






ASSUMPTION CARES - JANUARY 2022

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																																																
<p>Contact US Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>				<table border="1"> <thead> <tr> <th colspan="7">2021 DECEMBER</th> </tr> <tr> <th>Sun</th> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>	2021 DECEMBER							Sun	Mon	Tue	Wed	Thu	Fri	Sat				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>1 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
2021 DECEMBER																																																						
Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																
			1	2	3	4																																																
5	6	7	8	9	10	11																																																
12	13	14	15	16	17	18																																																
19	20	21	22	23	24	25																																																
26	27	28	29	30	31																																																	
2 	3 10am - Online Health Screener 2pm - Advent Reflection ONLINE	4 11am - EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group on hold	5 9:30 Walk and Talk 10:30 Exercise for chronic pain on hold 2pm - Simply Music ONLINE	6 9-12 Cards and games on hold 10:30- Crochet and knit on hold 7:30-9pm Nar-Anon online	7 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing closed 12pm Conversational English	8 9am-12:30pm - St. Vincent de Paul Food/Home Visits																																																
9 	10 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	11 11am - EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group on hold	12 9:30 Walk and Talk on hold 10:30 Exercise for chronic pain coming soon	13 9-12 Cards and games on hold 6pm-7:30pm Living With Grief 7:30-9pm Nar-Anon online	14 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing closed 12pm Conversational English	15 9am-12:30pm - St. Vincent de Paul Food/Home Visits																																																
16 	17 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	18 11am - EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group	19 9:30 Walk and Talk 10:30 Exercise for chronic pain 2pm - Simply Music ONLINE	20 9-12 Cards and games 10:30- Crochet and knit 7:30-9pm Nar-Anon online	21 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 12pm Conversational English	22 9am-12:30pm - St. Vincent de Paul Food/Home Visits																																																
23/30 	24/ 31 10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE	25 EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group	26 9:30 Walk and Talk 10:30 Exercise for chronic pain 2pm - Simply Music ONLINE	27 9-12 Cards and games 6pm-7:30pm Living With Grief 7:30-9pm Nar-Anon online	28 8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 12pm Conversational English	29 9am-12:30pm - St. Vincent de Paul Food/Home Visits																																																

ASSUMPTION CARES - JANUARY 2022

Compassionate Care for Windsor's West End

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

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.** **ON HOLD**

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.* **ON HOLD**

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.** **ON HOLD**

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. **ONLINE ONLY**

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* **ON HOLD**

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).* **ON HOLD**

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.**

LIVING STONES PRAYER GROUP *Tuesdays at 8pm in the Rooney Lounge* **ON HOLD**

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.



ASSUMPTION CARES - JANUARY 2022

Compassionate Care for Windsor's West End

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

--JANUARY 2022 ANNOUNCEMENTS --

PLEASE NOTE THAT SEVERAL OF OUR IN-PERSON PROGRAMS ARE EITHER ON HOLD OR CLOSED TEMPORARILY DUE TO THE RECENTLY UPDATED COVID 19 RESTRICTIONS. UPDATES WILL BE PROVIDED ON OUR FACEBOOK PAGE AND WEBSITE AS RESTRICTIONS CHANGE.

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