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August 2020



## Annual General Meeting on Zoom

Wednesday, August 19th 2020 at 7 p.m.  
Registration required!

The meeting will be conducted entirely in English.  
Only active members have voting privileges at the  
A.G.M., which includes the election of board members.

### Are you interested in helping your community?

4Korners is currently recruiting new board members. If  
you would like to participate and are available for 6 to 8  
meetings per year then please contact Peter Andrezzi,  
[president@4korners.org](mailto:president@4korners.org)

## Assemblée générale annuelle sur zoom mercredi, 19 août 2020 à 19h Enregistrement requis!

L'assemblée se déroulera entièrement en anglais.  
Seuls les membres actifs peuvent exercer leur droit de vote lors de l'assemblée  
générale, incluant l'élection de directeurs au conseil d'administration.

### Aimeriez-vous soutenir votre communauté?

4Korners recrute de nouveaux membres pour son conseil d'administration. Si  
vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par  
année, veuillez communiquer avec Peter Andrezzi,  
[president@4korners.org](mailto:president@4korners.org)

[www.4korners.org](http://www.4korners.org)

[www.facebook.com/4KornersCenter/](https://www.facebook.com/4KornersCenter/)

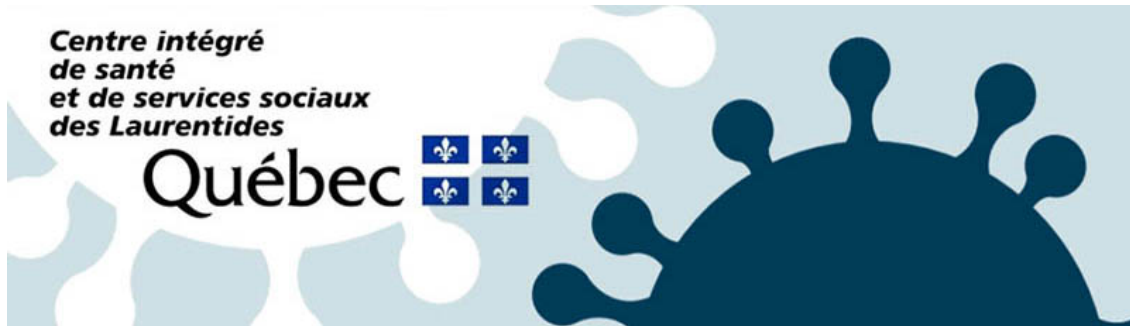
[info@4korners.org](mailto:info@4korners.org)

450-974-3940

1-888-974-3940

### It's that time of year again!!!

This year the 4Korners Annual General Meeting will take place virtually via  
Zoom. If you would like to learn more about 4Korners we encourage you to  
attend. Registration is required. [Click here to register on Zoom](#)



[CISSS des Laurentides English only info site on COVID](#)

[English updates from the government of Quebec regarding Covid-19](#)

## Summer Activities

  <p><b>Presented by 4Korners</b></p> <p><i>Live music</i> <b>SESSIONS</b></p> <p><b>EVERY FRIDAY 7:30 PM</b></p> <p>Facebook Live event on 4Korners Facebook page <a href="http://www.facebook.com/4KornersCenter/">www.facebook.com/4KornersCenter/</a></p> <p><b>WANT TO PERFORM?</b> For more info contact us at (450) 974-3940 <a href="mailto:info@4kornerscenter.org">info@4kornerscenter.org</a> Sign up at <a href="http://saken.ca/4korners-music-registration/">saken.ca/4korners-music-registration/</a></p> <p>4korners totumos Canada</p>	  <p><b>Présenté par 4Korners</b></p> <p><i>Séances de musique</i> <b>EN DIRECT</b></p> <p><b>TOUS LES VENDREDIS 19h30</b></p> <p>événement Facebook Live sur la page Facebook 4Korners <a href="http://www.facebook.com/4KornersCenter/">www.facebook.com/4KornersCenter/</a></p> <p><b>Souhaitez-vous jouer?</b> Pour plus d'informations contactez-nous au (450) 974-3940 <a href="mailto:info@4kornerscenter.org">info@4kornerscenter.org</a> Inscrivez-vous à <a href="http://saken.ca/4korners-music-registration/">saken.ca/4korners-music-registration/</a></p> <p>4korners totumos Canada</p>
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### 4Korners Live Music Sessions on Facebook Live

Every Friday at 7:30 pm

Did you know 4Korners Live Music Sessions have transitioned to Facebook Live! Now our entire Laurentian community can enjoy local talent from the

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Click [here](#) to watch past performances!

**Upcoming sessions:**

**August 7 - Jean Guy Lacroix**

**August 14 - Shelley Downing & Kevin McNeilly**

**August 21 - Robert Bergeron**

**August 28 - Will McGowan**



# Laughter Yoga

In this workshop you will learn about the incredible benefits laughter has on the mind and body! Experience this very fun and interactive workshop that will help you feel more joyful and connected! Absolutely no yoga experience needed, only your willingness to let loose, relax and enjoy the feelings of pure love, joy and connection!

**Tuesday, August 4th at 1 pm**  
**Join us on Zoom to connect live!**



Canada



## Laughter Yoga

To register please click [here](#)

Need help connecting online? Contact Lilia at [lilia@4korners.org](mailto:lilia@4korners.org) and she'll help set you up!

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### Parents Online Support Group

A time for parents to get together (virtually) to share and discuss all parenting matters. EVERYONE WELCOME!

To register for upcoming sessions please click [here](#)

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or [jaime@4korners.org](mailto:jaime@4korners.org) and she'll help set you up!



### Mornings in the Park

Meet up with other kids (0-5) and parents for organized activities as well as a free play period.

Wednesdays at 10 am, park to be confirmed

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### **Kids Yoga**

Yoga, stories, activities and games for children between 6 and 12 years old. Classes will be held at the 4Korners Activity Centre\* at 1650 chemin d'Oka and occasionally in nearby park (tbc)

Wednesdays at 2 pm

To register or for more information contact Jaime 1-888-974-3940 ext. 232 or [jaime@4korners.org](mailto:jaime@4korners.org)

\*All government restrictions will be respected. Face masks mandatory for indoor classes. Please bring your own yoga mat and water.

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### Story Time on Facebook Live

Simply visit our Facebook page every Wednesday at 12:30pm

Kids can't get enough of Jaime's story time? Click [here](#) to watch past stories over and over...and over again!

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### Kids Drawing Classes on Zoom

To register for upcoming sessions please click [here](#)

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or [jaime@4korners.org](mailto:jaime@4korners.org) and she'll help set you up!

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ONLINE &  
INTERACTIVE!

# SENIORS WELLNESS

## CHAIR YOGA

Chair-adapted yoga with Josephine.  
All you need is a sturdy chair (preferably with no arms)

**Every Thursday from 10am - 11:30am**

**Join us on Zoom to connect live!**  
Not sure what Zoom is? Need help connecting online?  
Contact Melanie Wilson 1-888-974-3940 ext. 231  
or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!



### Chair Yoga classes on Zoom

To connect by Zoom and to register click [here](#)

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!

Disclaimer: 4Korners strongly recommends that you consult with your physician before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge 4Korners from any and all claims or causes of action.



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INTERACTIVE!**

# SENIORS WELLNESS

## Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.  
All you need is a piece of paper and a pencil.

**Every Tuesday from 10am - 11:30am**

**Join us on Zoom to connect live!**

Not sure what Zoom is? Need help connecting online?  
Contact Melanie Wilson 1-888-974-3940 ext. 231  
or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!



### Drawing Classes on Zoom

To connect by Zoom and to register click [here](#)

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231  
or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!

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# ONE-ON-ONE SUPPORT & REFERRALS

**Consultations privée, soutien  
et références**

...parce que c'est bien de demander de l'aide

...because it's  
okay to ask  
for help!

**Contact us / Pour nous joindre**

**1.888.974.3940**

**[lilia@4korners.org](mailto:lilia@4korners.org)**

 **4korners**  
**[www.4korners.org](http://www.4korners.org)**

**FREE for 4Korners' members!**

**GRATUIT pour les membres de 4Korners!**

Membership is only \$10/year and you'll gain access to all of our free activities!

L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites! [info@4korners.org](mailto:info@4korners.org)

Contact [lilia@4korners.org](mailto:lilia@4korners.org) or 1-888-974-3940



## Caregivers Support Group

The responsibilities of caregiving can lead to feelings of isolation and frustration. Caregivers' social lives disappear. Feelings of guilt and exhaustion are normal! All calls and emails are confidential.



**4K Community Cup winners, Gord and Carol Wetmore!**

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Their commitment to volunteerism and their community in Deux-Montagnes extends well beyond 4Korners and therefore they have been selected as this months 4K Community Cup winners!

Shortly after retiring from teaching in 2005, Gord was encouraged by his wife to put his teaching and past newspaper experience to good use and become one of the volunteer writers for Community Connections, a community information magazine published in English every two months based in Deux-Montagnes.

Since then Gord has been telling peoples stories that would otherwise be limited to discussions around a family dinner table. He talks about the seemingly unremarkable people with remarkable stories and the delight in discovering the wellspring of wonderful individuals that knit a community together. I ask if he can recall a few of his favorites and although he struggles to narrow it down to just one, the coverage of the Mohawk community in Kanehsatake has clearly made its mark. You can hear the joy in his voice when he speaks about attending Pow Wow's and learning about the Kanehsata'kehró:non views on morality and the harmony and interdependence of things that this community espouses. Ever the teacher, Gord says getting to work with student writers from Kanehsatake gives him hope for the future.

Along with her years volunteering with 4Korners, Carol was also a founding member of Women's Time Out, a group originally started back in the early 80's to support young mothers in search of intellectual stimulation and a sense of community. 40 years later and the group is 80 women strong! Carol and Gord have also been involved with their local adult theater with Carol behind the scenes painting and working on the set while Gord, who enjoys the sound of his own voice, (his words) trod the boards as an actor.

When I ask about the photos (see below) from Canada Day where they drove the 4Korners car in a celebratory motorcade, Gord tells me that was all Carol; "She did all the organizing and putting it together. I was just blowing the horn." In my clumsy attempt to impress the former English teacher I ask if this is a good metaphor for their partnership and he laughs for a minute before agreeing and affirming how much Carol does quietly in the background. This dovetails nicely with the idea behind the 4Korners Community Cup. We would like to honor all the amazing work that people are doing to uplift their communities that the residents may not be privy to. To Gord and Carol, Deux Montagnes is lucky

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To recommend someone for the 4Korners Community Cup, please email [andie@4korners.org](mailto:andie@4korners.org)

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**Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?**

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to: [info@4korners.org](mailto:info@4korners.org)

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**Kids Help Phone** 

**Need help now?  
Text CONNECT to [686868](tel:686868)  
or call a counsellor:  
1-800-668-6868**

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Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.

CAREGIVER SUPPORT

**1 855 852-7784**

LISTENING-INFORMATION-REFERRALS

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# Canada Québec



## 4Korners

Laurentian Community Network

### Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

-  Facebook
-  Twitter
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