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November 2020



4korners

Strengthening Community Vitality
in the Laurentians



The COVID-19 pandemic has profoundly changed our lives and will continue to do so. [This guide](#) will help you find answers to your questions and provide you with useful resources to navigate the current crisis.



Flu vaccination campaign 2020-2021 has started & spaces are filling up fast!

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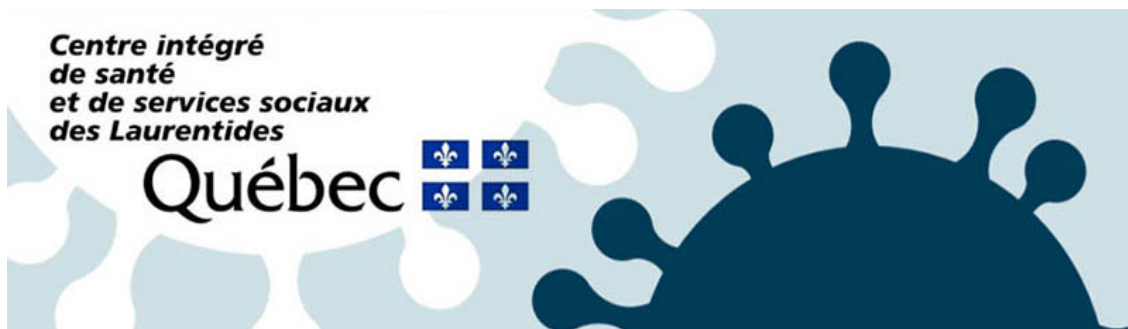
For more information visit the [vaccination page](#)

If you need assistance booking online please contact us info at 450-974-3940 ext. 601 or info@4korners.org



November is Crohn's and Colitis Awareness Month

Crohn's disease and ulcerative colitis affect one in every 140 Canadians – yet few people know of the extent of inflammatory bowel disease in Canada OR of the impact it has on people's lives. Visit www.crohnsandcolitis.ca to learn more.



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

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

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4Korners' Activities

IMPORTANT! Please pay close attention to the locations and registration requirements for each individual activity as they may differ.

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GOOD NEWS!

FROM PERSÉVÉRONS ENSEMBLE



Dear Partners, Collaborators and Volunteers,

The members of Persévérans ensemble's organizing committees have succeeded in adapting all its events to respect regulations in this time of Covid.

Our recovery plan is in full swing and our strategic planning process is underway.

We are always available to support organizations and the young people whose needs are so great right now!

NOVEMBER 2020: YOUTH TABLE AND MENTORS IN EARLY 2021

TWO VERY INTERESTING NEW CONCEPTS!

With their desire to persevere and their creative spirit, the organizers of our Youth Table and Mentors events offer you two new adapted concepts. True to its mission, Persévérans ensemble has concocted simple and efficient ways to allow young people and partners to actively maintain links or, better yet, to create new ones!

You'll be getting more news very soon!



Our event's new date!

TOUCHER LE SOMMET – 2021 EDITION

Saturday, May 29, 2021, in Bromont



Toucher le sommet 2021 is a huge challenge for our organizers! We still want to "climb the mountain," but a giant Plan B is being put together because we must respect the rules so that all of us are protected.

Be assured that we will keep you informed of all developments!

All events are held in French. Persévérans ensemble encourages youth from all backgrounds to join in, collaborate and create new links!

**Please note that Persévérans ensemble will ensure that its Toucher le sommet event will take place as long as the Covid-19 regulations regarding gatherings and safety in force during this period are respected.*

Persévérans ensemble Annual General Meeting

Friday, October 16, 2020, from 9:00 to 10:00 am – For members

OUR INSTAGRAM AND FACEBOOK PRESENCE

Sign up right now!

Our return to Instagram [#perseveransensemble](#)
and our Facebook postings

allow Persévérans ensemble to spread information on social media related to our young people's academic and social perseverance, to share information from our partners and to provide high visibility to our collaborators and sponsors.

Our website will be updated soon!



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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.

Wednesdays, November 4 - December 2, 7-9 pm

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

Classes held in person at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



LAURY'S PERINATAL

Canada



Prenatal Classes

Starting November 4 - December 2

Wednesdays, 7 p.m. - 9 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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Baby Sensory Classes Stimulation activities

Tuesdays 9h30-11h30
November 17 to December 15
For babies 6-12 months

Free workshop

Registration: 450-472-2555
www.carrefourperinaissance.org



Baby Sensory Classes at Carrefour Péri-Naissance

November 17 - December 15

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

In person at Carrefour Péri-Naissance, 509 chemin Grande-Côte, St-Eustache

Space is limited!

To register contact 450-472-2555 www.carrefourperinaissance.org

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Women's Wellness Workshop

Atelier Bien-être pour femmes

Yoga and its Benefits

With Josephine Piazza, Yoga Tout

In this workshop we will explore how we process and respond to change. We will explore traditional yoga practices to foster resilience for navigation through life's journey, and learn practical techniques and exercises to promote balance in our physical, mental and emotional bodies.

Traditional yoga and chair-adapted yoga class!

Yoga et ses Bienfaits

Dans cet atelier, nous explorerons comment nous gérons et réagissons au changement. Nous explorons les pratiques traditionnelles du yoga pour favoriser la résilience à travers le parcours de vie. De plus, nous apprendrons des techniques et des exercices pratiques pour favoriser l'équilibre entre notre corps physique, mental et émotionnel.

Yoga traditionnel et yoga adapté sur chaise!

Thursday, November 12, 2020

Jeudi, 12 novembre 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.

450-974-3940 ext. 601, info@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



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

info@4korners.org

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4K SPEAKER SERIES



Author Ann Lambert will present her new book: **The Dogs of Winter**

Author Ann Lambert will be reading excerpts from both her books, *The Birds that Stay* and the sequel *The Dogs of Winter*. She will explain why she writes murder mysteries. Come join us for this interactive presentation, where Ann Lambert will answer your questions and listen to your observations!

Friday, November 20, 1pm

Online via Zoom

**or in person at Chalet Bellevue,
27 Rue Bellevue, Morin-Heights**

To register or for more information contact info at 1-888-974-3940 ext. 601 or info@4korners.org



Ann Lambert
Author

Ann Lambert has written over 25 stage and radio plays in the past 35 years. Her first play, *The Wall*, won first prize in the Ottawa Little Theatre National Playwriting Competition, and was produced at The Great Canadian Theatre Company in Ottawa. *Self Offense* won seven awards at the Quebec Drama Festival, then went on to production in New York. She has written several dramas for CBC radio, including *Force of Circumstance*, which was broadcast in Australia in 1997. Her stage play, *Parallel Lines*, was featured at The 4th International Women Playwrights Conference in Galway, Ireland in 1997, and was produced at The University of Oklahoma that year as well. It was published in an anthology of plays dealing with refugee stories entitled *Along Human Lines* by Blizzard. Ann's work is also featured in several other anthologies.



4K Speaker Series - Laurentian author Ann Lambert presents her new book

Friday, November 20, 1 p.m.

There are two ways you can participate!

1. **Online** Zoom registration [here](#)
2. **In person at Chalet Bellevue, 27 rue Bellevue, Morin-Heights**

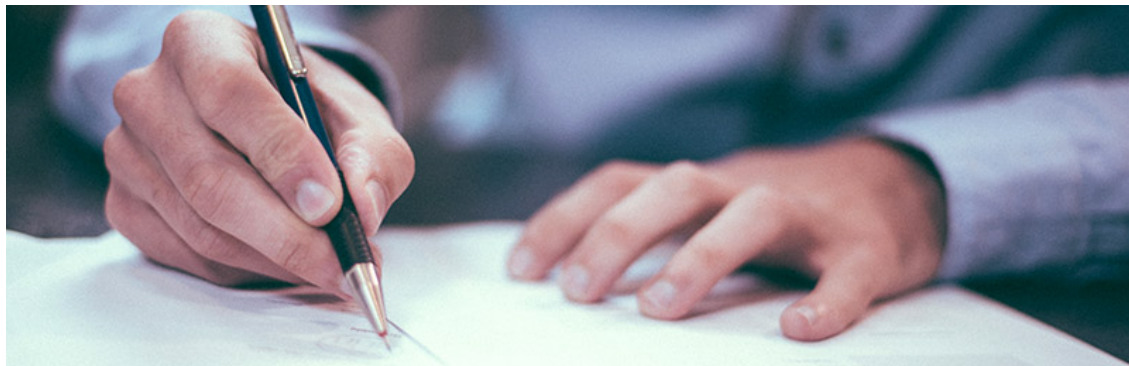
In person participants must register in advance.

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For more information about the author visit the event on our Facebook page [here](#)

or the authors Facebook page [here](#)

Some of our [past 4K Speaker Series presentations](#) are now on YouTube. Check them out!



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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COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

Moving Well During the COVID-19 Pandemic

Christina Weiss, M.Sc., CSEP-CEP, FKQ-Kinesiologist

WEDNESDAY, NOVEMBER 18, 2020

10:00 - 11:30 AM EST

VIA ZOOM

How do we practice healthy lifestyle habits to manage stress in the middle of a global pandemic? Concordia University PERFORM Centre's Christina Weiss shares strategies related to keeping active. Join us to learn how COVID-19 impacts your daily habits and ways to change.

**To register, please contact your local community organization:
melanie@4korners.org**

*A CHSSN initiative funded through Health Canada's Official Languages
Health Contribution Program 2018-2023*



Moving Well During the Covid-19 Pandemic on Zoom

Wednesday, November 18, 2020

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

Participants must register in advance.

To register contact info at 450-974-3940 ext. 231 or melanie@4korners.org

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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/

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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-reglstration/

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4Korners Live Music Sessions on Facebook Live

Did you know 4Korners Live Music Sessions have transitioned to Facebook Live! Now our entire Laurentian community can enjoy local talent from the comfort of home simply by going to our Facebook page at the dates and times 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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4Korners
Kids Drawing Classes
Tuesdays, ages 5-7 & Thursdays, ages 8-12
at 4:15
Join us on Zoom!



4K 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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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. 601
info@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



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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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

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

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CHSSN2

L'APPU POUR LES PROCHES AIDANTS LAURENTIDES

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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ONLINE & INTERACTIVE!

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 info 1-888-974-3940 ext. 601 or info@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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INTERACTIVE!**

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 info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!

The logo for 4korners, featuring a stylized four-pointed star icon followed by the text "4korners".The logo for Canada, featuring the word "Canada" with a small Canadian flag icon above the 'a'.

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 starter kits may be provided upon request.

To register click [here](#)

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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 Monday & Thursday from 10am - 11:30am

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



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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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ONLINE & INTERACTIVE! **SENIORS WELLNESS**

Tai Chi

Join us for a session of Tai Chi with Christine.
We suggest that you wear loose fitting clothing.
Every Tuesday from 1pm - 2:30pm

Join us on Zoom to connect live!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



Tai Chi

Tuesdays, 1 p.m. - 2:30 p.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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ONLINE & 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!
Contact info at 1-888-974-3940 ext. 601
or info@4korners.org for more info!



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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**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

info@4korners.org

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www.4korners.org

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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

4K Community Cup Winner for November Lucille Green

Lucille, one of many guitars that blues legend B.B. King gave this name, recently sold at auction for \$280,000. For the seniors of Morin-Heights and its surrounding areas OUR Lucille is just as valuable. For her ongoing contributions to her community, Lucille Green is our 4Korners Community Cup winner this month! Though tiny in stature but larger than life, Lucille is the lady in charge of keeping the games moving and the coffee flowing at Cosy Corner. Lucille has the help of several volunteers who make the social gathering for seniors such a success but there is no mistaking that Lucille runs the show.

Since the onset of COVID, things have understandably shut down, leaving the basement of Morin-Heights United Church quiet and some seniors without their one outing a week. Although Lucille keeps busy with her grandchildren right next door and property to maintain, she feels for her members who either do not have family nearby or are in the high-risk category and have been forced to isolate even further. She tells me that it is looking like they will not be able to resume activities until spring at the earliest. Distancing and mask precautions aren't very practical when you are dealing with many seniors who are hard of hearing. Factor in the inability to offer coffee and snacks due to the new safety protocols for gatherings and The Thrill Is – most definitely – Gone. Thankfully, the spirit of Cosy Corner is kept alive with some members who continue to meet up in their own small bubbles.

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out to her to see if Cosy Corner needed anything during this time. Not only does Lucille run Cosy Corner, she is also part of the 5-member committee making decisions about Habitat Morin-Heights, the new seniors residence hoping to break ground just behind Chalet Bellevue in Morin-Heights this coming Spring.

B.B. King may have named many guitars Lucille over the years but there is only one Lucille Green and we are happy to honor her with our Community Cup as we wait for things to go back to normal, Someday, Somewhere.

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



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](tel:686868)

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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.

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1 855 852-7784

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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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