






| Sun   | Mon  | Tue   | Wed   | Thur   | Fri  | Sat  |
|---|--|---|---|--|--|--|
|   | <p><b>Contact Us</b><br/> <b>Website:</b><br/> <a href="http://assumptionparish.ca/assumptioncares">assumptionparish.ca/assumptioncares</a><br/> <b>Facebook:</b> Assumption Cares<br/> <b>Email:</b> <a href="mailto:assumptioncares@dol.ca">assumptioncares@dol.ca</a><br/> <b>Call/Text:</b> 226-260-1768</p> |   | <p>1<br/>           9:30 <b>Walk and Talk</b><br/>           10:30 Exercise for chronic pain<br/>           11-12 <b>Hello Neighbour!</b><br/>           2pm - Simply Music <b>ONLINE</b></p> | <p>2<br/>           9-12 <b>Cards and games</b><br/>           10:30- <b>Crochet and knit</b><br/>           11-12 <b>Fit For All</b><br/>           7:30-9pm <b>Nar-Anon</b></p>  | <p>3 <b>8am-11am</b><br/> <b>Forgotten Harvest</b><br/> <b>9am-11am</b><br/> <b>Feeding Pets</b><br/>           9-12 <b>Cuddles Clothing</b><br/> <b>12pm</b> Conversational English <b>ON HOLD</b></p>  | <p>4<br/> <b>9am-12:30pm</b> -<br/>           St. Vincent de Paul<br/>           Food/Home Visits</p>  |
| <p>5<br/> </p>                             | <p>6<br/> <b>10am - Online Health Screener</b><br/> <b>2pm - Mental Health Mondays - ONLINE</b></p>  | <p>7<br/> <b>11am - EarlyON Virtual Storytime (every weekday)</b><br/> <b>8pm</b> Living Stones prayer group</p>  | <p>8<br/>           9:30 <b>Walk and Talk</b><br/>           10:30 Exercise for chronic pain<br/>           11-12<br/>           2pm - Simply Music <b>ONLINE</b></p>                         | <p>9<br/>           9-12 <b>Cards and games</b><br/>           11-12 <b>Fit For All</b><br/>           6-7:30 <b>Living with Grief</b><br/>           7:30-9pm <b>Nar-Anon</b></p>                                       | <p>10 <b>8am-11am</b><br/> <b>Forgotten Harvest</b><br/> <b>9am-11am</b><br/> <b>Feeding Pets</b><br/>           9-12 <b>Cuddles Clothing</b><br/> <b>12pm</b> Conversational English <b>ON HOLD</b></p> | <p>11<br/> <b>9am-12:30pm</b> -<br/>           St. Vincent de Paul<br/>           Food/Home Visits</p> |
| <p>12<br/> </p>                            | <p>13<br/> <b>10am - Online Health Screener</b><br/> <b>2pm - Mental Health Mondays - ONLINE</b></p>   | <p>14<br/> <b>11am - EarlyON Virtual Storytime (every weekday)</b><br/> <b>8pm</b> Living Stones prayer group</p> | <p>15<br/>           9:30 <b>Walk and Talk</b><br/>           10:30 Exercise for chronic pain<br/>           11-12<br/>           2pm - Simply Music <b>ONLINE</b></p>                        | <p>16<br/>           9-12 <b>Cards and games</b><br/>           10:30- <b>Crochet and knit</b><br/>           11-12 <b>Fit For All</b><br/>           7:30-9pm <b>Nar-Anon</b></p>                                       | <p>17<br/> <b>Forgotten Harvest</b><br/> <b>9am-11am</b><br/> <b>Feeding Pets</b><br/>           9-12 <b>Cuddles Clothing</b><br/> <b>12pm</b> Conversational English <b>ON HOLD</b></p>                 | <p>18<br/> <b>9am-12:30pm</b> -<br/>           St. Vincent de Paul<br/>           Food/Home Visits</p> |
| <p>19<br/> <b>FATHER'S DAY</b><br/> </p> | <p>20<br/> <b>10am - Online Health Screener</b><br/> <b>2pm - Mental Health Mondays - ONLINE</b></p>   | <p>21<br/> <b>11am - EarlyON Virtual Storytime (every weekday)</b><br/> <b>8pm</b> Living Stones prayer group</p> | <p>22<br/>           9:30 <b>Walk and Talk</b><br/>           10:30 Exercise for chronic pain<br/>           11-12<br/>           2pm - Simply Music <b>ONLINE</b></p>                        | <p>23<br/>           9-12 <b>Cards and games</b><br/>           11-12 <b>Fit For All</b><br/> <b>2:00 Foodies Club</b><br/>           6-7:30 <b>Living with Grief</b><br/>           7:30-9pm <b>Nar-Anon</b> online</p> | <p>24 <b>8am-11am</b><br/> <b>Forgotten Harvest</b><br/> <b>9am-11am</b><br/> <b>Feeding Pets</b><br/>           9-12 <b>Cuddles Clothing</b><br/> <b>12pm</b> Conversational English <b>ON HOLD</b></p> | <p>25<br/> <b>9am-12:30pm</b> -<br/>           St. Vincent de Paul<br/>           Food/Home Visits</p> |
| <p>26<br/> </p>                          | <p>27<br/> <b>10am - Online Health Screener</b><br/> <b>2pm - Mental Health Mondays - ONLINE</b></p>   | <p>28<br/> <b>11am - EarlyON Virtual Storytime (every weekday)</b><br/> <b>8pm</b> Living Stones prayer group</p> | <p>29<br/>           9:30 <b>Walk and Talk</b><br/>           10:30 Exercise for chronic pain<br/>           11-12<br/>           2pm - Simply Music <b>ONLINE</b></p>                        | <p>30<br/>           9-12 <b>Cards and games</b><br/>           11-12 <b>Fit For All</b><br/>           7:30-9pm <b>Nar-Anon</b> online</p>  | <br><b>Happy Father's Day</b>   |  |

## ADDRESS

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

**Proof of Vaccine no longer required.**  
**Masks optional**



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.**

**NEW! FIT FOR ALL** Low impact fitness class for adults of all ages and fitness levels starting Thursday March 24th. Your instructor Donna has multiple certifications incl

**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.*

**FOODIES COOKING CLUB - ONLINE:** Join our "Foodie" Eleanore in preparing and sharing low cost, healthy lunch. **June 23@ 2pm**  
**Call or see our Facebook page to register**

**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.**

**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.*

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

**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](mailto:marcella.artico@publicboard.ca) for the link.

**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 temporarily on hold**

**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).*

**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:** Need to file your 2021 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](mailto:assumptioncares@dol.ca) for further direction.

**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



# ASSUMPTION CARES - JUNE 2022



Compassionate Care for Windsor's West End

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

***Proof of vaccine no longer required.  
Masks are optional***

## ***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!***

Need to file your 2021 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](mailto:assumptioncares@dol.ca) for further direction.

## ***NEW PROGRAMS!***

**\*FIT FOR ALL WITH DONNA -FITNESS FOR ALL AGES AND FITNESS LEVELS**

**\*FITNESS FOR CHRONIC PAIN WITH PAUL IS BACK!!**

*See the the Assumption Cares calendar and Facebook page for details and links join*

## ***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](mailto:assumptioncares@dol.ca) for details on how to get involved in this program.

## ***FOLLOW US ON SOCIAL MEDIA!***

**Webpage:** [www.assumptionparish.ca/assumptioncares](http://www.assumptionparish.ca/assumptioncares)

**Facebook:** Assumption Cares

**Email:** [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca)

**Phone:** 226-260-1768