



ASSUMPTION CARES NOVEMBER 2023

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: Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>			<p>1 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain</p>	<p>2 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon</p>	<p>3 8 8am-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>4 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>																																										
5	<p>6 10am - Online Health Screener 5-6pm Community Meal</p>	<p>7 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>8 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 1-2 Mental Wellness online</p>	<p>9 9-12 Cards and games 11am Conversational English 11-12 Fit For All 6-7:30 Living with Grief 7:30-9pm Nar-Anon</p>	<p>10 8am-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>11 Remembrance Day 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>																																										
12	<p>13 10am - Online Health Screener 5-6pm Community Meal</p>	<p>14 10:30 Knit and Crochet -on hold 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>15 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 1:30-2:30 ASL beginner</p>	<p>16 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon</p>	<p>17 8-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>18 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>																																										
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26	<p>27 10am - Online Health Screener 5-6pm Community Meal</p>	<p>28 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>29 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 1-2 Mental Wellness online 1:30-2:30 ASL beginner</p>	<p>9-12 Cards and games 11am Conversational English 11-12 Fit For All 6-7:30 Living with Grief 7:30-9pm Nar-Anon</p>	<p>December 2023</p> <table border="1"> <thead> <tr> <th>Sunday</th> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> <th>Saturday</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		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				
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ADDRESS

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

QUESTIONS?

Email:
assumptioncares@dol.ca

Call/Text: 226-260-1768



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

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

FIT FOR ALL: Low impact fitness class for adults of all ages and fitness levels.. Your instructor Donna has multiple certifications including CanFit and Stronger You (senior fitness)

CROCHET AND KNIT: - Join us on the first and third Tuesday morning of the month from 10:30-11:30 to enjoy crafting with friends. *McEwan Campus in the Assumption Room (with couches).* s onJoin **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. Dress comfortably, bring a reusable water bottle, and appropriate footwear. *McEwan Campus, Church, Wednesday, 9:30am-10:30am.*

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 -ROSARY HALL call or see our webpage to register.*

MENTAL WELLNESS WEDNESDAYS: **ON LINE** Assumption Cares hosts a psychoeducational on the second and fourth Wednesdays 1-2 PM. 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: 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.*

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.

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.**

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: Thursday mornings. *McEwan Campus, Thursdays, 9 to noon Call for more info.*

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**

***NEW* ASL FOR BEGINNERS:** Learn the alphabet and basic vocabulary in sign language. Six week program Wednesdays 1:30-2:30 Starting Nov.15th. *See our social media for registration or call for more info.*

VOLUNTEER TAX PROGRAM: Need to file your 2022 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

AA ALL WELCOME- Wednesday evenings 7:30 pm



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PLEASE NOTE THE FOLLOWING PROGRAM TIME CHANGES

*** NEW PROGRAM AMERICAN SIGN LANGUAGE FOR BEGINNERS STARTS NOV.15TH AT 1:30***

CONVERSATIONAL ENGLISH THURSDAYS 11am ON ZOOM

LIVING WITH GRIEF

EVERY 2ND AND 4TH THURSDAY IN THE ROSARY CHAPEL (6-7:30)

SEE OUR FACEBOOK PAGE OR CALL FOR REGISTRATION INFORMATION

**** WE ARE LOOKING FOR A VOLUNTEER TO LEAD OUR KNIT AND CROCHET CLUB TWO MORNINGS PER MONTH ****

WE ARE IN NEED OF ONLINE TUTORS AND MONITORS FOR OUR HOMEWORK HELP PROGRAM

IF YOU ARE INTERESTED PLEASE CALL OR EMAIL ASSUMPTION CARES. INFO AT BOTTOM OF PAGE.

NEED INCOME TAX HELP!

Need to file your 2022 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