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**LAURENTIANS  
4K NEWSLETTER  
October 2017**



Please note our offices are closed on Thanksgiving  
Monday October 9, 2017

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International Walk to School Month (IWALK) is an annual mass celebration of active transportation taking place around the world every October.

Sound Life Scholarship  
and 4 Korers

**SOUND LIFE SCHOLARSHIP**

**4 Korers**

# Sound Life Rocks

## Benefit Concert

**10\$ Entry -  
TICKETS AT THE DOOR**

**Friday October 13th 2017**

**DOORS - 7PM \* LIVE MUSIC 7:30PM \* FOOD & DRINKS ON-SITE**

**ROYAL CANADIAN LEGION - 141 GRAND MOULIN DEUX MONTAGNES**

**FEATURING: THE SPILLED MILK, THE LIVING PROOF, and STREET SPIRIT**

MASS IV

A capture from the previous month at 4K



*Another successful Open House at 4 Korner's!*

*Photo credit: Gord Wetmore*



## Reassurance Calls

*Are you over 65?*

*Do you live independently?*

The Reassurance Calls Program promotes autonomy and reduces isolation which is often felt by seniors. It gives seniors a sense of security and the opportunity to connect with a friendly volunteer while providing a support network. **Calls can be made on a monthly, weekly, or daily basis depending on the need.**

For more information please call 4 Korner Family Resource Center at 450-974-3940



**A quote from a Caregiver who used 4 Korner reassurance calls.**

*"These phone calls were wonderful and a very kind lady would chat with my mother each morning. My mind was at ease, especially when my husband and I would go out of town. A couple of times mom didn't answer her phone and I would get a phone call to make sure that everything was ok. These reassurance calls were as important for me as for my mom."*

[Click for Upcoming Activities in Deux-Montagnes](#)

*Halloween Activities*  
**All families welcome!**

**Halloween Crafts Night**

Monday, October 16  
6 :30 - 7:30 p.m.

**Family Movie Night**

Friday, October 20  
6 :30 - 8:30 p.m.

Deux-Montagnes Head Office  
200, rue Henri-Dunant

*CHEP - Videoconference*  
**Medical Emergencies for Seniors**

Learn How to Handle Them

Wednesday, October 18

10:00 a.m. - 12:00 a.m.

Deux-Montagnes Head Office  
200, rue Henri-Dunant



**AVENIR D'ENFANTS**  
DES COMMUNAUTÉS ENGAGÉES



Health Canada Santé  
Canada Canada





Proches Aidants  
Comité Local DMSM

## A Special Invitation to all Caregivers!

“The Public Curator of Québec: Protection for Incapacitation”

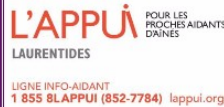
**A FREE conference presented by the Public Curator of Quebec**

WHAT is a Protection Mandate, WHO is it for, WHEN do you need one, WHO can create and use one,  
HOW do you create one?

Find out the answers to these questions and more!

Monday, **November 6, 2017** from **10:00 a.m. to 12:00 p.m.**  
Salle Annette-Savoie, Community Center, Deux-Montagnes  
200 rue Henri-Dunant, Deux-Montagnes, QC J7R 4W6

Financed by :



For more information please call or email:

**450-974-3940**

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

### Click for Upcoming activities in Argenteuil

#### Lunch & Learns

#### Demystifying Alzheimer's

with Esther Van Hilst, Alzheimer's Society

#### Grenville-sur-la-Rouge

Wednesday, October 4

Avoca Community Center, 192, Avoca Road

10 a.m. to 1 p.m.

#### Gore

Wednesday, October 11

Trinity Community Center, 2 Cambria Road

12 to 3 p.m.

#### CHEP - Videoconference

#### Medical Emergencies for Seniors

How to Handle Them

Wednesday, October 18

10:00 a.m. - 12:00 a.m.

#### Lachute

Community Learning Center (LRHS)

448, av. Argenteuil



**Société Alzheimer**  
LAURENTIDES

**L'APPUI** POUR LES PROCHES AIDANTS D'AINÉS

*You care for them,  
we care for you.*



Click for Upcoming Activites in Rosemère

*On-going workshop registration*  
**For Caregivers**

Thursdays beginning October 5th  
1:30 p.m. - 3:30 p.m.

Rosemère Community Center  
202, chemin de la Grand-Côte, Rosemère



*You care for them,  
we care for you.*

Click for Upcoming activities in the Upper Laurentians

**Do you live in the Mont Tremblant area and  
want to know what is happening in the  
English-speaking community?**

Click [here](#) for an example

Register to the electronic **Community Bulletin  
Board** by sending an email to:

**Kids, Let's Talk** with Laura Young

Returning soon!

Sainte Agathe Academy and Arundel Elementary

Visit our website or read the next newsletter for  
location, dates and times.



**For more links to 4 Korner programs and activities,  
click on the area of interest below.**



Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to come to their website!



Éducaloi -

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



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[DONATE](#) or [RENEW](#) your membership to help support and grow 4 Korner activities and services in the region for everyone.

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## *Our Mission*

In a spirit of respect, support and empowerment, the 4 Korner Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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