

Friday, September 2, 2022

Canadian Blood Services Windsor

Date and Time: Friday, September 2 08:00 a.m. - 12:00 p.m.

Address: 3909 Grand Marais Road East3909 Grand Marais Road East

Join us at the Windsor donor centre - Summer is always a challenging time for collections and this is the first summer since 2019 where there are no/very few restrictions on travel and activities. People in Canada are enjoying the return to pre-pandemic activities and summer travels, leaving them with less time to donate. However, the need is constant for blood, platelets and plasma donors. Canada needs many more donors, new and returning, to be able to meet patient needs now and into the future. Consider becoming a long weekend hero and help keep Canada's Lifeline going strong. To book an appointment to donate. Visit: Blood.ca; Download: GiveBlood app; or Call: 1 888 2 DONATE or 1 888 236 6283 Encourage friends and family members to come and donate with you.

Saturday, September 3, 2022

Canadian Blood Services Windsor

Date and Time: Saturday, September 3 08:00 a.m. - 12:00 p.m.

Address: 3909 Grand Marais Road East3909 Grand Marais Road East

Join us at the Windsor donor centre this labour day weekend. Cancer patients, accident victims and people with blood disorders rely on blood, platelets and plasma transfusions every day. To book now. Visit: blood.ca; Download: GiveBlood app; Call: 1 888 2 DONATE or 1 888 236 6283 Thank you for being a longweekend hero to help keep Canada's Lifeline going strong. Encourage friends and family members to come and donate with you.

Monday, September 5, 2022

Canadian Blood Services Windsor

Date and Time: Monday, September 5 03:00 p.m. - 7:00 p.m.

Address: 3909 Grand Marais Road East3909 Grand Marais Road East

Join us over the labour day weekend! The Windsor donor centre is open regular hours and donors are needed everyday to help meet the needs of Canadian patients.

For more information and/or to book an appointment to donate blood. Visit www.blood.ca; download the GiveBlood app; or call 1-888-2-DONATE or 1-888-236-6283. Encourage a friend, family member, or colleague to come and donate blood with you!

Sunday, September 11, 2022

Noah's House 5th Annual Charity Golf Tournament

Date and Time: Sunday, September 11 07:00 a.m. - 3:00 p.m.

Address: 1025 Sprucewood Ave1025 Sprucewood Ave

Noah's House is a youth mental health foundation that provides FREE mental health support and FREE one-on-one counselling to youth ages 11-25 in the Windsor Essex County area. We are community funded and rely on support and donations from companies, businesses and individuals such as yours for funding, helping us reduce the barrier of financial hardship for youth.

Your support of Noah's House 5th annual charity golf tournament on Sunday, September 11th at Ambassador Golf Club goes a long way in creating a better future for our youth to come. This tournament is a major fundraiser for us to help fund the costs associated with running our youth centre and programs that we offer the youth.

We have teamed up with Air Canada, Tim Hortons and Spectre Financial so far who have donated prizes, food, and sponsorships for this year's tournament.

Double shotgun start at 8am and 2pm

- \$150 worth of registration gifts included
- breakfast, lunch, and dinner included
- free beverage included
- snacks included
- professional golfer on hole 13 to win a prize
- 3 Hole-in-One prize competitions
- longest drive competition
- putting contest competition
- closest to the pin competition
- Noah's House Champion Cup available to win
- and much more

to register please visit www.noahshouse.ca

Noah's House 5th Annual Charity Golf Tournament

Date and Time: Sunday, September 11 01:00 p.m. - 8:00 p.m.

Address: 1025 Sprucewood Ave 1025 Sprucewood Ave

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to register please visit www.noahshouse.ca

Tuesday, September 13, 2022

Turkey Creek String Band Jam Sessions - Summer 2022

Date and Time: Tuesday, September 13 02:00 p.m. - 3:30 p.m.

Address: Brunet Park Gazebo, Located off of Normandy Street, in LaSalle, Ontario
Brunet Park Gazebo, Located off of Normandy Street, in LaSalle, Ontario

Bring your string instrument every 2nd and 4th Tuesday of the month, starting on May 24th and continuing (weather permitting) until the end of September, 2022. In addition to a string instrument, individuals are encouraged to bring a chair, music and a music stand, bug spray, water and a couple of cans for donation to the LaSalle Food Bank.

The Turkey Creek String Band Summer Jam Sessions are open to all levels of musical talent. No registration, just show up ready to play! We hope to have a variety of stringed instruments including banjos, fiddles, guitars, mandolins and ukeleles. If it has strings, please bring it! These jam sessions will maintain social guidelines and follow and COVID-19 regulations that may be in place.

Brunet Park Jam Session

Date and Time: Tuesday, September 13 02:00 p.m. - 3:30 p.m.

Address: Brunet Park Gazebo, located off of Normandy St. in LaSalle, Ontario
Brunet Park Gazebo, located off of Normandy St. in LaSalle, Ontario

Do you play guitar, the ukeule, or a stringed instrument? Come out to Brunet Park and join us for an awesome musical jam session! If you don't have an instrument but like to sing, come on out! We are a group of musical people who enjoy getting together to jam and enjoy music in the park. Please bring your own chair, bug spray, and water. Weather permitting.

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Thursday, September 15, 2022

Sneaker and Speakers - Laughter Yoga & Anti Fraud Discussion

Date and Time: Thursday, September 15 11:00 a.m. - 1:00 p.m.

Address: Vollmer Complex, 2121 Laurier Parkway, LaSalle, ON
Vollmer Complex, 2121 Laurier Parkway, LaSalle, ON

Laughter is the best medicine! Learn a technique used to cope with stress and lessen the impact it has, while gaining the overall health benefits. Also enjoy an interactive discussion about fraud prevention and learn how to protect yourself from phone call and credit card scams.

A light lunch will be provided. This session is free and is generously funded by Pathway to Potential (P2P). Geared towards those 55+ but everyone is welcome. Registration is required as spaces are limited.

[Register here.](#)

Tuesday, September 20, 2022

Essex Power Open House

Date and Time: Tuesday, September 20 04:00 p.m. - 5:00 p.m.

Address: LaSalle Civic Centre, 5950 Malden Road, LaSalle, ON
LaSalle Civic Centre, 5950 Malden Road, LaSalle, ON

The Town of LaSalle will host the Essex Powerlines Open House on Tuesday, September 20 from 4:00 pm to 7:00 pm at the LaSalle Civic Centre, 5950 Malden Rd.

Essex Powerlines representatives will be set up in the atrium. Stop in to learn more about their operations and ask questions.

Master Your Health - Chronic Pain Workshop Series (VIRTUAL)

Date and Time: Thursday, September 22 09:30 a.m. - 12:00 p.m.

Address: Online - ZoomOnline - Zoom

Do you live with chronic pain or know someone who does?
JOIN US...and learn to take control of your health.

Living a better life with Chronic Pain?

IT'S POSSIBLE!

Do you live with Chronic Pain or know someone who does?

(tension headaches/migraines, arthritis, fibromyalgia, back pain, pelvic pain, endometriosis, sciatica, shingles etc.)

JOIN US...and learn to take control of your health.

CHRONIC PAIN WORKSHOPS –

Learn About:

1. Light exercises to improve strength & flexibility
2. Techniques & improve sleep
3. Fatigue management, pain medications & treatments
4. Build confidence
5. Create personal action plans
6. Deal with the everyday challenges of living with Chronic Pain

Classes are interactive

Bring a friend or a family member; All are welcome to attend!!

UPCOMING WEBINAR SERIES

Thursdays

September 22 - October 27, 2022

9:30am - 12:00pm

WEEKLY SESSIONS WILL NOT BE RECORDED, ATTENDANCE IS EXPECTED

CLICK HERE TO REGISTER: https://myhcp_sept22.eventbrite.ca

Sunday, September 25, 2022

LaSalle Night Markets

Date and Time: Sunday, September 25 04:00 p.m. - 8:00 p.m.

Address: 5950 Malden Road. LaSalle, Ontario N9H 1S45950 Malden Road. LaSalle, Ontario N9H 1S4

LaSalle Night Markets take place at the LaSalle Civic Centre located at 5950 Malden Road and are held on the last Sunday of the month, during May through September from 4:00pm - 8:00pm. Our Night Markets offer a wonderful experience for you, your family and friends to enjoy! We have a lot to offer including live music, hand crafted merchandise, local artisans and vendors, farm to table local produce and delicious food! There is no charge to attend. We look forward to seeing you, so take a walk or ride your bike and join us

at the LaSalle Civic Centre. Please note, Night Markets are held rain or shine. In the event of severe weather, the event will be closed and may reopen by Town staff once the weather passes. Please visit the following social media platforms for updates:

- [LaSalle Culture and Recreation Facebook](#)
- [LaSalle Culture and Recreation Twitter](#)

Tuesday, September 27, 2022

Brunet Park Jam Session

Date and Time: Tuesday, September 27 02:00 p.m. - 3:30 p.m.

Address: Brunet Park Gazebo, located off of Normandy St. in LaSalle, Ontario
Brunet Park Gazebo, located off of Normandy St. in LaSalle, Ontario

Do you play guitar, the ukeule, or a stringed instrument? Come out to Brunet Park and join us for an awesome musical jam session! If you don't have an instrument but like to sing, come on out! We are a group of musical people who enjoy getting together to jam and enjoy music in the park. Please bring your own chair, bug spray, and water. Weather permitting.

Turkey Creek String Band Jam Sessions - Summer 2022

Date and Time: Tuesday, September 27 02:00 p.m. - 3:30 p.m.

Address: Brunet Park Gazebo, Located off of Normandy Street, in LaSalle, Ontario
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Thursday, September 29, 2022

Master Your Health - Diabetes Workshop Series (IN PERSON)

Date and Time: Thursday, September 29 01:30 p.m. - 4:00 p.m.

Address: weCHC Pickwick Site, 7621 Tecumseh Road East, Windsor Ontario
weCHC Pickwick Site, 7621 Tecumseh Road East, Windsor Ontario

Do you live with diabetes or know someone who does?
JOIN US...and learn to take control of your health.

Living a better life with Diabetes? IT'S POSSIBLE!

Do you live with Diabetes or know someone who does?

JOIN US...and learn to take control of your health.

IN PERSON DIABETES WORKSHOPS –

Learn About:

1. Learn to manage blood sugar levels & prevent complications
2. Healthy eating, light exercise & dealing with difficult emotions

3. Gain confidence with medication management

Classes are interactive

FREE Workshop Series

Bring a friend or family member; All are welcome to attend!!

weCHC COVID-19 restrictions are currently in place

UPCOMING IN PERSON Workshop Series

Thursdays

September 29 - November 3, 2022

1:30pm - 4:00pm

WEEKLY ATTENDANCE IS EXPECTED

CLICK HERE TO REGISTER: https://myhdiab_sept29.eventbrite.ca

Friday, September 30, 2022

Canadian Blood Services Windsor

Date and Time: Friday, September 30 08:00 a.m. - 12:00 p.m.

Address: 3909 Grand Marais Road East3909 Grand Marais Road East

There is an immediate need for new and returning donors to support Canada's Lifeline. New donors are critical to meeting Canada's future blood needs. Cancer patients, accident victims and people with blood disorders rely on blood, platelets and plasma transfusions every day. To book an appointment: Visit: blood.ca; Download: GiveBlood app; Call: 1 888 2 DONATE or 1 888 236 6283 Everything Canada's Lifeline does to help patients in Canada depends on donors.

<https://events.lasalle.ca>