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**LAURENTIANS
4K NEWSLETTER
November 2018**



MEMBERSHIP to 4K is only \$10 per year!

If you have benefited from using 4 Korers' resources, our website or Facebook pages, speaking with someone at any of our offices or just want to help keep us around, please renew [ONLINE](#) or in person now.

November is Osteoporosis Month

Complete the [Know Your Risk](#) questionnaire to find out what your risks are, and make an appointment to talk to your doctor about your bone health and risk of breaking a bone today.



Recent activities at 4K:

Family Craft Night



Apple Picking with Parents and Tots



Stand up in Harrington



Paint Nite! in Morin-Heights





Upcoming Activities in Argenteuil

IN HARRINGTON

Rouge Valley Days
Harrington Golden Age Club

Thursdays

9:00 document, technology assistance &
 War Years research

12:00 lunch (lunch available weekly for
 \$5)

Foot Care by appointment

November 1 Start of Wellness series

November 8 Start of iPad Course

On Caregiver Recognition Day

**Road Safety: Refresher course on the
 laws of the road**

with the S.A.A. Q.

November 8

10 a.m. - 12 p.m.

Oasis Golf Course

424, rte du Nord, Brownsburg-Chatham

IN BROWNSBURG-CHATHAM

Open Circle/Cercle Ouvert
St. Mungo's United Church

Mondays

Lunch – 12:30 pm,

Games, crafts and activities - 1:30- 3:00
 pm

Transportation available.

Call Melanie Wilson for more information:

1-888-974-3940, extension #232

IN LACHUTE

Community Health Education
Videoconference

Gotta Go, Gotta Go: Bladder Health
 Update

November 14

10 a.m. - 12 p.m.

Community Learning Center (LRHS)
 448, av. Argenteuil, Lachute

November 18-24, 2018 is Early Childhood Week



Click [this link](#) to see the calendar of special activities

"Coffee Break" for Men

At a new time and location
at the Lions Club

Weekly - Tuesday mornings

10:00 a.m. to noon

What are they cooking this week?

Women's Wellness Group

November 8

Mindfulness Workshop

7 p.m.

202, rue Henri-Dunant

Family Craft Night

November 19, 6:30 to 7:30 p.m.

Slime and a Community Mural for kids

at 200, rue Henri-Dunant

Wednesday Wellness Series

Wednesdays, 10:00a.m.-12:00p.m.

at 200, rue Henri-Dunant

November 7

A special activity for Caregivers'
week: Kintsugi Painting

November 14

Videoconference: Gotta Go, Gotta
Go: Bladder Health Update

November 21

Laughter Yoga Workshop

On-going

Friday mornings

9:30 to 11:30 a.m.

For children 0-6 years
and their parents or caregiver

Free daycare during the activity**Thursday mornings**

Activities include cooking and special
outings!

Christmas Baskets in Deux-Montagnes

In November, participants to our activities are welcome to bring non perishable foods. Your donations will be given to Dépannage Saint-Agapit who coordinates the preparation and distribution of the baskets.

**Upcoming Activities in Rosemère****Playgroup**

Shake up your routine: Join us for this free activity

Mondays, from 9:30 to 11:30 a.m.

Mom, Dad and grandparents, bring the kids for fun activities while you sip on tea or coffee!

Rosemère Community Center

202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Do you live in the Mont Tremblant area and want to know what is happening in the English-speaking community?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:

lucie@4kornerscenter.org

November 11 is Remembrance Day



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to access their website!





Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.

L'APPUÏ POUR LES PROCHES AIDANTS D'ÂÎNÉS

*You care for them,
we care for you.*



Canada 

Centre intégré de santé et de services sociaux des Laurentides

Québec 



OUR MISSION

In a spirit of respect, support and empowerment, the 4 Korner's 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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