

# ASSUMPTION CARES SEPTEMBER 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                                                                                      |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|                                                                                          |       | 1<br>11am - EarlyON Virtual<br>Storytime (every weekday)  | 2<br>9:30 Walk and Talk<br>10:30-11:30 Tai Chi - back<br>next week<br>11:30 Mid week mingle | 3<br>8:30 Cup of Faith Cafe<br>9-11 Cards and games<br>11am Conversation English<br>11-12 Fit For All<br>12:30-1:30 BINGO<br>7:30-9pm Nar-Anon | 4<br>8-11amForgotten Harvest<br>9-12 Cuddles Clothing                                                                                                                                                                                                                                            | 5<br>9am-12:30pm -<br>St. Vincent de Paul<br>Food/Home Visits<br>7-8:30 NA open meeting  |
| 6<br>    | 7<br> | 8<br>11am - EarlyON Virtual<br>Storytime (every weekday)  | 9<br>9:30 Walk and Talk<br>10:30-11:30 Tai Chi<br>11:30 Mid week mingle                     | 10<br>9-11 Cards and games<br>11am Conversation English<br>11-12 Fit For All<br>12:30-1:30 Cornhole<br>7:30-9pm Nar-Anon                       | 11<br>8-11amForgotten Harvest<br>9-12 Cuddles Clothing                                                                                                                                                                                                                                           | 12<br>9am-12:30pm -<br>St. Vincent de Paul<br>Food/Home Visits<br>7-8:30 NA open meeting |
| 13<br>   | 14<br>10am - Online Health Screener<br>11am- 12pm Mental Health<br>Monday (zoom)       | 15<br>11am - EarlyON Virtual<br>Storytime (every weekday) | 16<br>9:30 Walk and Talk<br>10:30-11:30Tai Chi<br>12 PM Foodies cooking                     | 17<br>9-11 Cards and games<br>11am Conversation English<br>11-12 Fit For All<br>12:30-1:30 BINGO<br>7:30-9pm Nar-Anon                          | 18<br>8-11amForgotten Harvest<br>9-12 Cuddles Clothing                                                                                                                                                                                                                                           | 19<br>9am-12:30pm -<br>St. Vincent de Paul<br>Food/Home Visits<br>7-8:30 NA open meeting |
| 20<br> | 21<br>10am - Online Health Screener                                                    | 22<br>11am - EarlyON Virtual<br>Storytime (every weekday) | 23<br>9:30 Walk and Talk<br>10:30-ai Chi<br>11:30 Mid week mingle                           | 24<br>9-11 Cards and games<br>11am Conversation English<br>11-12 Fit For All<br>12:30-1:30 Cornhole<br>7:30-9pm Nar-Anon                       | 25<br>8-11am Forgotten Harvest<br>9-12 Cuddles Clothing                                                                                                                                                                                                                                          | 26<br>9am-12:30pm -<br>St. Vincent de Paul<br>Food/Home Visits<br>7-8:30 NA open meeting |
| 27<br> | 28<br>10am - Online Health Screener<br>11am- 12pm Mental Health<br>Monday (zoom)       | 29<br>11am - EarlyON Virtual<br>Storytime (every weekday) | 30<br>9:30 Walk and Talk<br>10:30-ai Chi<br>11:30 Mid week mingle                           |                                                                                                                                                | <b>Contact Us:</b><br><b>Website:</b><br><a href="http://assumptionparish.ca/assumptioncares">assumptionparish.ca/assumptioncares</a><br><b>Facebook:</b> Assumption Cares<br><b>Email:</b> <a href="mailto:assumptioncares@dol.ca">assumptioncares@dol.ca</a><br><b>Call/Text:</b> 226-260-1768 |                                                                                          |

### ADDRESS

711 McEwan Ave. (McEwan Campus) &  
350 Huron Church Rd. (Huron Church Campus) of  
Assumption Parish

### QUESTIONS?

Email:  
[assumptioncares@dol.ca](mailto: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

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

**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)

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

**CORNHOLE** have some fun and exercise at the same time! Alternate Thursdays at 12:30

**BINGO** Join us for bingo and win some fun prizes (not monetary) Alternate Thursdays of the month at 12:30

**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 HEALTH MONDAY: ON LINE** Assumption Cares hosts a psychoeducational group where we will discuss different topics, teach different coping strategies and give you new tools for your tool box! **See our social media for the Zoom link.**

**CARE CALLS** 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](mailto:assumptioncares@dol.ca) for details on how to get involved in this program.

**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](mailto: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](mailto:marcella.artico@publicboard.ca)



# ASSUMPTION CARES

Compassionate Care for Windsor's West End

**SEPTEMBER 2026**

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

## **WE WILL BE CLOSED MONDAY SEPTEMBER 7TH FOR LABOUR DAY**

**COMMUNITY MEALS CURRENTLY ON HOLD-STAY TUNED FOR UPDATES**

### **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 Sept. 3rd and 17th at 12:30 pm. No cash to play, win fun prizes!

### **\*NEW CORNHOLE**

At the request of our guests we will be playing cornhole on Thursday Sept. 10th and 24th at 12:30 pm

### **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](mailto: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](mailto:assumptioncares@dol.ca) for further direction.

### **FOLLOW US ON SOCIAL MEDIA!**

**Webpage:** [www.assumptionparish.ca/assumptioncares](http://www.assumptionparish.ca/assumptioncares) **Facebook:** Assumption Cares **Email:** [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) **Phone:** 226-260-1768