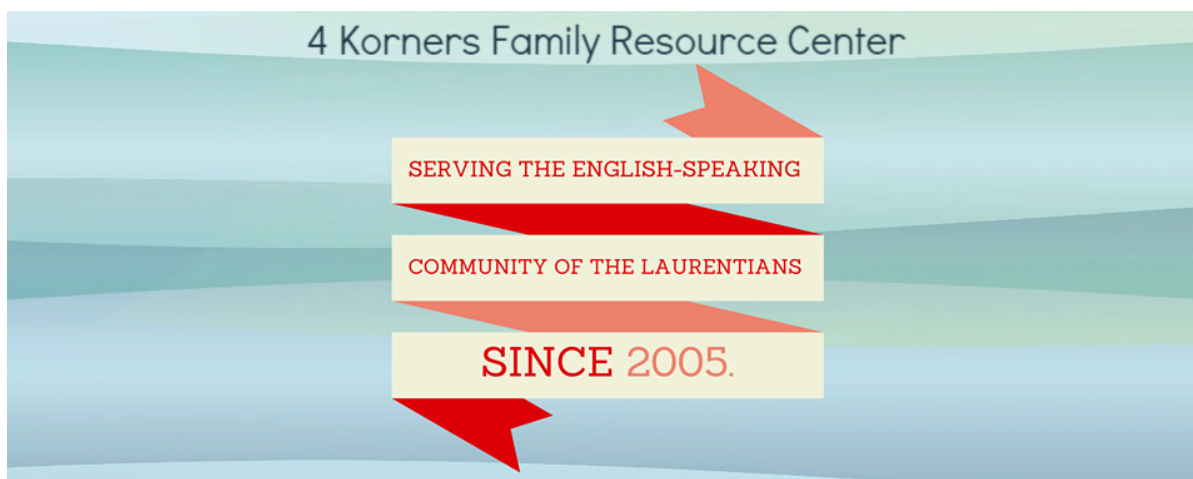


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## 4 Korner's November News

Programs, Information Sessions and Conferences

November is here and 4 Korner Family Resource Center is still bustling with activity. [Click here to see all the programs 4 Korner offers in the Laurentians.](#)



Please note that 4 Korner's Center in Deux-Montagnes **will now be closing from 12:00 p.m. to 12:30 p.m.** on Monday through Friday as of Monday, November 2nd 2015. *In addition*, 4 Korner **will be open on Tuesdays until 5:00 p.m.**

### Monday, Wednesday, Thursday & Friday

8:30 a.m. to 12:00 p.m.  
12:30 p.m. to 3:30 p.m.

### Tuesday

8:30 a.m. to 12:00 p.m.  
12:30 p.m. to 5:00 p.m.

### Caregiver's Recognition Day in Lachute on November 5, 2015

*Who is a caregiver?*

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares for an aging loved one who requires extra attention.

On **November 5, 2015** the caregivers of Argenteuil are invited to join Caregivers Recognition Day in Lachute.

**10:30 a.m.** Welcome and information kiosks

**12:00 p.m.** Hot meal and prizes

**1:30 p.m.** Presentation by Me Yves Boutin, Notary: **"Preparing Yourself and Your Loved One For the Future"** (Wills, mandate of incapacity, etc.)

#### Tickets

**\$10** for the day (priority goes to Caregivers)

**\$5** for presentation only (Starts at 1:30 p.m.)

Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality fruit and vegetables and, according to the size selected, in a quantity that is sufficient to last one full week.

**The upcoming deadlines to pay for your boxes are:**

**November 11th at 12:00 p.m.** for delivery on November 17th

**November 25th at 12:00 p.m.** for delivery on December 1st

[Learn more about the Good Food Box](#)



**Upcoming Community Health Education Program (CHEP) Videoconferencing Topics**

**November 25, 2015**

Bowel Conditions & Diseases

**January 20, 2016**

Memory Disorders & Dementia  
(Not Alzheimer's)

1-888-974-3940



**Centre intégré  
de santé  
et de services sociaux  
des Laurentides**

**Québec** 



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

LIGNE INFO-AIDANT  
**1 855 8LAPPUI (852-7784)** [lappui.org](http://lappui.org)

**VIACTIVE is back on November 4 at 4 Kornerers Family Resource Center**

Are you aged 50 and up? Is getting physically active on your mind? 4 Kornerers will be offering Viactive, a multi-level fitness program designed to get you moving with gentle stretching and light exercises.

This class will be offered in Deux-Montagnes on **Wednesdays at 12:30 p.m. to 1:30 p.m.** beginning Wednesday, November 4, 2015.

Call 1-888-974-3940 or [email us](mailto:email_us@4kornerscenter.org) at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) to register or to inquire about Viactive.

The above video conferences are offered on Wednesdays at 10:00 a.m. at the Community Learning Center in the Lachute Regional High School (448 Argenteuil, Lachute, QC)



\*Video conferences funded by



For more information on programs, services or activities, you can contact us toll-free at 1-888-974-3940 or email us at [info@4kornerscenter.org](mailto:info@4kornerscenter.org)

You can also visit us at [www.4kornerscenter.org](http://www.4kornerscenter.org)



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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