








ASSUMPTION CARES JULY 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
<p>1</p> 	<p>Contact Us: Website: assumptionparish.ca/assumptioncares Facebook: Assumption Cares Email: assumptioncares@dol.ca Call/Text: 226-260-1768</p>		<p>1</p> <p>CLOSED</p>  <p>We are Closed Canada Day so have a good one eh?!</p>	<p>2</p> <p>9-11 Cards and games 10-1111am Conversation English 11-12 Fit For All 7:30-9pm Nar-Anon</p>	<p>3</p> <p>8-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>4</p> <p>9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
<p>5</p> 	<p>6</p> <p>10am - Online Health Screener</p>	<p>17</p> <p>11am - EarlyON Virtual Storytime (every weekday)</p>	<p>8</p> <p>9:30 Walk and Talk 10:30-11:30 Exercise for chronic pain 10:30 Knit and Crochet</p>	<p>9</p> <p>9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon</p>	<p>10</p> <p>8-11am Forgotten Harvest CLOSED 9-12 Cuddles Clothing CLOSED</p>	<p>11</p> <p>9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
<p>12</p> 	<p>13</p> <p>10am - Online Health Screener 5-6pm Community Meal DOORS OPEN AT 4PM</p>	<p>14</p> <p>11am - EarlyON Virtual Storytime (every weekday)</p>	<p>15</p> <p>9:30 Walk and Talk 9:30 10:30-11:30 Exercise for chronic pain 12 PM Foodies cooking</p>	<p>16</p> <p>9-11 Cards and games 11am Conversation English 11-12 Fit For All 7:30-9pm Nar-Anon</p>	<p>17</p> <p>8-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>18</p> <p>9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
<p>19</p> 	<p>20</p> <p>10am - Online Health Screener</p>	<p>21</p> <p>11am - EarlyON Virtual Storytime (every weekday)</p>	<p>22</p> <p>9:30 Walk and Talk 10:30-Ex-chronic pain 10:30 Knit and Crochet</p>	<p>23</p> <p>9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon</p>	<p>24</p> <p>8-11am Forgotten Harvest 9-12 Cuddles Clothing</p>	<p>28</p> <p>9am-12:30pm - St. Vincent de Paul Food/Home Visits</p>
<p>26</p> 	<p>37</p> <p>10am - Online Health Screener</p>	<p>28</p> <p>11am - EarlyON Virtual Storytime (every weekday)</p>	<p>29</p> <p>9:30 Walk and Talk 10:30-Ex-chronic pain 10:30 Knit and Crochet</p>	<p>30</p> <p>9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon</p>	<p>31</p> <p>8-11am Forgotten Harvest 9-12 Cuddles Clothing</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: 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. 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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**NOTICE: THERE WILL BE ONLY ONE COMMUNITY MEAL IN THE MONTH OF JULY ON MONDAY THE 13TH
FORGOTTEN HARVEST AND CUDDLES CLOTHING WILL BE CLOSED JULY 10TH**

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 June 11th and 25th at 12:30 pm. No cast 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