

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NORTHERN STAR CLOSED FOR LABOUR DAY	2 9am - 10am - Coffee Time 10am - 11am - Table Talk Chicken Burgers 1pm - 3pm - Clay Totem Pole Craft	3 10am - 11am - Coffee Time/Table Talk Free Soup 1pm-3pm - Understanding the Neurodivergent with Britney	4 9am - 9h30am - Coffee Time 9h30am - 11am - Open Discussion about Mental Health with Donna Toasted Western 1pm-3pm- Learning French	5 9am-10am-Coffee Time 10am-11am-Craft of Choice Free soup 1pm-3pm-Popcorn and a Movie
8 9am - 10am-Coffee Time 10am-11am - Table Talk Free Soup 1pm-3pm - Scrabble Letter Coasters	9 9am-10am - Coffee Time 10am-11am - Table Talk Grilled Cheese w/Tomato Soup 1pm-2pm - Members Meeting	10 10am-11am - Coffee Time/Table Talk Free Soup 1pm-3pm - Beading with Don	11 9am - 10am - Coffee Time 10am - 11am - Craft of Choice Shepperd's Pie 1pm - 3pm - Birch Bark Craft	12 9am - 10am - Coffee Time 10am -11am - Table Talk Free Soup 1pm-3pm - Bingo
15 9am - 10am - Coffee Time 10am-11am - Diamond Dots Free Soup 1pm-3pm - Mel's Fall Craft	16 9am-10am- Coffee Time 10am-11am - Table Talk Meatloaf 1pm-3pm - Community Paramedicine Services	17 10am-11am - Coffee Time/Table Talk Free Soup 1pm-3pm - Flip Book with Gin	18 9am-10am - Coffee Time 10am - 11am - Diamond Dots Chilli with Toast 1pm-3pm- Buffam Funeral Home	19 9am-10am - Coffee Time 10am-11am - Table Talk Free Soup Popcorn and Movie
22 9am-10am - Coffee Time 10am-11am - Food Handler's Free Soup 1pm-3pm - Food Handler's	23 9am-10am - Coffee Time 10am-11am - Food Handler's Chicken Casserole with Rice 1pm-3pm - Food Handler's	24 10am-11am- Coffee Time/Table Talk Free Soup 1pm-3pm The Power of Music with Deanna	25 9am-9h30am - Coffee Time 9h30am - 11am - Open Mental Health Discussion with Donna Lazy Lasagna 1pm-3pm -Learning French	26 9am-10am - Coffee Time 10am-11am- Birthday Cake Free Soup 1pm-3pm -Bingo
29 (ORANGE SHIRT DAY) 9am-10am - Coffee Time 10am-11am - Table Talk Free Soup 1pm-3pm - Indian Tacos/Truth and Reconciliation	30 NORTHERN STAR CLOSED FOR TRUTH AND RECONCILIATION DAY	WALKING WITH A BUDDY DAILY		

SEPT
2025



NORTHERN STAR PROGRAM
11 RIVERSIDE DRIVE
NEW LISKEARD, ON



**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 mentale