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June 2021



Strengthening Community Vitality
in the Laurentians



June 15



WORLD ELDER ABUSE
AWARENESS DAY

Votre
gouvernement

Québec

The Elder Mistreatment Helpline (LAAA) is a listening and referral phone line specializing in older adults' mistreatment. It offers services to various types of clientele and is aimed specifically to older adults in situations of mistreatment, their families and friends, as well as anyone (general public, health and community service providers, professionals) who is concerned about an older adult who seems to be in a situation of mistreatment.

For more information please visit the [Elder Mistreatment Helpline site](#).

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Annual General Meeting on Zoom

Wednesday, June 16th 2021 at 7 p.m.
Registration required!

The meeting will be conducted entirely in English.
Only active members have voting privileges at the
A.G.M., which includes the election of board members.

Are you interested in helping your community?

4Korners is currently recruiting new board members. If
you would like to participate and are available for 6 to 8
meetings per year then please contact Peter Andreozzi,
president@4korners.org

Assemblée générale annuelle sur zoom mercredi, 16 juin 2021 à 19h Enregistrement requis!

L'assemblée se déroulera entièrement en anglais.
Seuls les membres actifs peuvent exercer leur droit de vote lors de l'assemblée
générale, incluant l'élection de directeurs au conseil d'administration.

Aimeriez-vous soutenir votre communauté?

4Korners recrute de nouveaux membres pour son conseil d'administration. Si
vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par
année, veuillez communiquer avec Peter Andreozzi,
president@4korners.org

www.4korners.org
www.facebook.com/4KornersCenter/

info@4korners.org
450-974-3940
1-888-974-3940

Annual General Assembly on Zoom

Wednesday, June 16, 2021 at 7 p.m.

Register on Zoom [here](#)



COVID-19 INFORMATION

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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](#)



NEW THIS MONTH!

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**Summer Activities
starting June 28**
For children aged 0-5
& their parents

Mornings in the Park

Meet up with other kids (0-5) and parents for a variety of organized activities as well as a free play period.
Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Deux-Montagnes - Mondays at 10am

MRC Argenteuil (Lachute area) - Mondays at 10am

MRC Thérèse-de Blainville - Tuesdays at 10am

Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family.
Contact us to register.

Mondays starting June 28 - August 23

6:30 - 7:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

To register contact info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



4Korners' Bright Beginnings - Summer Activities

Starting June 28, for children aged 0-5 and their parents.

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

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Afternoons in the Park

Join us for a variety of organized activities, and some fun in the sun! Contact us to register and we'll update you on which park we'll be visiting each week!

MRC Deux-Montagnes - Mondays at 1 pm

MRC Thérèse-De Blainville - Tuesdays at 1 pm

Family Craft Nights

Let's get creative! Join us for crafts suitable for the whole family. Dates to be announced. Contact us to register and we'll contact you with the specific dates and times once they are confirmed.

Mondays starting June 28 - August 23

6:30 - 7:30 p.m.

1650 chemin d'Oka, Deux-Montagnes

Kids Connect

We will explore different arts, crafts, science experiments, games and much more!

Wednesdays at 11 am on Zoom

To register contact info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601



4K Kids Club - Summer Activities

Starting June 28, for children aged 6-12

To register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

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WEDNESDAY WELLNESS

4KORNERS & FADOQ - RÉGION DES LAURENTIDES

Involved seniors. aging gracefully!

Workshops inspired by the program Antidote VIT

Virtual meetings

**15-week workshop
starting June 2nd on
Wednesdays**

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



HOW IT WORKS

- ◆ Online small group meetings on zoom, animated by FADOQ personnel.
- ◆ The aim is to bring seniors together to create an online community that exchanges, discusses and shares.
- ◆ A creative approach giving a chance for seniors to have fun in an atmosphere of warmth, respect, lightness and openness.

PROPOSED THEMES

- ◆ What is aging in 2021?
- ◆ What are the positive sides of aging?
- ◆ What are your preoccupations?



To register contact
info@4korners.org
 1.888.974.3940 ext. 601
 450.974.3940 ext. 601
 Animated by Johanne Robitaille
 514 503-8058
johanne@fadoqlaurentides.org
 Toll-free : 1 877 429-5858 ext. 443

With the contribution of :



Wednesday Wellness - Involved Seniors, Aging Gracefully!

Wednesdays starting June 2, 2021

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

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

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4K SPEAKER SERIES



You probably have often wondered about the origin of the names given to places, streets, lakes and bridges in our town and villages. Where does the name Lachute come from? Why Morin Heights? What about Harrington or Sir John's lake? The toponymic coverage of a territory is presented as an image of the human environment to which the vestiges of the past are attached.

During this conference, historian Robert Simard invites you to go in search of the memory and the name of the places which surround us.

Friday, June 11th at 1 p.m.

Join us on Zoom to connect live!

To register contact info@4korners.org
or call 1-888-974-3940 | 450-974-3940
ext. 601



Robert Simard
Historian & Storyteller

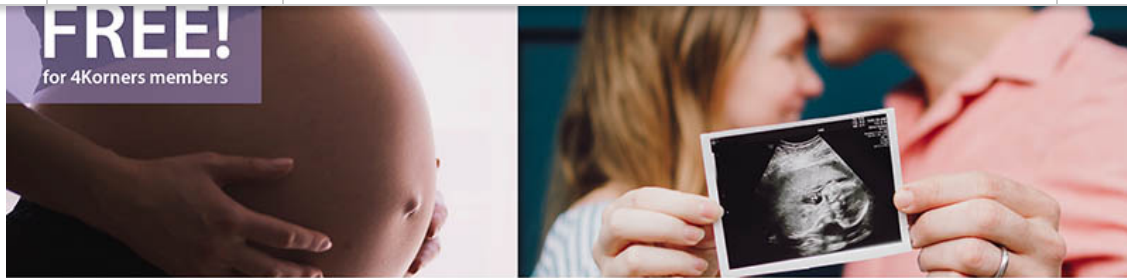
Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil; he is currently working on a virtual exhibit on Maude Abbott and her family history. In this lecture, he will talk about his rôle as a public historian and storyteller, his field of research on Argenteuil history, the use of technology as a vector of change in history presentation and certainly about cemeteries. Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.



4K Speaker Series

Friday, June 11 at 1 p.m.

Online Zoom registration [here](#)

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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](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

Café Connected - A virtual Wellness Centre

4Korners wants to hear from you!

Would you like to participate in a Summer online (zoom) chat group to allow community members to connect with others and exchange the hot and cold experiences of life! The purpose of this group is to support one another and recognize each others strengths in discussion of any topic. If this is something you'd be interested in please let us know!

Contact info@4korners.org

ONGOING

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4K Kids Drawing Classes

Tuesdays, ages 6-12 at 4:30 p.m.

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

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

Contact us to find out which park we'll be at each week in and around 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

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Seniors Wellness - Chair Yoga classes

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

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

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 (full): 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.

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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!

soirées 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 June 2021
MARTIN HENSEN**

One of the many ways seniors contribute to our society is by helping us learn from the past through their stories. And after 84 years on this planet Martin Hensen has a few. The most telling about him as a person, in my humble opinion, is one about an encounter just a week prior to our phone call regarding his nomination for our 4Korners Community Cup. Martin was out for a walk when he noticed another gentleman also enjoying the nice weather but uncomfortably hunched over his walker. As a long-time member of the Lions

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approached the man, ended up going back to his house where he was able to “fix it up,” extending the walker height from 36 to 38.5 inches. Martin tells me that “once he got walking upright, he was tickled pink.” Now, according to Martin’s logic, this was a selfish act. When we speak about his numerous hours volunteering, he talks about how much pleasure he gets out of it. “When you do something you get pleasure from, who is that for?” he asks me. I am too speechless to answer. I cannot find a way to call a man with three different honours for volunteering selfish even in this context.

I began this article mentioning storytelling as a vital way that seniors contribute to their communities. Another way is the ASTRONOMICAL number of volunteer hours they log. Martin is no exception. In fact, he may be the gold standard and has the hardware to prove it. The Medal of the National Assembly, 2012. Queen Elizabeth II Diamond Jubilee Medal, 2012. And the Sovereigns Medal for Volunteers, 2019. Martin has been a member of the Lions Club for over 20 years and put his experience as a bank manager to good use after retirement by serving as a treasurer at a few different organizations. When I ask where the desire to give back comes from, Martin tells me it could go back to his youth when he spent 5 years in Amsterdam under German occupation. “People had to band together to survive. Maybe that’s where it comes from.” It is another story I wish I could hear more about.

To have the kind of community impact Martin does is about making the choice repeatedly to be selfless. Martin could have kept walking on that beautiful day, but he didn’t. He could have decided 20 years ago that he did not want to house an entire library in his living room to start the now famous Deux-Montagnes Lions Club’s annual Giant Book Fair. Martin’s wife Betty was actually the driving force behind the book fair that in 2019 had over 36,000 books for sale and is the second largest book fair in Quebec. When we end our phone conversation Martin is on his way to the hospital to bring his sweetheart one of the three meals he prepares for her daily. They have been married 52 years, “after seven and a half years of dating to make sure,” says Martin, and I can’t help but think, I bet there is a beautiful love story there to tell...

Congratulations to Martin Hensen, our 4Korners Community Cup winner for June!

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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)
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.

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Generously supported & funded by



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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