





ASSUMPTION CARES MARCH 2025

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
2 	3 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM	4 11am - EarlyON Virtual Storytime (every weekday)	5 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain	6 9-12 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon	7 8am-11am Forgotten Harvest 9-12 Cuddles Clothing 9-11:30 CRA Tax Program	8 1 9am-12:30pm - St. Vincent de Paul Food/Home Visits
9 	10 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM	11 11am - EarlyON Virtual Storytime (every weekday)	12 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 10:30 Knit and Crochet 12-1 Mental Wellness Wednesday	13 9-12 Cards and games 11am Conversation English 11-12 Fit For All 7:30-9pm Nar-Anon	14 8am-11am Forgotten Harvest 8-11am Cuddles Clothing 9-12 CRA Tax Program	15 9am-12:30pm - St. Vincent de Paul Food/Home Visits
15 	17 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM	18 11am - EarlyON Virtual Storytime (every weekday)	19 9:30 Walk and Talk 9:30 Jet Set Ready 10:30-11:30 Exercise for chronic pain 12 PM Foodies cooking 12 PM Garba dance 1-2pm Punjabi Folk Dance	20 9-11 Cards and games 10-11 Ganes and Laughs 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon	21 8-11am Forgotten Harvest 9-12 Cuddles Clothing 9-11:30 CRA Tax Program	22 9am-12:30pm - St. Vincent de Paul Food/Home Visits
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29 	31 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM				<p>Contact Us: Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>	



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

**St. Patrick's Day
March 17th**



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 and socializing every Monday evening. 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)

BINGO*NEW! Join us for bingo and win some fun prizes (not monetary) Alternate Thursdays of the month.

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.*

PUNJABI FOLK DANCE: learn the history, culture, music and steps of traditional Punjabi dance. Wednesdays at 1pm starting March 19th

JET SET TRAVEL: interactive travel workshop, gain the skills and discover the secrets to stress-free and exciting adventures!

GARBA where culture meets the dance floor. Picture vibrant colours, rhythmic beats, and an atmosphere filled with joy—that's Garba,

GAMES AND LAUGHS enjoy interactive games with others

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.*

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.**

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

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.*

CROCHET AND KNIT - Join us on the 2nd and 4th Wednesday morning of the month at 10:30- to enjoy crafting with friends. *McEwan Campus 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**

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 2023. 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.

Please call **226-260-1768** or email assumptioncares@dol.ca for further direction.

CUDDLES free gently used clothing, shoes and toys for kids 0-18 years. [lease bring your own bag.

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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MODEST INCOME TAX CLINIC

Need to file your 2024 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 2024. 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. **OUR DROP OFF PROGRAM WILL RUN FROM MARCH 7- APRIL 25TH ON FRIDAY MORNINGS FROM 9AM-11:30 AM. (CLOSED APRIL 18TH)** Please call **226-260-1768** or email assumptioncares@dol.ca for further direction.

COMING SOON

PUNJABI FOLK DANCE: Learn the history, culture, music . meaning and steps of traditional Punjabi dance.

JET SET READY : Interactive travel workshop, gain the skills and discover the secrets to stress-free and exciting adventures!

GARBA Where culture meets the dance floor. Picture vibrant colours, rhythmic beats, and an atmosphere filled with joy.

GAMES AND LAUGHS Enjoy interactive games and fun with others ,with different themes each week.

FOODIES COOKING CLUB

Wednesday March 19th at 12pm , interactive cooking class followed by dining on our creations. Please call or email to register.

BINGO!

Join us for a social afternoon of old fashioned bingo and a chance to win fun prizes!

Second and Fourth Thursdays of the month

REQUEST FOR DONATIONS

We are asking for donations of inexpensive (dollar store) bingo prizes for adults for our bingo days. Any donations would be appreciated. (candy, puzzle books, note pads, lotion, cosmetic bags, kitchen tools, garden items, picture frames, key chains, tools, pocket calendars etc.)

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