



May



Happy Asian and South Asian Heritage Month!



2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2	3 Yoga for Seniors 10:00 am to 11:00 am
4 Bangla Art & Heritage class Gino Marcus Community Complex 2:30 pm to 4:30pm	5 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	6 Community Lunch Bedford United Church 3340 Sandwich St 1:00 pm to 3:00 pm	7 Music Lessons for Seniors Virtually via Zoom 2:00 pm to 3:00 pm	8 Art & Painting Class for Seniors 628 Monmouth Road 4:30 pm to 6:00 pm	9 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	10 Yoga for Seniors Gino Marcus Community Complex 10:00 am to 11:00 am
11 Happy Mother's Day!	12 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	13 Community Lunch Bedford United Church 3340 Sandwich St 1:00 pm to 3:00 pm	14 Music Lessons for Seniors Virtually via Zoom 2:00 pm to 3:00 pm	15 Art & Painting Class for Seniors 628 Monmouth Road 4:30 pm to 6:00 pm	16 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	17 Yoga for Seniors Gino Marcus Community Complex 10:00 am to 11:00 am
18 Bangla Art & Heritage class Gino Marcus Community Complex 2:30 pm to 4:30pm	19 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	20 Community Lunch Bedford United Church 3340 Sandwich St 1:00 pm to 3:00 pm	21 Music Lessons for Seniors Virtually via Zoom 2:00 pm to 3:00 pm	22 Art & Painting Class for Seniors 628 Monmouth Road 4:30 pm to 6:00 pm	23 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	24 Yoga for Seniors Gino Marcus Community Complex 10:00 am to 11:00 am
25 Bangla Art & Heritage class Gino Marcus Community Complex 2:30 pm to 4:30pm	26 Office Drop-In Hours 4045 Seminole St. 2:00 pm to 5:00 pm	27 Community Lunch Bedford United Church 3340 Sandwich St 1:00 pm to 3:00 pm	28 Music Lessons for Seniors Virtually via Zoom 2:00 pm to 3:00 pm	29 Art & Painting Class for Seniors 628 Monmouth Road 4:30 pm to 6:00 pm	30 Monthly Seniors Meeting Location: TBD 4:00pm to 7:00pm	31 Yoga for Seniors Gino Marcus Community Complex 10:00 am to 11:00 am

To have access to the zoom information, please contact the South Asian Centre of Windsor: email: info@sacwin.org | phone: 519-252-7447

Free!



Painting Class

For Newcomers, Seniors and Youth

Hosted by Maryam Safarzadeh

Join our painting class and discover the artist within.

All skill levels welcome!

Supplies provided!

Every Wednesday from 5:30 pm to 7:00 pm
3340 Sandwich St., Windsor, ON | Bedford United Church

FUNDING FOR THE INITIATIVE HAS BEEN PROVIDED BY THE



PONT INTERNATIONAL
Gordie Howe
INTERNATIONAL BRIDGE

COMMUNITY BENEFITS PLAN

To register:
phone: 519-252-7447 | email: info@sacwin.org

Funding for the initiative has been provided by the Gordie Howe
International Bridge Community Benefits Plan

Free!



NEWCOMER YOUTH AND INTERNATIONAL STUDENTS

Let's Connect Over Community Lunch!

Every Tuesday in May from 1:00 pm to 3:00pm

COME SHARE A MEAL, A SMILE, AND A LANGUAGE! ENJOY DIVERSE VEGETARIAN AND ETHNIC DISHES WHILE CONNECTING WITH NEIGHBORS WHO SPEAK HINDI, PUNJABI, GUJARATI, BANGLA, URDU, TAMIL, AND MALAYALAM.



BEDFORD UNITED CHURCH
3340 SANDWICH ST., WINDSOR, ON
N9C 1B1

**PARKING AVAILABLE AT THE
BACK OF THE CHURCH
VIA RUSSELL STREET**

PLEASE RSVP BY CONTACTING US:

519-252-7447

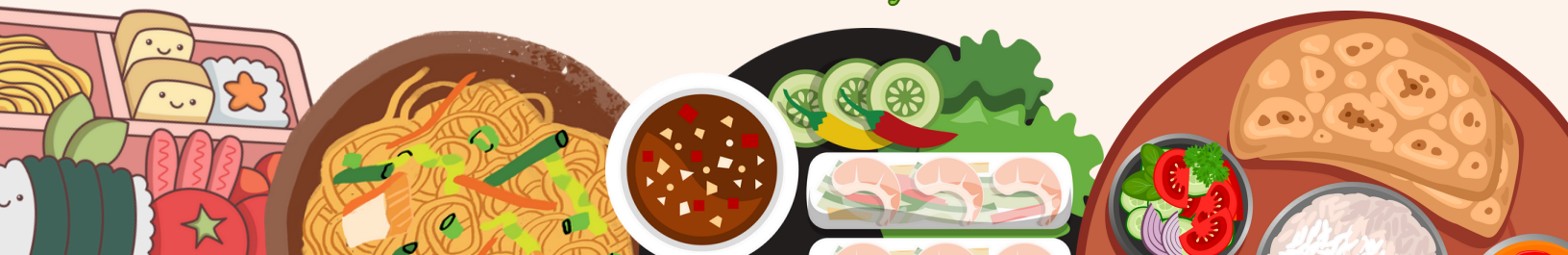
INFO@SACWIN.ORG



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SOUTH ASIAN CENTRE PRESENTS

INTRO TO YOGA



**FOLLOWED BY CONNECT & THRIVE
COMMUNITY LUNCH**

**TUESDAY, APRIL 29TH, 2025 AT 12:30 PM
INSTRUCTOR: MS.INDERJEET KAUR**



Bedford United
church
Windsor, Ontario

**RIGHT HERE IN THE NEIGHBOURHOOD
OF THE SANDWICH WEST COMMUNITY!**

Location:

**Bedford United Church
3340 Sandwich St., Windsor, ON N9C 1B1**

Parking available at the back of the church via Russell Street

PLEASE RSVP BY APRIL 28TH BY EITHER CALLING OR EMAILING US:

Phone: 519-252-7447

Email: info@sacwin.org

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Benefits Plan**

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