



ASSUMPTION CARES

Compassionate Care for Windsor's West End
OCTOBER

Programs available for anyone
living in the West End of Windsor.
All are Free!

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<u>To Register</u> Email assumptioncares@dol.ca "Register Now" on the website, or call 226-260-1768		<u>Keep in Touch</u> Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768		1 9am-12noon Cards & Games 7:30-9pm - Nar-Anon	2 8am-11am Forgotten Harvest 9am-11am Feeding Pets	3 9am-12noon Cuddles Clothing 9am-12:30pm - St. Vincent de Paul Food/Home Visits
4	5 10am - Online Health Screener	6 7pm-8pm Living With Grief	7 9:30 - Walk & Talk 10:30am - Exercise for Chronic Pain 7-8:30pm - AA ("All Are Welcome")	8 9am-12noon Cards & Games 2pm - The Importance of Being Connected 7:30-9pm - Nar-Anon	9 8am-11am Forgotten Harvest 9am-11am Feeding Pets	10 9am-12noon Cuddles Clothing 9am-12:30pm - St. Vincent de Paul Food/Home Visits
11	12 10am - Online Health Screener 6:30-8pm - Catholic Life Meeting	13 6pm-7pm Financial Fitness Workshop	14 9:30 - Walk & Talk 10:30am - Exercise for Chronic Pain 7-8:30pm - AA ("All Are Welcome")	15 9am-12noon Cards & Games 7:30-9pm - Nar-Anon	16 8am-11am Forgotten Harvest 9am-11am Feeding Pets	17 9am-12noon Cuddles Clothing 9am-12:30pm - St. Vincent de Paul Food/Home Visits
18	19 10am - Online Health Screener	20 7pm-8pm Living With Grief	21 9:30 - Walk & Talk 10:30am - Exercise for Chronic Pain 7-8:30pm - AA ("All Are Welcome")	22 9am-12noon Cards & Games 7:30-9pm - Nar-Anon	23 8am-11am Forgotten Harvest 9am-11am Feeding Pets	24 9am-12noon Cuddles Clothing 9am-12:30pm - St. Vincent de Paul Food/Home Visits
25	26 10am - Online Health Screener 6pm-7pm Maryvale Info Night 6:30-8pm - Catholic Life Meeting	27	28 9:30 - Walk & Talk 10:30am - Exercise for Chronic Pain 7-8:30pm - AA ("All Are Welcome")	29 9am-12noon Cards & Games 7:30-9pm - Nar-Anon	30 8am-11am Forgotten Harvest 9am-11am Feeding Pets	31 9am-12noon Cuddles Clothing 9am-12:30pm - St. Vincent de Paul Food/Home Visits