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April 2020



Laurentian Community Network

#çavabienaller



For English updates from the government of Quebec regarding Covid-19 please follow the link below:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

The CISSS is also providing many resource publications in English. Follow link below:

<https://publications.msss.gouv.qc.ca/msss/en/annees/2020>

Should you or someone you know in the Laurentians require resources for grocery deliveries or other Covid-19 related issues please contact us at 1-888-974-3940 or [info@4korners.org](mailto:info@4korners.org)

# Facebook

## LIVE Streaming



Presented by  
**4Korners**

# Live music

## SESSIONS

EVERY OTHER FRIDAY  
STARTING ON 03/13/2020  
6:30 PM - 8:30 pm  
AT CAFÉ TOTUMOS  
1406 Chemin d'Oka, Deux-Montagnes

**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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Présenté par  
**4Korners**

# Musique live

## SESSIONS

UN VENDREDI SUR DEUX  
COMMENCE LE 13/03/2020  
18h30 - 20h30  
À CAFÉ TOTUMOS  
1406 Chemin d'Oka, Deux-Montagnes

**VOUS VOULEZ PERFORMER?**  
Pour plus d'informations contactez-nous au  
(450) 974-3940  
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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.

<https://www.facebook.com/4KornersCenter/>

If you missed our last live session you can watch it here!

<https://www.facebook.com/4KornersCenter/videos/1071801909842441/>

### Upcoming sessions:

#### Friday, April 10 at 7:30pm - Angélique Savoie

Normally performing as a guitarist and backing vocalist for The RockSeas, Angélique is rocking her Godin Fairmount guitar as a solo artist from time to time. She revisits songs from The Beatles and Neil Young as well as those from francophone artists like Sally Folk and Daniel Bélanger. Delivering the songs with emotion, you will discover in Angélique an endearing entertainer.

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guitar in 1968 and has played in a number of local bands. Since 2017 he has played with a Tragically Hip tribute band as well as a number of local solo performances. Along with Mike Schmidt he was a regular performer at Café Totumos last year. On April 24 he will be performing a 30 minute set of songs from his favourite Canadian artists.



### Online Story Time on Facebook Live

Simply go to our Facebook page every Wednesday at 12:30pm

<https://www.facebook.com/4KornersCenter/>

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# Kids Connect

**Live online social activities for kids aged 6-9  
Every Wednesday @ 11am**

Join us for games, activities and chatting with friends.  
This series is led by a facilitator and is easy to use!

**Join us on Zoom to connect live!**



## **Kids Connect on Zoom**

To register for upcoming sessions please click the link below:

<https://zoom.us/meeting/register/tZUf-ggpzkp-Xr3OCbnIKUf4yCdAD8J5g>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or [jaime@4korners.org](mailto:jaime@4korners.org) and she'll help set you up!



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**Kids Drawing Classes**

For kids aged 6-12  
Mondays @ 11am

**Join us on Zoom to connect live!**

**Kids Drawing Classes start April 20th on Zoom**

To register for upcoming sessions please click the link below:

<https://zoom.us/meeting/register/tZcsduCpqDwuWk90zb84qfO9y7iMTfy8rA>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or

[jaime@4korners.org](mailto:jaime@4korners.org) and she'll help set you up!

**NOW ONLINE!**

**Parents & Tots**

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**Tots Time** - Tuesdays & Thursdays at 10:00 am to 10:30 am

Let your tots interact with others online and benefit from some guided activities.

To register for Tots sessions click the link below:

<https://zoom.us/meeting/register/vpYqce-prDwjvb7TJcVYPvZTAy8JQqPNqw>

**Parents Time** - Thursdays at 2 pm to 3 pm

Take a break and enjoy conversations with other adults while the kids are napping ;)

To register for Parents sessions click the link below:

<https://zoom.us/meeting/register/uJMscuGprD0idjMC62GDHL8TzLxYL3-JA>

Need help connecting online? Contact Jaime 1-888-974-3940 ext. 232 or [jaime@4korners.org](mailto:jaime@4korners.org) and she'll help set you up!



**ONLINE & INTERACTIVE!**

# SENIORS WELLNESS

## CHAIR YOGA

Chair-adapted yoga with Josephine.  
All you need is a sturdy chair (preferably with no arms)

**Every 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](mailto:melanie@4korners.org) and she'll help set you up!



**Chair Yoga classes start Thursday, April 16 on Zoom**

To connect by Zoom and to register please follow the links below:

**April 16**

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[https://zoom.us/meeting/register/upAkdeqprjkrGtWcjCx\\_Aj24POsmmQ8Wzg](https://zoom.us/meeting/register/upAkdeqprjkrGtWcjCx_Aj24POsmmQ8Wzg)

**April 30**

<https://zoom.us/meeting/register/tZwpceuqqTgtUOGOQe0xYQXq17BsJFsMpw>

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!

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.



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



**Drawing Classes start Tuesday, April 14th on Zoom**

To connect by Zoom and to register please follow the links below:

**April 14**



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<https://zoom.us/meeting/register/vpUtf--qqTko3W79Yd30cYrPpfiHFf0-fA>

April 28

<https://zoom.us/meeting/register/u5Aqc-yvqT0vnXI5m4OMja3GxWH8kBzvsW>

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or [melanie@4korners.org](mailto:melanie@4korners.org) and she'll help set you up!



### Caregivers Support Group

The responsibilities of caregiving can lead to feelings of isolation and frustration. Caregivers' social lives disappear. Feelings of guilt and exhaustion are normal! All calls and emails are confidential.

Contact [lisa@4kornerscenter.org](mailto:lisa@4kornerscenter.org) or 450-974-3940

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](mailto:info@4korners.org)

**Kids Help Phone** 

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



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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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Laurentians, with a focus on access to health and social services for the English-speaking population.



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