



ASSUMPTION CARES - SEPTEMBER

Compassionate Care for Windsor's West End

"FREE" COMMUNITY BASED PROGRAMS THAT SEEK TO HELP ALL FIND A BETTER QUALITY OF LIFE.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 9:30 Walk and Talk 10:30 Exercise for chronic pain	2 9-12 Cards and Games 10:30- Crochet and Knit 7:30-9pm -Nar-Anon	3 NO PROGRAMS TODAY	4 9am-12:30pm - St. Vincent de Paul Food/Home Visits
			5 HAPPY LABOUR DAY NO PROGRAMS	6 11am - EarlyON Virtual Storytime (every weekday)	7 9:30 Walk and Talk 10:30 Exercise for chronic pain 2pm -Simply Music ONLINE	8 9-12 Cards and Games 6pm-7:30pm Living With Grief 7:30-9pm -Nar-Anon
12	13 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	14 11am - EarlyON Virtual Storytime (every weekday)	15 9:30 Walk and Talk 10:30 Exercise for chronic pain	16 9-12 cards and games 10:30- Crochet and knit 7:30-9pm Nar-Anon	17 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 12pm Conversational English	18 9am-12:30pm - St. Vincent de Paul Food/Home Visits
19	20 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	21 11am - EarlyON Virtual Storytime (every weekday)	22 9:30 Walk and Talk 10:30 Exercise for chronic pain 2pm - Simply Music ONLINE	23 9-12 Cards and games 6pm-7:30pm Living With Grief 7:30-9pm - Nar-Anon	24 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 12pm Conversational English	25 9am-12:30pm - St. Vincent de Paul Food/Home Visits
26	27 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	28 11am - EarlyON Virtual Storytime (every weekday)	29 9:30 Walk and Talk 10:30 Exercise for Chronic Pain	30 9-12 Cards and games 17:30-9pm - Nar-Anon	Contact Us: Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768	

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ADDRESS

711 McEwan Ave.
(McEwan Campus) &
350 Huron Church Rd.
(Huron Church Campus) of
Assumption Parish

**INDOOR PROGRAMS WILL
RESUME IN LINE WITH THE
COVID RESTRICTIONS OF
EACH PHASE OF REOPENING
WATCH THE ASSUMPTION
CARES FACEBOOK PAGE FOR
UPDATES**



 **McEwan Campus
is wheelchair
accessible with an
elevator - park at the back
of the church off of
Campbell Ave for access.**

HEALTH SCREENING: Struggling with health concerns? finding a healthcare provider? understanding your medication? **Fill out our Health Screener (on our webpage)** for the opportunity to receive professional advocacy and support. **ONLINE.**

MENTAL HEALTH MONDAYS: Assumption Cares hosts a psychoeducational group on Mondays. We will discuss different topics each week, teach different coping strategies and give you new tools for your tool box! **See our social media for the Zoom link.**

EXERCISE FOR CHRONIC PAIN: Join **Paul Laforest** to learn how to better identify and understand your pain. Participate in simple exercises that can improve your flexibility, strength, and range of motion. Come in comfortable clothing and bring appropriate footwear and a bottle of water.. 10:30,-12 *McEwan Campus.* **Please see our web page to register.**

WALK AND TALK: Come join us for an hour of walking and getting to know each other. We will be walking inside the Holy Name of Mary church. This is a great activity to help you get active and meet people. Dress comfortably, bring a reusable water bottle, and appropriate footwear. *McEwan Campus, Church, Wednesday, 9:30am-10:30am.*

EARLYON VIRTUAL STORY TIME: Join **Miss Marcella**, an EarlyON teacher, as she offers a virtual story time **every weekday at 11am** for kids 0-6yrs. Email her at marcella.artico@publicboard.ca for the link.

FOODIES COOKING CLUB - ONLINE: Join our "Foodies" **Mauline and Eleanore** in preparing and sharing low cost, healthy lunch. **See our social media for the Day, time and Zoom link.**

NAR-ANON: Loving someone who is experiencing an addiction can present many challenges. Nar-Anon provides a safe haven for family members and friends to find support from other caregivers. *McEwan Campus, Rooney Lounge, Thursdays at 7:30-9pm - ONLINE.*

STEPS TO RECOVERY (CoDA): Codependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. *McEwan Campus, Wednesdays, 7:30pm*

CONVERSATIONAL ENGLISH: The Mental Health Team at W5 will provide an opportunity for you to practice English-speaking skills, make friends, and learn about the community. *Every Friday at 12noon.* **See our social media for the Zoom link**

CARDS AND GAMES: A small group of neighbours have been gathering to play cards on Thursday mornings. They are looking for others to join them. Come alone or with others. *McEwan Campus, Thursdays, 9 to noon*

CROCHET AND KNIT -Join us on the first and third Thursday morning of the month to enjoy some wholesome crafting with friends. *McEwan Campus, 1st and 3rd Thursday of the month, 10:30am, Assumption Room (with couches).*

LIVING WITH GRIEF: Discussion on a variety of topics for adults who have experienced the death of a loved one. *2nd & 4th Thursdays, 6pm-7:30pm - ZOOM* - **Call us or see our webpage to register.**

FORGOTTEN HARVEST/FOOD DELIVERY: Saint Vincent de Paul Society provides fresh vegetables at the **McEwan Campus** every **Friday, 8am-11am.** They also make **home visits** to individuals or families in need every **Saturday** from **9am-12:30.** **Call 519-258-2740**

FEEDING PETS: Need a little extra food for your fur baby?! Feeding Windsor has expanded their Emergency Pet Food Bank to us. Come once a month for a few days worth of cat or dog food to tide your pets over. *McEwan Campus, Fridays, 9am-11am.*

SIMPLY MUSIC. Everybody loves music! Simply Music is a space to share your favourite songs, connect with other music lovers, and connect through beautiful sounds! Please join us for a great event with great people this month. *Wednesdays July 7 & 21* **See our social media for the Zoom link.**

VOLUNTEER TAX PROGRAM: Still need to file your 2020 taxes? We can help! The Community Volunteer Income Program (CVITP) is in collaboration with Assumption Cares and can help you out year-round for those whose income was under \$35000 in 2020. Please email/call us and we will connect you. You will need your income slips that apply to you T5007, T4, T4A, T4A(P), T4A(OAS), T4E, T5 & Rent or Property Tax Receipt. *If you received CERB or COVID money, you must include a T4A or T4E.** Please call **226-260-1768** or email assumptioncares@dol.ca for further direction.



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--- SEPTEMBER ANNOUNCEMENTS ---

FRIDAY SEPTEMBER 3RD AND MONDAY SEPTEMBER 6TH - ALL PROGRAMS CLOSED FOR THE DAY.

****Please note that all our IN-HOUSE programs will require sign-in and masks to be worn. Some programs will require pre-registration due to limited spaces. Please complete the covid self evaluation posted on the door before entering the building.*

PROGRAM RE-OPENINGS

Please refer to our Calendar and Social Media pages for information and updates as we finally get back to in person programming!

INCOME TAX HELP!

Still need to file your 2020 taxes? We can help! The Community Volunteer Income Program (CVITP) is in collaboration with Assumption Cares and can help you out year-round for those whose income was under \$35000 in 2020. Please email/call us and we will connect you. You will need your income slips that apply to you T5007, T4, T4A, T4A(P), T4A(OAS), T4E, T5 & Rent or Property Tax Receipt. *If you received CERB or COVID money, you must include a T4A or T4E.** Please call **226-260-1768** or email assumptioncares@dol.ca for further direction.

COVID VACCINE REGISTRATION!

We can help you pre-register for the COVID-19 vaccine. Just call us at **226-260-1768**, or call the Health Unit directly at **519-251-4072**. We are happy to help..

NEED MORE SUPPORT?

Looking for more support and/or connection in the community?

Reach out to us and be matched with a trained volunteer who will support and advocate for you in your day-to-day life. Please contact us at **226-260-1768** or email us at assumptioncares@dol.ca for details on how to get involved in this program.

FOLLOW US ON SOCIAL MEDIA!

Webpage: www.assumptionparish.ca/assumptioncares

Instagram: @assumptioncares

Facebook: Assumption Cares

Email: assumptioncares@dol.ca

Phone: 226-260-1768