








ASSUMPTION CARES MARCH 2024

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>				<p>1 8 8am-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>2 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
3 	<p>4 10am - Online Health Screener 5-6pm Community Meal</p>	<p>5 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>6 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 12-1 1-2</p>	<p>7 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon 12-1 1-2</p>	<p>8 8am-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>9 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
10 	<p>11 10am - Online Health Screener 5-6pm Community Meal</p>	<p>12 10:30 Knit and Crochet -on hold 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>13 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 12-1 Changing life events 1-2 Health and wellness</p>	<p>14 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon 12-1 Exploring Dance Culture 1-2 DIY Creations</p>	<p>15 8-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>16 1620 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
17 	<p>18 10am - Online Health Screener 5-6pm Community Meal</p>	<p>19 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>20 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 12-1 Changing life events 1-2 Health and wellness</p>	<p>21 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon 12-1 Exploring Dance Culture 1-2 DIY Creations</p>	<p>22 8am-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>23 9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
24  31 	<p>25 10am - Online Health Screener 5-6pm Community Meal</p>	<p>26 10:30 Knit and Crochet -on hold 11am - EarlyON Virtual Storytime (every weekday)</p>	<p>27 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 12-1 Changing life events 1-2 Health and wellness</p>	<p>28 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon 12-1 Exploring Dance Culture 1-2 DIY Creations</p>	<p>29 GOOD FRIDAY CLOSED 8am-11am Forgotten Harvest</p>	<p>30 9am-12:30pm - St. Vincent de Paul Food/Home Visits</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



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.*

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

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.*

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.**

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

NEW GROUPS FOR MARCH AND APRIL! SEE THE ZOOM LINKS ON OUR FACEBOOK PAGE

Health and Wellness Discussions include nutrition, sleep, mental health, exercise and healthy habits. 1-2pm
Wednesdays on zoom

Exploring the art of Dance Journey through the world of dance where movement becomes language 12-1pm
Thursdays on zoom

DIY Crafts Have fun making projects from material around your home 1-2 pm
Thursdays on zoom

Changing Life Events Explore life changes and how they influence our path from birth to advanced age.

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 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.

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

AA ALL WELCOME- Wednesday evenings 7:30 pm



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

ASSUMPTION CARES WILL BE CLOSED MARCH 29TH

PLEASE SEE THE FOLLOWING NEW PROGRAMS and ZOOM LINKS

Health and Wellness Discussions include nutrition, sleep, mental health, exercise and healthy habits. 1-2pm Wednesdays on zoom
<https://us06web.zoom.us/j/82587591044>

Exploring the art of Dance Journey through the world of dance where movement becomes language 12-1pm Thursdays on zoom
<https://us06web.zoom.us/j/89762086209>

DIY Crafts Have fun making projects from material around your home 1-2 pm Thursdays on zoom
<https://us06web.zoom.us/j/83349334150?pwd=I8cADj33aBX88z94A4HBUTOW4y9OuB.1>

Changing Life Events Explore life changes and how they influence our path from birth to advanced age. 12-1 Wednesdays on zoom
<https://us06web.zoom.us/j/86042977506?pwd=K2sICDFrRaZ7b7mLLxaOf88VWbml6N.1>

Please note our Income Tax clinic opens March 1st 2024

Need to file your 2023 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. *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.

LIVING WITH GRIEF

EVERY 2ND AND 4TH THURSDAY IN THE ROSARY CHAPEL (6-7:30) SEE OUR FACEBOOK PAGE OR CALL FOR REGISTRATION INFORMATION

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