ASSUMPTION CARES NOVEMBER 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	2 	3 11am - EarlyON Virtual Storytime *(every weekday)*	4 9:30 Walk and Talk 10:30-11:30 Tai Chi 11:30 Mid week mingle	5 8:30 Cup of Faith Cafe 9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 Cornhole 7:30-9pm Nar-Anon	6 8-11amForgotten Harvest 9-12 Cuddles Clothing	7 9am-12:30pm - St. Vincent de Paul Food/Home Visits 7-8:30 NA open meeting
8	9 5-6pm Community Meal Doors open at 4:30 10am - Online Health Screener	10 11am - EarlyON Virtual Storytime *(every weekday)*	11 9:30 Walk and Talk 10:30-11:30 Tai Chi 11:30 Mid week mingle **REMEMBRANCE DAY**	12 9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon	13 8-11amForgotten Harvest 9-12 Cuddles Clothing	14 9am-12:30pm - St. Vincent de Paul Food/Home Visits 7-8:30 NA open meeting
15	16 5-6pm Community Meal Doors open at 4:30 10am - Online Health Screener	17 11am - EarlyON Virtual Storytime *(every weekday)*	18 9:30 Walk and Talk 10:30-11:30Tai Chi 12 PM Foodies cooking	19 9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 Cornhole 7:30-9pm Nar-Anon	20 8-11amForgotten Harvest 9-12 Cuddles Clothing	21 9am-12:30pm - St. Vincent de Paul Food/Home Visits 7-8:30 NA open meeting
22	23 5-6pm Community Meal Doors open at 4:30 10am - Online Health Screener	24 11am - EarlyON Virtual Storytime *(every weekday)*	25 9:30 Walk and Talk 10:30-ai Chi 11:30 Mid week mingle	26 9-11 Cards and games 11am Conversation English 11-12 Fit For All 12:30-1:30 BINGO 7:30-9pm Nar-Anon	27 8-11am Forgotten Harvest 9-12 Cuddles Clothing	28 9am-12:30pm - St. Vincent de Paul Food/Home Visits 7-8:30 NA open meeting
25	29 5-6pm Community Meal Doors open at 4:30 10am - Online Health Screener	30 11am - EarlyON Virtual Storytime *(every weekday)*				

Contact Us:
Website: assumptionparish.ca/assumptioncares
Facebook: Assumption Cares
Email: assumptioncares@dol.ca
Call/Text: 226-260-1768

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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

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 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 Campusin 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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COMMUNITY MEALS ARE BACK! MONDAYS 5-6 PM DOORS OPEN AT 4:30

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 cast to play, win fun prizes!

REQUEST FOR DONATIONS

We are now gratefully accepting donations of hats, gloves, mittens and socks for adults and children in need in our community
Donations of gently uses or new inexpensive prizes for bingo are always in need and 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!

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