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September 2020



Strengthening Community Vitality
in the Laurentians



BACK TO SCHOOL.

**TOGETHER.
FOR THEM.**



**HOOKED ON
SCHOOL
DAYS**

#TOGETHERFORTHM

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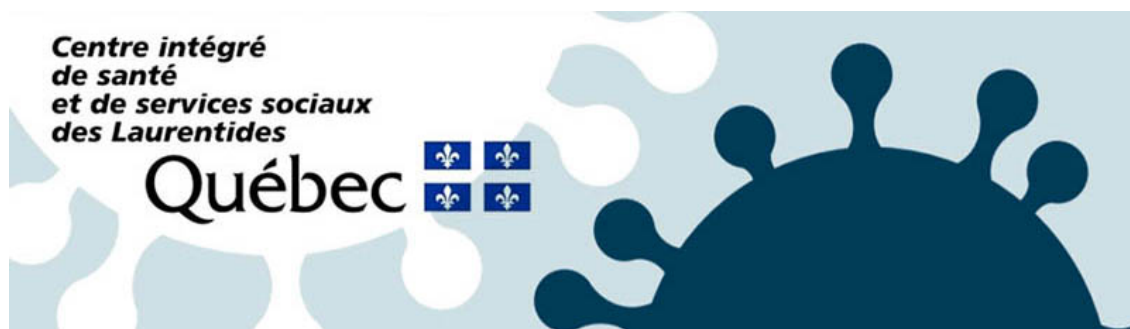
Quebec is facing an unprecedented crisis with numerous consequences for the entire population—young people included. Some have returned to the classroom, while others have had prolonged interruptions to their education, but all have experienced a disruption. For some students, this may lead to significant setbacks; for others it might have effects ranging from reduced motivation for returning to school all the way to dropping out completely.

Which is why, to help young people make sense of returning to school in these extraordinary circumstances, the Réseau québécois pour la réussite éducative is launching a Hooked on School Days campaign focused on student motivation.

Starting on August 17, a week before students return to school, this three-week campaign will have two main goals:

- Mobilize the significant adults in young people's lives by emphasizing their role as motivators.
- Help create a positive climate during this highly unusual back-to-school period

For more information visit their website [here](#)



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

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

Activities

Important! Please pay close attention to the locations and registration requirements for

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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/

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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 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!

Upcoming sessions:

September 4 - Frankie & Dan

September 18 - Jaime & Friends

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Women's Wellness Workshop

Atelier Bien-être pour femmes

Nutrition and Menopause

Join us as we explore all the ways we can eat well for the middle years, including smoothly transitioning into and through menopause, and preventing disease as we age.

Katja Leccisi, MS, RDN, is a nutritionist and author who has been working in community health for over 20 years.

Nutrition et Ménopause

Joignez-vous à nous alors que nous explorons toutes les façons de bien manger durant l'âge mûr, y compris la transition en douceur vers la ménopause et la prévention des maladies en lien avec l'avancée en âge.

Katja Leccisi, MS, RDN, est une nutritionniste et autrice qui travaille dans le domaine de la santé communautaire depuis plus de 20 ans.

Thursday, September 10, 2020

Jeudi, 10 septembre 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 - Nutrition & Menopause

Thursday, September 10, 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 by contacting Lilia at lilia@4korners.org. Space is limited!

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INTERACTIVE!

HISTORY LECTURE



Laurentian Influences

An exploration of early English settlements along the North and Rouge Rivers and other stories. Joseph Graham will share a variety of anecdotes about a few of the founding influences of our local history, who they were and what brought them here.



Joseph Graham
Local Historian & Author

Friday, September 18 at 10am
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!

Joseph Graham lives in the Laurentians. His writings have appeared in many publications, including, among others, the Quebec Heritage News, Main Street, the Gazette of Montreal and Canada's History Magazine.

His interests include the history behind the names of places, and he has written a best-selling book on that subject called Naming the Laurentians. His next book, due out in January, is an interpretation of Contact comparing the values systems of Christian Europe with those of the Algonquian and Iroquoian peoples. His fiction has also been recognized by the Canadian Author's Association.



History Lecture on Zoom

Friday, September 18, 10 a.m.

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

Contact Chloee 1-888-974-3940 ext. 233 or chloee@4korners.org and she'll help set you up!

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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 Jaime 1-888-974-3940 ext. 232 or jaime@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 crée 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 p.m. • 9 h 30 à 11 h 30

Rosemere Community Center, 202 Chemin de la Grande-Côte, Rosemère

Registration/inscription: Jaime 450-974-3940 ext 232, info@4korners.org

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info@4korners.org



Canada



Play to Learn Group

Starting September 18

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

In person at the Rosemere Community Centre, 202 chemin de la Grande-Cote, Rosemere

Space is limited! Attendance must be confirmed weekly.

To register contact Jaime 1-888-974-3940 ext. 232 or jaime@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 Bisailon for more information
450-974-3940 ext 232 jaime@4korners.org



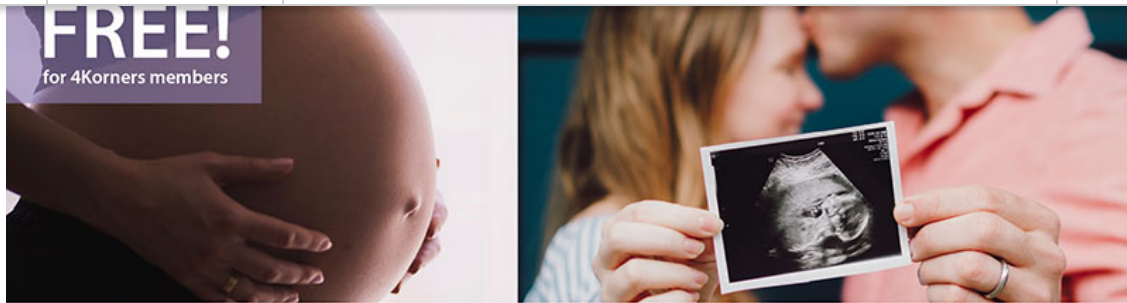
Parenting Circle

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 Jaime 1-888-974-3940 ext. 232 or jaime@4korners.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.

Wednesdays, September 2 - September 30, 7-9 pm

To register contact Betty, 450-974-3940 ext. 222, betty@4korners.org

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



LAURY'S PERINATAL

Canada



Prenatal Classes

Wednesdays, September 2 - September 30, 7 p.m. - 9 p.m.

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

Space is limited!

To register contact Betty 1-888-974-3940 ext. 222 or betty@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

Canada

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 by contacting Betty at

betty@4korners.org



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

***TAKING CARE OF YOUR MENTAL
HEALTH & EMOTIONAL
RESILIENCE DURING THE
PANDEMIC***

**JOIN Presenter Yvonne Clark, M.S.W., MFT, CT, Clinical Social
Worker/Grief Counsellor**

Moderator Jo Ann Jones and Host Kelly L. Howarth

WEDNESDAY, SEPTEMBER 23, 2020

10:00 - 11:30 AM EST

VIA ZOOM

The coronavirus (COVID-19) pandemic is an international public health emergency that poses a serious challenge to our physical and psychological resilience. This pandemic affects how we live and how we die. It impacts our physical, mental, and emotional well-being, changes the way we love and care for ourselves and others, and influences how we work, play, and grieve.

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

Online conference - Taking Care of Your Mental Health and Emotional Resilience During the Pandemic

Wednesday, September 23, 10 a.m. - 11:30 a.m.

To register contact Melanie Wilson 1-888-974-3940 ext. 231 or

melanie@4korners.org

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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 Betty 1-888-974-3940 ext. 222 or betty@4korners.org



Québec  Canada 

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 by contacting Betty at

betty@4korners.org

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ONLINE & 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 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](#)

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

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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 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

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

Need help connecting online? Contact Melanie Wilson 1-888-974-3940 ext. 231 or 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.

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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! Contact Betty for in person registration betty@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

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

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

ONE-ON-ONE SUPPORT & REFERRALS

**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

lilia@4korners.org

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Contact lilia@4korners.org or 1-888-974-3940



Caregivers Support Group

Next session will be held on September 21, 1 p.m. - 3 p.m.

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to

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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! Contact Lilia for in person registration lilia@4korners.org 450-974-3940

4k Community Cup winner for the month of August! **Florence O'Brien**

Perhaps it is my maternal Trinidadian upbringing, but there is a power women of a certain age wield that brooks no opposition when a suggestion is made. When I called on the amazing Deedy Shipton, the former president of the Harrington Golden Age Center, to talk about selecting my next 4K Community Cup nominee, she in no uncertain terms insisted I speak with Florence O'Brien.

Florence is one of the amazing women who keeps things running smoothly at the Harrington Golden Age Center in Harrington, QC. According to Deedy, no community supper, reception for a grieving family, quilting bee or Bingo night would be possible without her. Flo's description was, as expected, far more modest. It is a trend among true community movers and shakers that they spread the accolades around, never wanting recognition for the hours of hard work they selflessly put in.

Not only can Florence plan just the right amount of food for dinners of upwards of 80 people (Harrington doesn't know how to do things light she says) but she has a masterful way of keeping huge corn boils from becoming a buttery mess. (The secret is a gallon jar filled with hot water, a half pound of butter that then melts and sits on top of the water allowing people to dip their cobs in one at a time. You're welcome.) When you are about to celebrate your 80th birthday you have had time to amass several of what the kids today find online under "life hacks."

It is the experience and enormous heart of people like Florence and her husband Bill who make running activities and dinners at community centers possible. She is not on any organizing committee and mentions more than once

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the small Bingo night that, pre-COVID, was somewhat of a lifeline for its players. “It will never close on my watch,” Flo tells me.

She comes by this quiet leadership role honestly. Her kids’ friends still refer to her as Mummy or Auntie Flo and when her kids were teenagers, the open-door policy in their home meant she was never quite sure who would be there when she woke up in the morning. We all know a mom like this. We have all been fed by this mom, hugged by her, and made to feel at home by her. The ‘kids’ at Harrington Golden Age Center may be clicking knitting needles instead of a computer mouse but I have no doubt that they are just as grateful to have Mummy Flo keeping the door open for them. Here’s hoping COVID will allow them to return soon.

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

Kids Help Phone 

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

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CAREGIVER SUPPORT

1 855 852-7784

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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

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