







ASSUMPTION CARES December 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 | Tues | Wed | Thur | Fri | Sat |
|---|--|---|--|--|--|--|
| | <p>Contact Us Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p> | |  | <p>1</p> <p>9-12 Cards and games 11-12 Fit For All 1-2 knit and Crochet 7:30-9pm Nar-Anon</p> | <p>2</p> <p>8am-11am Forgotten Harvest 9am-11am Feeding Pets 9-12 Cuddles Clothing 11:30 Conversational English</p> | <p>3</p> <p>9am-12:30pm - St. Vincent de Paul Food/Home Visits</p> |
| <p>4</p>  | <p>5</p> <p>10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE 5-6 Community Meal</p> | <p>6</p> <p>11am -EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group</p> | <p>7</p> <p>9:30 Walk and Talk 11-12 Exercise for chronic pain</p> | <p>8</p> <p>9-12 Cards and games 11-12 Fit For All 6-7:30 Living with Grief 7:30-9pm Nar-Anon</p> | <p>9</p> <p>8am-11am Forgotten Harvest 9am-11am Feeding Pets CUDDLES CLOSED 11:30 Conversational English</p> | <p>10</p> <p>9am-12:30pm - St..Vincent de Paul Food/Home Visits Christmas Party</p> |
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| <p>18</p>  | <p>19</p> <p>10am - Online Health Screener 2pm - Mental Health Mondays - ONLINE 5-6 Community Meal</p> | <p>20</p> <p>11am - EarlyON Virtual Storytime (every weekday) 8pm Living Stones prayer group</p> | <p>21</p> <p>9:30 Walk and Talk 11-12 Exercise for chronic pain</p> | <p>22</p> <p>9-12 Cards and games 11-12 Fit For All 6-7:30 Living with Grief 7:30-9pm Nar-Anon</p> | <p>23</p> <p>8am-11am Forgotten Harvest 9am-11am Feeding Pets CUDDLES CLOSED 11:30 Conversational English</p> | <p>24</p> <p>9am-12:30pm - St. Vincent de Paul Food Home Visits</p> |
| <p>25</p>  | <p>26</p> <p>CLOSED FOR THE HOLIDAYS</p> | <p>27</p> <p>CLOSED FOR THE HOLIDAYS</p> | <p>28</p> <p>CLOSED FOR THE HOLIDAYS</p> | <p>29</p> <p>CLOSED FOR THE HOLIDAYS</p> | <p>30</p> <p>8am-11am Forgotten Harvest CUDDLES CLOSED</p> | <p>31</p>  <p>NEW YEARS EVE</p> |

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"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

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

*Merry
Christmas*



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

COMMUNITY MEAL IS BACK!

Join us for a free dinner every Monday starting September 12. Doors open at 4:30 pm, dinner is served from 5-6

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 including CanFit and Stronger You (senior fitness) *There is no cost to attend however, space is limited, **see our facebook 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. 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.

EXERCISE FOR CHRONIC PAIN: Join **Paul Laforet** 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. *Wednesdays 11-12 McEwan Campus. Please see our web page to register.*

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.**

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.*

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.**

LIVING STONES PRAYER GROUP Please join us on Tuesdays at 8pm in the Assumption room

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.

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 10:00AM. 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 Call for more info.*

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, 1-2 PM in the 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, and connect with other music lovers. Please join us on the 2nd and 4th Wednesday of the month. **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 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 Nar-Anon provides a safe haven for family members and friends to find support from other caregivers



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SCHEDULE CHANGES THIS MONTH

There will be **no community meal** December 26th and January 2nd
Cuddles Clothing will be **closed** December 9th, 23rd and 30th
All Assumption Cares programs will be **closed** the week of December 26th
Forgotten Harvest will be **open** on December 30

NOTE THE FOLLOWING PROGRAM TIME CHANGES

FITNESS FOR CHRONIC PAIN WEDNESDAY 11AM- 12PM
KNIT AND CROCHET 1ST AND 3RD THURSDAYS 1-2PM
CONVERSATIONAL ENGLISH FRIDAYS 11:30 AM ON ZOOM

HOMEWORK HELP VOLUNTEERS NEEDED

We are looking for both tutors and monitors for our Homework Help program. Please see our webpage to fill out a volunteer application form.

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 for further direction.

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

Facebook: Assumption Cares

Email: assumptioncares@dol.ca

Phone: 226-260-1768