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October 2020



Strengthening Community Vitality
in the Laurentians



It's never been easier to [become a 4Korners member!](#) Your annual donation will help us continue to deliver services to the communities of the Laurentians!



The Human papillomavirus, or HPV, is the most common sexually transmitted infection in the world today - it affects more than 75% of sexually active Canadians. To learn more click [here](#)

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

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

4Korners' Activities

IMPORTANT! Please pay close attention to the locations and registration requirements for each individual activity as they may differ. While we have transitioned several of our activities back to being in person, we are also offering a Zoom option, when possible, for those who would prefer to participate from home.

Presented by
4Korners

Live music
SESSIONS

EVERY FRIDAY
7:30 PM
Facebook Live event
on 4Korners Facebook page
www.facebook.com/4KornersCenter/

WANT TO PERFORM?
For more info contact us at
(450) 974-3940
info@4kornerscenter.org
Sign up at
saken.ca/4korners-music-registration/

4korners totumos Canada

Présenté par
4Korners

Séances de
musique
EN DIRECT

TOUS LES VENDREDIS
19h30
événement Facebook Live
sur la page Facebook 4Korners
www.facebook.com/4KornersCenter/

Souhaitez-vous jouer?
Pour plus d'informations contactez-nous au
(450) 974-3940
info@4kornerscenter.org
Inscrivez-vous à
saken.ca/4korners-music-registration/

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4Korners Live Music Sessions on Facebook Live
Fridays at 7:30 pm

Did you know 4Korners Live Music Sessions have transitioned to Facebook

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listed below.

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

Due to ongoing Covid concerns our artists for the upcoming scheduled performances have decided to withdraw. We are working on a number of alternatives to keep this exciting program alive. Stay tuned, and thank you for your continued support!

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING PROGRAM



This 24-week Social & Emotional Learning program is geared towards students in grades 4, 5 and 6. Students will learn about skills such as growth mindset, active listening, and teamwork while engaging in a wide range of fun & interactive activities.

EVERY WEDNESDAY & THURSDAY
September 23 - December 10, 2020

program will resume in January, dates TBD

4 p.m. to 6 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact

450-974-3940 ext. 601, info@4korners.org



4K Kids Club - Social & Emotional Learning Program

For students in grades 4, 5 & 6

Wednesdays & Thursdays, 4 p.m. - 6 p.m.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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After-School Kids Drawing Classes

Tuesdays, ages 5-7 at 4:15 p.m.

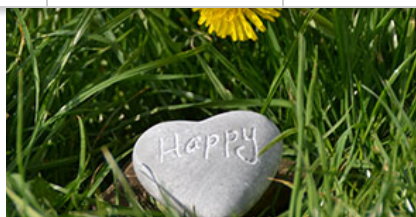
Thursdays, ages 8-12 at 4:15 p.m.

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

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Women's Wellness Workshop

Atelier Bien-être pour femmes

Conquering Fears

With Aileen Borruel

It is completely normal that fear brings on many negative emotions and it's unfortunate that fear tends to hold us back and prevent us from moving forward. However, what would life look like if you replaced that fear with love, gratitude, and joy? In this workshop, we will explore how our vulnerability, inner strength and courage can bring us closer to our higher self and give us the freedom we deserve. By having a positive mindset, we will feel more confident to take those chances and create the change we are looking for.

Conquérir ses Peurs

Il est tout à fait normal que la peur entraîne de nombreuses émotions négatives et il est regrettable que la peur ait tendance à nous retenir et à nous empêcher d'avancer. Cependant, à quoi ressemblerait la vie si vous remplaciez cette peur par l'amour, la gratitude et la joie? Dans cet atelier, nous explorerons comment notre vulnérabilité, notre force intérieure et notre courage peuvent nous rapprocher de notre « moi supérieur » et nous donner la liberté que nous méritons. En ayant un état d'esprit positif, nous nous sentirons plus confiantes afin de saisir ces chances et créer le changement que nous recherchons.

Thursday, October 15, 2020

Jeudi, 15 octobre 2020

7 p.m. to 9 p.m. • 19 h à 21 h

1650, ch. d'Oka, Deux-Montagnes

English activity / L'activité se déroule en anglais.

Space is limited! Zoom option also available.

Participants MUST register in advance.

Lilia 450-974-3940, lilia@4korners.org

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info@4korners.org



Women's Wellness - Conquering Fears

Thursday, October 15, 7 p.m. - 9 p.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person** at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.

In person participants must register in advance.

For in person registration contact info at 450-974-3940 ext. 601 or

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HISTORY LECTURE

BEING A HISTORIAN IN 2020

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil; he is currently working on a virtual exhibit on Maude Abbott and her family history.

In this lecture, he will talk about his role as a public historian and storyteller, his field of research on Argenteuil history, the use of technology as a vector of change in history presentation and certainly about cemeteries.



Robert Simard
Historian & Storyteller

Friday, October 16, 1pm

Join us on Zoom to connect live!

Need help connecting online?

Contact Chloée 1-888-974-3940 ext. 233

or chloee@4korners.org and she'll help set you up!

Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.



History Lecture on Zoom

Friday, October 16, 10 a.m.

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

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Tiny Tots

An opportunity for moms and dads to come together with their children (0-5) to do a variety of activities together. We will work on different aspects of development through fun games, exercises and activities

Space is limited! Attendance must be confirmed weekly.

EVERY THURSDAY • TOUS LES JEUDIS
September 10 to mid December, 2020
10 septembre - mi décembre 2020
9:30 a.m. to 11:30 p.m. • 9 h 30 à 11 h 30
1650, chemin d'Oka, Deux-Montagnes

Registration/inscription:
450-974-3940 ext. 232
jaime@4korners.org

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info@4korners.org



A shining start
for children
ages 0-5

Canada



Tiny Tots

Starting September 10

Thursdays, 9:30 a.m. - 11:30 a.m.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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Based on the Minipally program developed by the Centre de Psycho-Éducation du Québec. This program is designed for children under 5 years and teaches basic social skills such as communicating, expressing emotions, self-control and problem resolution. There is also a period dedicated to discussion and support amongst parents. This activity takes place in English.

Basé le programme Brindami créée par Le Centre de Psycho-Éducation du Québec. Le programme est conçu pour les enfants en bas de cinq ans. Ils apprendront des habilités sociales de base, de communication et d'expression des émotions, d'autocontrôle et de résolution de problème. Il y a aussi une période consacrée à la discussion et au soutien entre les parents. Cette activité se déroule en anglais.

EVERY FRIDAY • TOUS LES VENDREDIS

September 18 - mid December, 2020 • 18 septembre - mi décembre 2020

9:30 a.m. to 11:30 a.m. • 9 h 30 à 11 h 30

Maison Parenfant, 310 Montée Sanche, Rosemère

Registration/inscription: 450-974-3940 ext. 601, info@4korners.org

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Play to Learn Group

Starting September 18

Fridays, 9:30 a.m. - 11:30 a.m.

IMPORTANT! PLEASE NOTE THIS ACTIVITY HAS CHANGED LOCATION!

It is now in person at Maison Parenfant, 310 Montée Sanche, Rosemère

Space is limited! Attendance must be confirmed weekly.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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PARENTING CIRCLE

Join us every Monday from 9:30 to 11:30 to discuss topics of interest and learn new parenting skills, while sharing experiences.

Space is limited! Attendance must be confirmed weekly.
Sessions take place at our Activity Centre,
1650 chemin d'Oka, Deux-Montagnes

Contact Jaime Bisaillon for more information
450-974-3940 ext 232 jaime@4korners.org



Parenting Circle

Mondays, 9:30 a.m. - 11:30 a.m.

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Space is limited!

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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for caregivers - Les mercredis "bien-être" pour proches aidants



This 10-week course as we will explore what it means to Age in Good Mental Health according to the guide published by the Canadian Mental Health Association-Montreal Branch. Each of us has an idea of the overall meaning of the expressions "mental health", "feeling good about yourself" or "being happy". This workshop series will encourage you to reflect on our attitudes, perceptions towards older adults and presents reference points to enhance a better understanding of aging and foster respectful communication.

EVERY WEDNESDAY

September 16 to November 18, 2020

10:00 a.m. to 12:00 p.m.

1650, ch. d'Oka, Deux-Montagnes

Space is limited! Zoom option also available.

Participants **MUST** register in advance.

450-974-3940 ext 222, betty@4korners.org

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info@4korners.org

Wednesday Wellness - Aging in Good Mental Health

Wednesdays, September 16 - November 18, 10 a.m. - 12 p.m.

There are two ways you can participate!

1. **Online** Zoom class.
2. **In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.**

Space is limited!

All participants must register in advance.

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FRENCH CONVERSATION COURSES

Group 1: Wednesdays, 1pm - 2:30pm
Group 2: Wednesdays, 3pm -4:30pm

Registration necessary. Space is limited.
Participants may only register to group 1 or group 2, not both.
Contact Betty 1-888-974-3940 ext. 222 or betty@4korners.org



French Conversation Classes on Zoom

Wednesdays, starting September 9

Group 1: 1 p.m. - 2:30 p.m.

Group 2: 3 p.m. - 4:30 p.m.

Space is limited!

Participants must register in advance.

To register contact info at 450-974-3940 ext. 601 or info@4korners.org

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SENIORS WELLNESS

Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.
Paint starter kits may be provided upon request!

**Every Thursday from 1pm - 3pm
September 10 - December 17, 2020**

Join us on Zoom to connect live!
Contact Melanie Wilson for more information
1-888-974-3940 ext. 231, melanie@4korners.org

Painting Classes on Zoom

September 10 - December 17, 1 p.m. - 3 p.m.

Painting supplies will be needed to participate in this activity. Paint started kits may be provided upon request.

To register click [here](#)

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INTERACTIVE!

SENIORS WELLNESS

CHAIR YOGA

Chair-adapted yoga with Josephine.
All you need is a sturdy chair (preferably with no arms)
Every Monday & 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 and she'll help set you up!



Chair Yoga classes on Zoom

Mondays & Thursdays, 10 a.m. - 11:30 a.m.

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

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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IN PERSON!**

SENIORS WELLNESS

Tai Chi

Join us for a session of Tai Chi with Christine
Every Tuesday from 1pm - 2:30pm

Option 1: In person

Classes will be held at our Activity Centre,
1650 chemin d'Oka, or outdoors at the library in good weather.

Option 2: Online

Classes will also be accessible via ZOOM

Registration is required! Contact betty@4korners.org



Tai Chi

Tuesdays, 1 p.m. - 2:30 p.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.**

Space is limited!

For in person registration contact info at 450-974-3940 ext. 601 or

info@4korners.org

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!

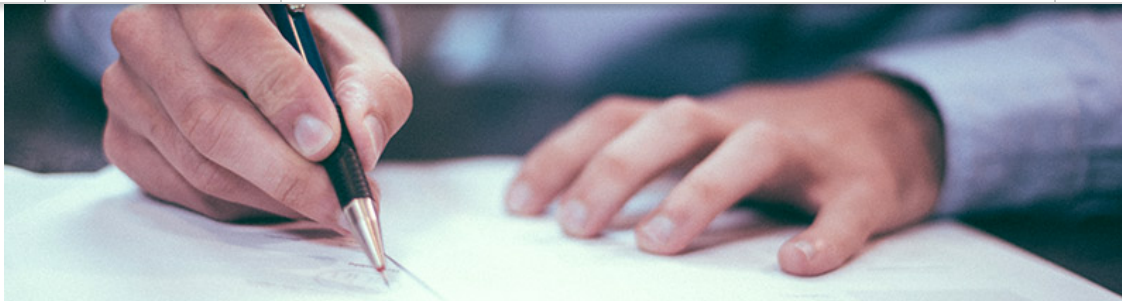
Not sure what Zoom is? Need help connecting online?
Contact Melanie Wilson 1-888-974-3940 ext. 231
or melanie@4korners.org and she'll help set you up!



Drawing Classes on Zoom

Tuesdays, 10 a.m. - 11:30 a.m.

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

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Online Legal Workshop

with Notary Barbara Thompson

Join us for a discussion on wills, mandates, real estate and other personal legal matters. This workshop is interactive! Participants are encouraged to ask questions.

Wednesday, November 18, 2020

1 p.m. - 3 p.m.

Join us on Zoom to connect live!



Canada 



Online Legal Workshop

Wednesday, November 18, 1 p.m. - 3 p.m.

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

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For support or referrals visit us during our business hours or contact info at 1-888-974-3940 ext. 601 or info@4korners.org

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p.m.

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who are experiencing the same challenges, and allows you to share your experiences.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.** Space is limited!

For in person registration contact info at 450-974-3940 ext. 601 or info@4korners.org

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4K Community Cup Winner for October: Sandra Goorbarry!
She's a code breaker, sandwich maker, don't mess around with her. (must be read to the tune of Heartbreaker)

There is a very good reason why Sandra Goorbarry is 4Korners selection for the TCRAL volunteer to be honored at International Seniors Day in the Laurentians and why she is this month's 4K Community Cup winner! When a

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some WORK.

Along with an ongoing 27-year stint as Secretary-Treasurer for St Mungo's United Church in Cushing, QC, Sandra has also been preparing lunch for seniors at the Open Circle program in Harrington for two years. An avid *cruciverbalist* (a person skillful in creating or solving crossword puzzles), *Sandra* loves a good puzzle. During the phone call we shared this week she mused that had she lived through the Second World War she would likely have been recruited as one of the code breakers. (Fun fact: some of the British Intelligence agents involved in the code-breaking of Bletchley Park during WW2 were actually recruited through the Daily Telegraph Crossword Puzzle. Can you tell I learned a lot during this phone call?)

While it's not quite Imitation Game-level code-breaking, part of what Sandra loves about preparing lunches at Open Circle is that she is never quite sure what will be waiting for her in terms of ingredients. It's a random basket of vegetables with little more than her wits and her trusty spiralizer on hand to pull something together that will please even the most "meat and potatoes" kind of man, and women of course, but we all know men of a certain age... most are unlikely to be thrilled about a beet salad, but spiralize them and apparently you have a winner! I tell Sandra I can relate. I feed a picky 3-year-old and when I watch my mother prepare food for my 71-year-old father... let's just say there are similarities.

It is not just preparing the lunch that makes Sandra such a valuable asset to Open Circle. The event organizer Melanie Wilson (4Korners Seniors and Caregivers Program Manager) calls Sandra's ability to make a real connection with the seniors a true art. Sandra was surprised when I shared this with her, telling me she sees herself as more of a wallflower. It's a great reminder that how we see ourselves may be different from what others perceive. For the seniors at Open Circle, Sandra is a culinary *cruciverbalist* and *I have no doubt the members are looking forward to when they can share a meal together again.*

To recommend someone for the 4Korners Community Cup, please email andie@4korners.org

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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

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or call a counsellor:

1-800-668-6868



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McGill



VILLE DE DEUX-MONTAGNES

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.



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