



ASSUMPTION CARES JANUARY 2026

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 	Contact Us: Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-176			1 	2 CLOSED	3 9am-12:30pm - St. Vincent de Paul Food/Home Visits
4 	5 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM	6 11am - EarlyON Virtual Storytime (every weekday)	7 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain on hold 100:30-11:30 TAI CHI 12pm Mid week mingle	9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 7:30-9pm Nar-Anon	9 8-11amForgotten Harvest 9-12 Cuddles Clothing	10 9am-12:30pm - St. Vincent de Paul Food/Home Visits
11 	12 10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM	13 11am - EarlyON Virtual Storytime (every weekday)	14 9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain on hold n00:30-11:30 TAI CHI	15 8:30 CIUP OF FAITH CAFE 9-11 Cards and games 11am Conversation English 10:45-11:45 Fit For All 2:30-1:30 BINGO 7:30-9pm Nar-Anon	16 8-11amForgotten Harvest 9-12 Cuddles Clothing	17 9am-12:30pm - St. Vincent de Paul Food/Home Visits
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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 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)

CUP OF FAITH CAFE * NEW Join us for coffee and sweets in **Rosary Hall** **after morning mass at Assumption** the first Thursday of the month

TAI CHI- involves slow, gentle movements, controlled breathing, and a meditative state of mind. It's known for improving balance, flexibility, and reducing stress.

BINGO . 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.

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**. **ON HOLD**

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 Please bring your own bag.**

CUDDLES CLOTHING FOR CHILDREN free gently used clothing, shoes and toys for kids 0-18 years. **Please bring your own bag.**

CROCHET AND KNIT - ON HOLD 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).**

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**.

VOLUNTEER TAX PROGRAM: 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 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

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



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PLEASE NOTE CUP OF FAITH CAFE WILL TAKE PLACE ON THURSDAY JANUARY 15TH AFTER MORNING MASS

CUP OF FAITH CAFE NEW

Join us after morning mass in Rosary Hall on the first Thursday of each month for coffee, sweets and conversation

TAI-CHI

slow, gentle movements, controlled breathing, and a meditative state of mind. Improve balance, flexibility, and reduce stress.
Wednesday mornings at 10:30 am

BINGO!

Join us for a social afternoon of old fashioned bingo and a chance to win fun prizes!
Thursdays November 13th and 27th at 12:30 pm. No cost to play, win fun prizes!

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.

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.

MODEST INCOME TAX CLINIC

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

FOLLOW US ON SOCIAL MEDIA!

Webpage: www.assumptionparish.ca/assumptioncares **Facebook:** Assumption Cares **Email:** assumptioncares@dol.ca **Phone:** 226-260-1768