







ASSUMPTION CARES JULY 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
		2 11am - EarlyON Virtual Storytime (every weekday)	3 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain	4 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon	5 8am-11am Forgotten Harvest 9-12 Cuddles Clothing	6 1 9am-12:30pm - St. Vincent de Paul Food/Home Visits
7 	8 10am - Online Health Screener 5-6pm Community Meal	9 11am - EarlyON Virtual Storytime (every weekday)	10 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 12-1 Mental Wellness Wednesday	11 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon	12 8am-11am Forgotten Harvest 9-12 Cuddles Clothing	13 9am-12:30pm - St. Vincent de Paul Food/Home Visits
14 	15 10am - Online Health Screener 5-6pm Community Meal	16 10:30 Knit and Crochet -on hold 11am - EarlyON Virtual Storytime (every weekday)	17 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain	18 9-12 Cards and games 11am Conversational English 11-12 Fit For All 7:30-9pm Nar-Anon	19 8-11am Forgotten Harvest	20 9am-12:30pm - St. Vincent de Paul Food/Home Visits
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28 	29 10am - Online Health Screener 5-6pm Community Meal	30 10:30 Knit and Crochet -on hold 11am - EarlyON Virtual Storytime (every weekday)	31 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain	<p>Contact Us: Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>		

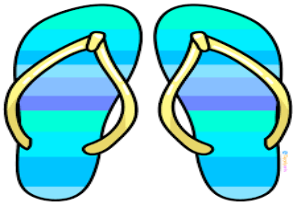
ADDRESS

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



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! STARTING JULY 25TH. Join us for bingo and win some fun prizes (not monetary) 2nd and 4th 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.*

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.*

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

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**

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.

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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THINKING OF VOLUNTEERING?

Assumption Cares has opportunities for new volunteers and students collecting community hours.
Please contact Laura at the email on the bottom of this page

BINGO! *NEW*

Join us for some bingo and a chance to win some fun prizes.
Second and Fourth Thursdays of the month starting on July 25th

REQUEST FOR DONATIONS

We are asking for donations of inexpensive (dollar store) bingo prizes for adults for our upcoming 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.)

MODEST INCOME TAX CLINIC

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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