserole 1pm-3pm-"Buddy Up"-Talking to men about Mental Health by Michael	<b>6</b> 9am-10am - Coffee Time 10am-11am- Craft of choice Free Soup 1pm - 3pm - Bingo
<b>9</b> 9am - 10am - Coffee Time 10am - 11am - Table Talk Free Soup 1pm - 3pm-"Psychosis" with Sarah	<b>10</b> 9am - 9h30 am - Coffee Time 9h30-11am - Pride Talk with Donna Toasted Western 1pm - 2pm - Members Meeting	<b>11</b> 10am - 11am - Coffee Time Free Soup 1pm-3pm- Rent Smart (2) with Vanessa	<b>12</b> 9am - 10am-Coffee Time 10am-11am-Learning French Ham Rollies 1pm-3pm-Beading (Metis) with Roni	<b>13</b> 9am-10am-Coffee Time 10am-11am-Craft of Choice Free soup 1pm-3pm-Popcorn and a Movie
<b>16</b> NORTHERN STAR WILL BE CLOSED ALL DAY FOR TRAINING	<b>17</b> NORTHERN STAR WILL BE CLOSED ALL DAY FOR TRAINING	<b>18</b> 10am - 11am - Coffee Time Free Soup 1pm - 3pm - Online/Mail and Phone scams with Marty OPP	<b>19</b> 9am - 10am - Coffee Time 10am -11am - Table Talk Shepperd's Pie 1pm-3pm - Indigenous Awareness with Pam	<b>20</b> 9am - 10am - Coffee Time 10am-11am - Learning French (Beginner's) Free Soup 1pm-3pm - Bingp
<b>23</b> 9am-10am- Coffee Time 10am-11am - Table Talk Free Soup 1pm-3pm - Rock Painting with Vicky	<b>24</b> 9am-10am - Coffee Time 10am-11am- Fire Plan and Practice Meatloaf 1pm-3pm -Wood nature painting with Melanie	<b>25</b> 10am-11am - Coffee Time Free Soup 1pm-3pm- Planning Menu and Dispersing tasks for Friday Barbecue	<b>26</b> 9am-9h30am - Coffee Time 9h30-11am - Space Between Us by Natasha Summer Salad 1pm-3pm- Birthday Cake and salad prep	<b>27</b> <b>Barbecue</b> 
<b>30</b> 9am-10am - Coffee Time 10am-11am - Table Talk Free Soup 1pm-3pm - Nature Drawing outside of Northern Star	<div>  <div> <b>NORTHERN STAR PROGRAM</b>  <b>11 RIVERSIDE DRIVE</b>  <b>NEW LISKEARD, ON</b> </div> <div>  <div> <b>Canadian Mental Health Association</b>  <b>Cochrane-Timiskaming</b>  <i>Addiction and Mental Health Services</i> </div> <div> <b>Association canadienne pour la santé mentale</b>  <b>Cochrane-Timiskaming</b>  <i>Services de toxicomanie et de santé</i> </div> </div> </div>			