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April 2021



Strengthening Community Vitality
in the Laurentians



[Irritable bowel syndrome](#) (IBS) is so common that it's likely you know at least one person with this functional disorder. In 2003, the Canadian Society of Intestinal Research advocated to mayors across Canada and succeeded in having [April declared as IBS Awareness Month](#). Read all about IBS [here](#).

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ARE YOU STUDYING IN A HEALTH & SOCIAL SERVICES PROGRAM?

You could be eligible for a bursary of up to \$10,000 through Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Eligible students must:

- Be from the Laurentian region
- Possess acceptable English and French language skills
- Be pursuing full-time studies in an admissible health and social services program at a government recognized educational institution inside or outside of their home region (depending on the category of bursary applied for)

Apply Now! Deadline May 14, 2021
1.888.974.3940 or info@4korners.org



McGill Bursary Program

Click [here](#) for complete details. Submit completed applications to info@4korners.org by May 14, 2021



COVID-19 INFORMATION

For details on how to make an appointment visit [Government of Quebec COVID-19 Vaccination Campaign](#)

Making an appointment is mandatory.

Here are some more important COVID-19 resources:

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)

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NEW THIS MONTH!



Meditation

April 7 at 10 a.m.

A brief presentation on what meditation is, the science behind how it works, the benefits it offers as well as various ways to meditate, followed by a guided practice. Session also includes a question and answer period. Facilitated by Josephine Piazza, certified yoga instructor.



Ageism

April 14 at 1:30 p.m.

A session designed and offered by the Observatory on Aging and Society as a series of 24 cartoons from 13 different categories such as health, politics etc... explaining the concepts of ageism using cartoon visuals along with interactive discussions. The aim is to spread awareness about ageism, a little-known form of mistreatment. Facilitated by Daphne Nahmiash Phd.



Your Community Pharmacist

April 21 at 10 a.m.

This Community Health Education Program videoconference will explain the expanding role of your community pharmacist. Facilitated by Jean-Marc Belanger, pharm.D.



Planning Ahead - What you need to know

April 28 at 10 a.m.

Identifying, planning and communicating your needs to family in the event of illness or incapacity. Facilitated by Dominique Lalande, retired MSW.

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



Wednesday Wellness Workshops

Every Wednesday in the Month of April

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3940 ext. 601

- **April 21 at 10 a.m. - Your Community Pharmacist** To register contact [info](#) or call 450-974-3940 ext. 601
- **April 28 at 10 a.m. - Planning Ahead** Register [here](#)



Women's Wellness Workshop

Atelier Bien-être pour femmes

Dynamic Yoga

With Josephine Piazza, certified yoga teacher

We will review techniques to help unite the gap between the conscious and the subconscious, manage the physical symptoms of stress, balance the natural stress responses and cultivate mental resilience.

Materials needed: sturdy chair without wheels or armrests, yoga mat (optional), comfortable stretchy clothing, and a water bottle.

Yoga Dynamique

Avec Josephine Piazza, professeure de yoga certifiée

Nous passerons en revue les techniques permettant d'unir le conscient et le subconscient, de gérer les symptômes physiques du stress, d'équilibrer les réponses naturelles du stress et de cultiver la résilience mentale.

Le matériel nécessaire: Chaise robuste sans roues, ni accoudoirs, tapis de yoga (facultatif), vêtements extensibles et confortables, bouteille d'eau



Thursday, April 15, 2021

Jeudi, 15 avril 2021

7 p.m. to 9 p.m. • 19 h à 21 h

1650, ch. d'Oka, Deux-Montagnes

Join us on Zoom! In person option TBC

Participants MUST register in advance.

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

English activity / L'activité se déroule en anglais.

FREE for 4 Korners' members!

GRATUIT pour les membres de 4 Korners!

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@4kornerscenter.org



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Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo)laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Verification and installation of car seats also offered.

For upcoming dates, details, and to register contact info@4korners.org or cal 450-974-3940 ext. 601

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



LAURY'S PERINATAL

Canada



Prenatal Classes

For upcoming dates, detail, and to register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

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INTERACTIVE!**

FRENCH CONVERSATION COURSES



Winter session begins on January 18th on a new day with new times!

Level 1: Mondays, 10 a.m. - 11:30 a.m.

Level 2: Mondays, 1 p.m. - 2:30 p.m.

Level 3: Tuesdays, 10 a.m. - 11:30 a.m.

Registration necessary. Space is limited.

Contact info 1-888-974-3940 ext. 601 or info@4korners.org



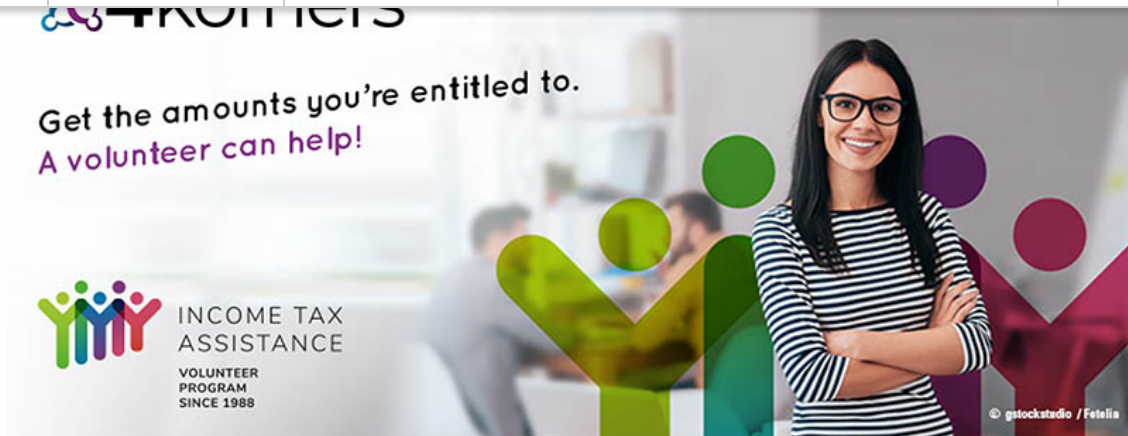
Québec  Canada 

French Conversation Level 1 (Beginner) spaces available!

A few spaces have become available in our level 1 beginner French conversation classes on Mondays, at 10 a.m.

Please note there is a waiting list for levels 2 & 3 as they are currently full.

Contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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4Korners Basic Income Tax Clinic

The 4Korners Basic Income Tax Clinic will be open from Feb 15 thru April 30th to provide free assistance in filing federal and provincial income tax forms. This service is offered to low income individuals and seniors.

There are three ways to file your taxes with us!

Option 1: Drop Off

You are welcome to drop your tax documents off any time during our opening hours (Monday - Thursday 9am-4pm, Friday 9am-12pm) at 1650 chemin d'oka, A volunteer will contact you to follow up.

Option 2: In person

Make an appointment to have your taxes filed while you are present during one of our weekly clinics.

Option 3: Remotely

Make an appointment to have your taxes filed by means of a videoconference or telephone call without having to visit our office.

**To schedule an appointment or learn more about remote tax filing, contact us at info@4korners.org
450-974-3940 ext. 601, toll free 1-888-974-3940 ext. 601**

4Korners Basic Income Tax Clinic

February 15 - April 30

To schedule an appointment contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

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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.

**Upcoming dates: January 22, February 19, March 19, April 16
1 p.m. - 3 p.m.**

In person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes.
or online via Zoom! Space is limited!

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

L'APPU POUR LES PROCHES AIDANTS *You care for them,
we care for you.*

Caregivers Support Group

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.

Once a month on Fridays from 1 p.m. to 3 p.m.

April 16, 2020

Online via Zoom [register here](#)

OR register for in person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes by contacting [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940



ONGOING

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

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

4K Kids Club - Social & Emotional Learning Program.

Tuesdays & Wednesdays, 4:15 p.m. - 6:15 p.m.

Zoom option now available!

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Tiny Tots

Every Thursday

Option 1: 9 a.m. - 10:30 a.m.

Option 2: 11 a.m. - 12:30 p.m.

*In person space very limited at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Play to Learn Group

Temporarily cancelled due to Covid-19

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

Maison Parenfant, 310 Montée Sanche, Rosemere

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Parenting Circle

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

Zoom option now available!

*In person space very limited at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Seniors Wellness - Painting Classes

Thursdays 1 p.m. - 3 p.m.

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

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

Seniors Wellness - Chair Yoga classes

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Seniors Wellness - Tai Chi**

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

To register and connect on Zoom click [here](#)**Seniors Wellness - Drawing Classes**

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

To register and connect on Zoom click [here](#)**French Conversation Classes on Zoom**

Level 1 (space available): Mondays, 10 a.m. - 11:30 a.m.

Level 2 (full): Mondays, 1 p.m. - 2:30 p.m.

Level 3 (full): Tuesdays, 10 a.m. - 11:30 a.m.

Space is limited. Participants must register in advance.To register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940**One-on-One Support**For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940***In person** activities are subject to government restrictions. Contact us to confirm before attending an activity in person.

4Korners

Live music SESSIONS

CALLING ALL MUSICIANS!

4Korners, Laurentian community network, is looking for musical performers of all backgrounds, languages, ages and genres to perform in our upcoming Live Music Sessions currently being held virtually.

We are also on the hunt for new performance spaces! If you're in the Laurentian region and are interested in hosting one of our Live Music Sessions (as soon as we can go live again) please contact us!

Séances de musique EN DIRECT

APPEL À TOUS LES MUSICIENS!

4Korners, le réseau communautaire des Laurentides, recherche des artistes musicaux de tous horizons, langues, âges et genres pour se produire lors de nos prochaines sessions de musique en direct qui se déroulent actuellement de manière virtuelle.

Nous sommes également à la recherche de nouveaux lieux de représentation! Si vous êtes dans la région des Laurentides et que vous êtes intéressé à accueillir l'une de nos sessions de musique en direct (dès que nous pourrons reprendre le direct), veuillez nous contacter!

Canada info@4korners.org www.4korners.org



**4K Community Cup winner for April 2021
Hilda Woods**

Hilda Woods just spent her first full winter in the house she and her husband bought in Sainte Adele 76 years ago. When they purchased the home, it was for winter weekend ski getaways and to enjoy their summer holidays by the lake that her husband made – back when damming water to create personal lakes was still a thing. If you are a cross-country skier, you may even have skied through her property on the western trail. Now, the house is the full time residence of her daughter and son-in-law who convinced Hilda to join them there last March.

Her voice is strong, and her wit is quick when I reach her by phone to chat, facts I mention because Hilda is about to celebrate her 100th birthday on April 24th! It is interesting to try and see the pandemic through the eyes of someone about to celebrate a centennial and the view is, quite frankly, beautiful. There is no doubt this pandemic has been hard on everyone, particularly seniors. But for Hilda it has given her a chance to spend more time with her daughter and live in an environment where she gets to enjoy the beauty of the Laurentians when she takes her sheltie for a walk every day. Hilda admits she has not felt the

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her wonderful friends and for being lucky to weather this moment in time in such a beautiful spot. Dive a little deeper however and you can't help but wonder if there is also a bit of karma at work.

After a career working for Sun Life and taking care of her mother – who also lived with her full time – Hilda began volunteering with the Montreal General Hospital. Her duties ranged from clerical work with the oncology department to taking a wagon of drinks around to patients. Hilda spent 20 years giving her time to support the staff and patients at Montreal General Hospital and recalls receiving a medal for reaching 6,000 volunteer hours. Hilda tells me that when you have had a good life you have to contribute back to society. When I ask who has influenced her outlook on life, she mentions Mahatma Gandhi and says she has always felt inspired by people that give back. As for how she plans to celebrate her birthday, the family has optimistically rented a tent for July in the hopes they will be able to give her a celebration fitting 100 years on this planet. For Hilda, well she would just like to have afternoon tea, “not necessarily with 100 people...just some good friends,” she tells me and offers this key to happiness before we hang up: “I had such good friends. If you have been fortunate to have good friends this can be so meaningful in your life.” Happy 100th Hilda. You are our 4Korners Community Cup Winner for April.

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

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

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Become a member!

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!

Kids Help Phone 

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



[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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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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