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October 2022



4korners
Strengthening Community Vitality
in the Laurentians



Mark it Read for Dyslexia Awareness Month, 2022

Mark it Read is the official Canadian celebration for Dyslexia Awareness Month. October 1st, 2022 marks the start of our 5th annual national awareness-raising campaign. Each year across Canada, monuments and buildings are lit up red, schools and workplaces wear red, and cities and towns sign proclamations to officially declare the month of October as Dyslexia Awareness Month.

For resources and more information visit [Dyslexia Canada](#)



4kActivities

Check out our upcoming activities!

[Arts & Culture](#)

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Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

ARTS & CULTURE

4Korners & Café Parenthèse
présente

Séances de musique en direct

LIVE MUSIC SESSIONS



23 sept.
Jim Brown &
Mike Schmidt
avec/with Dan Stecko



21 oct.
Myna Aranea
& Guillaume



30 sept.
Frankie Raffa &
& Dylan Julius-Quirk



28 oct.
Ranya Seif-Ahmed
avec/with Dan Stecko



14 oct.
Larry Cool



4 nov.
Ken & Brian Duff

Les vendredis à 19 heures
Fridays at 7 p.m.

Café Parenthèse | 221 rue Hémond, Saint-Eustache, Québec

Souhaitez-vous jouer ? Contactez-nous ! Interested in performing? Contact us!
info@4korners.org

  En partenariat avec
In partnership with 

4K Live Music Sessions are back!

Taking place most Fridays at Café Parenthèse
221 Rue Hémond, Saint-Eustache

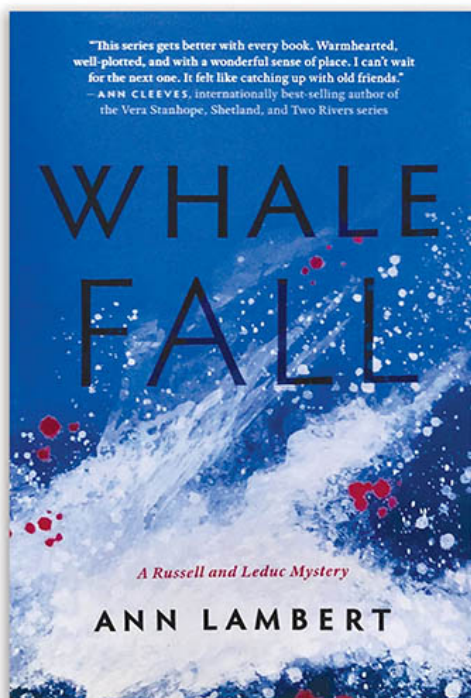
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with us! Contact info@4korners.org for more info or to participate.

4K SPEAKER SERIES



Ann Lambert Presents her New Book: **Whale Fall**

Ann Lambert was “just a kid with a dream” when she wrote her first novel at the age of sixty.

Join her for a discussion of her Russell and Leduc Mystery series, set right in the heart of the Laurentians, and help her celebrate the the release of the third book in the series, Whale Fall. There will be a reading and a Q and A afterwards.

Whale Fall

The Third Russell and Leduc Mystery

There's blood in the water...

Surrounded by friends and family in the heat of a lush Laurentian summer, Marie Russell and Detective Roméo Leduc are getting married at last, but the joyous occasion is overshadowed by an unexpected arrival: Magnus Sorenson, renowned eco-warrior – and Marie's first love. Magnus is planning a dramatic protest against a local resort development that will destroy a beloved nature preserve—but when the unthinkable occurs, Roméo and Marie are forced to abandon their honeymoon to bring a murderer to justice. Their investigation will plunge them into the bigger battle for environmental justice, and force them to dig up some long-buried secrets. Meanwhile, an elderly couple from a local seniors' residence have gone missing, and Romeo and Marie must join the race to find them before it's too late. Fast-paced and chilling, Whale Fall is a thrilling tale of love and vengeance.

Wednesday, October 26th at 10 a.m.

This Speaker Series presentation is also being presented as part of our 4K Wednesday Wellness series!

Live presentation: In-person at Holy Trinity Church in Ste-Agathe:
12 Rue Prefontaine O, Sainte-Agathe-Des-Monts

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home



Meet the Author **Ann Lambert**

Ann's first novel, *The Birds That Stay* was published in 2019 and was a finalist for the Concordia Best First Book Prize that same year. Her second book in the series, *The Dogs of Winter*, was published in the fall of 2020, and was a finalist for the Canadian Crime Writers Award of Excellence. Both books were released as audiobooks in the fall of 2020, narrated by Ann herself. *The Dogs of Winter* won an Audiophile Award in 2021.

Ann has also written over 20 plays for the stage and radio over forty years in the theatre. Several of her plays, including *The Wall*, *Self Offense*, *Parallel Lines*, *Very Heaven*, *The Mary Project*, *Force of Circumstance* and *Two Short Women* have been performed in Canada, the United States, Europe and Australia. Ann is the former head of The Playwriting Program at the National Theatre School of Canada.

Ann recently retired from Dawson College in Montreal where she was a teacher of English literature for almost thirty years, and where for the last 13 years, she wrote, directed and produced shows with The Dawson Theatre Collective.

Ann is the co-founder of Theatre Ouest End in Montreal, which was launched in the spring of 2019. It is dedicated to producing work new work that brings together an intergenerational community of both emerging and experienced theatre artists.

www.theatreouestend.ca

Ann is also the vice-president of The Theresa Foundation, dedicated to supporting AIDS-orphaned children and their grandmothers, the education of Malawian girls, and alleviating food insecurity in several villages in Malawi. (www.theresafoundation.com)

Ann lives in Montreal and Ste. Lucie des Laurentides, Quebec with her husband David, a school principal, and their dog, Lucy. Her daughter Alice is a playwright, librettist and video game writer. Her son Isaac is a high school Social Sciences teacher.



4K Speaker Series - Online & In-Person

Also being presented during our Wednesday Wellness series!

Live presentation: In-person at Holy Trinity Church, 12 Rue Prefontaine O,

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Online presentation: Connect on Zoom, register [here](#)

To register for the in-person presentations contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940



The poster features a central yellow banner with the text '4K kids CLUB' at the top, followed by 'Drawing Classes' in a large, stylized font. Below this, it lists 'Cours de dessin' and 'Tuesdays/mardis - 16:30'. It also specifies 'Online activity · Activité en ligne' for the dates '09/13/2022 - 11/29/2022'. The target audience is 'For kids aged 6-12 · pour enfants 6-12 ans', and it notes 'Activity takes place in English · Activité se déroule en anglais'. The registration information is 'Registration/inscription info@4korners.org'. The background is filled with various hand-drawn icons such as a pencil, apple, clock, skull, car, and ice cream.

4K kids CLUB

Drawing Classes

////////// Cours de dessin //////////

Tuesdays/mardis - 16:30

Online activity · Activité en ligne
09/13/2022 - 11/29/2022

For kids aged 6-12 · pour enfants 6-12 ans
Activity takes place in English · Activité se déroule en anglais

Registration/inscription info@4korners.org

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CHSSN Canada

4K Kids Online Drawing Classes (age 6-12)

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

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ONLINE &
INTERACTIVE!

SENIORS WELLNESS

4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.
All you need is a piece of paper and a pencil.

Join us on Zoom to connect live!

Tuesdays, 10 a.m. - 11 a.m.

September 13 - November 29

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



Secrétariat des relations
avec les Québécois
d'expression anglaise



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Drawing classes - Seniors Wellness

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A banner for 4Korners Painting Classes. The background shows a person's hands painting a floral design on a white surface. The text is overlaid in a semi-transparent white box. At the top left of the banner, it says 'ONLINE & INTERACTIVE!' in white text on a purple background. The main title '4Korners Painting Classes' is in large purple font. Below it, in smaller purple font, is 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity.' Further down, it says 'Join us on Zoom to connect live! Wednesdays, 1:30 p.m. - 3:30 p.m. September 14 - November 30'. At the bottom of the text box, it provides contact information: 'To register contact info@4korners.org 450-974-3940 | 1-888-974-3940 ext. 601'. At the bottom left of the banner is the 4Korners logo, and at the bottom right is the Canada logo.

ONLINE & INTERACTIVE!

SENIORS WELLNESS

4Korners Painting Classes

Painting workshops with Carol Lyng.
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!
Wednesdays, 1:30 p.m. - 3:30 p.m.
September 14 - November 30

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

Painting Classes - Seniors Wellness

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

French Conversation Courses

Currently Full

Tuesdays & Wednesday at 1:30 p.m.

Online & In-Person at 1650 chemin d'Oka, Deux-Montagnes

To put your name on the waiting list please contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Individual, Family & Youth](#)

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4K kids CLUB

SOCIAL & EMOTIONAL LEARNING



Calling all kids in grades 4, 5, and 6!

At 4K Kid's Club, we play games and get creative... all while learning more about ourselves! Are you looking to better understand your thoughts and emotions, become a good team player, or even navigate conflicts with friends? If the answer is YES, then this is the place for you! Come make new friends, have some after school fun, and develop lifelong skills.

TUESDAYS & THURSDAYS

16:30 - 18:30

1650 chemin d'Oka, Deux-Montagnes

Fall Session: October 16 - December 11 · Winter/Spring Session: January 8 - June 18

Attendance on both days is mandatory. A light after-school snack is provided upon arrival.

Registration

450-974-3940 ext. 601, info@4korners.org

We are happy to have the support from PANDA BLSO on this program developed by Lindsay Parr.

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www.4korners.org

ASSOCIATION
PANDA
BASSES-LAURENTIDES SUD-OUEST
In partnership with Panda BLSO · En partenariat avec Panda BLSO!

CHSSN Canada

4K Kids Club - Social & Emotional Learning (grades 4, 5 & 6)

Register now for the Deux-Montagnes Fall Session starting October 16th
Tuesdays & Thursdays, 4:30 p.m. - 6:30 p.m., 1650 chemin d'Oka

Early registration now open for the Sainte-Thérèse Winter Session starting
January 2023

Mondays, 5 p.m. - 6:30 p.m., 2 rue du Ravin

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Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

Sept. 21 | Oct. 5 | Oct. 19 | Nov. 2 | Nov. 16 | Nov. 30

9:30 - 11:30

2 rue du Ravin, Sainte-Thérèse

Registration/inscription:

info@4korners.org | 450.974.3940 ext. 601

 **4korners**
www.4korners.org

Community Kitchen (Parents/caregivers with children age 0-5)

We're also looking for a volunteer to help out during this activity!

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

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Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-15 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

2 - 9 months/mois

MONDAYS, September 12 - October 17

LUNDIS, 12 septembre - 17 octobre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

8 - 15 months/mois

MONDAYS, October 31 - November 28

LUNDIS, 31 octobre - 28 novembre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

Registration/inscription: info@4korners.org

1.888.974.3940 | 450.974.3940 ext. 601

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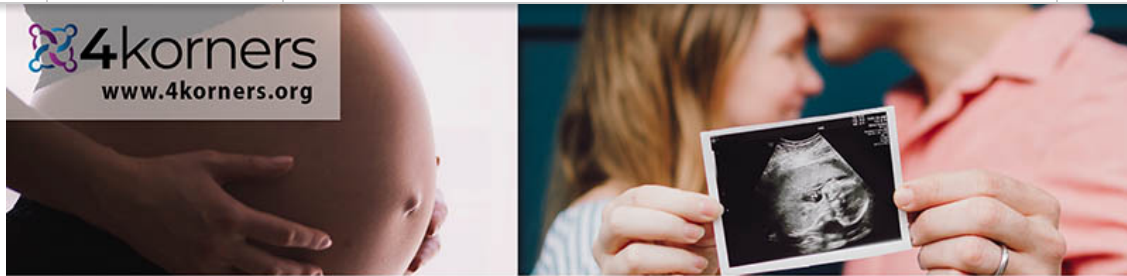
Canada

 Fondation Lucie
et André Chagnon

 CHSSN

Baby Sensory Classes

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

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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. Led by Laury Peroff from Laury's Perinatal.

**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



Prenatal Classes

For upcoming dates, details, and to register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).
Free & confidential. Open registration. Join any time.

Registration: info@4korners.org
1.888.974.3940 | 450.974.3940 ext. 601



Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

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

Tiny Tots (age 0-5)

Currently Full

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Play to Learn (age 0-5)

Currently Full

To place your name on the waiting list please contact [info](#) or call 450-974-3940 ext. 601 | 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 | 1-888-974-3940

[Seniors & Caregivers of the Elderly](#)

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Risks and Benefits of Research about 'Successful Ageing'

October 5 at 10 a.m.

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

In this talk, Dr Najmeh Khalili-Mahani will talk about the history of ageing studies and provide insights into global efforts in promoting successful ageing.

Led by Najmeh Khalili-Mahani, Neuroscientist and Biomedical Engineer

Storm Preparedness

October 12 at 10 a.m.

Live presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

Learn what to do in the case of extreme weather and how to prepare for it. Resources will also be provided on where to find the most reliable information and guidance. Led by Louise Langlois.

CHEP Incontinence and Pelvic Floor Rehabilitation

October 19 at 10 a.m.

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes & 259 Chem. de Harrington, Harrington

Online presentation: connect on Zoom from the comfort of home

Led by Chantal Dumoulin, PhD, Canada Research Chair in Urogynecological Health and Aging Research center, University Institute of Geriatrics of Montreal

4K Speaker Series: Author Ann Lambert

October 26 at 10 a.m.

Live presentation: In-person at Holy Trinity Church, 12 Rue Prefontaine O, Sainte-Agathe-Des-Monts

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

Anne Lambert was "just a kid with a dream" when she wrote her first novel at the age of sixty.

Join her for a discussion of her Russell and Leduc Mystery series, set right in the heart of the Laurentians, and help her celebrate the release of the third book in the series, Whale Fall.

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

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Québec

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nécessairement celles du gouvernement du Québec.

engAGE CHSSN

Wednesday Wellness

Wednesdays at 10 a.m.

October 5: Risks & Benefits of Research about "Successful Aging"

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: [Register on Zoom](#)

October 12: Storm Preparedness

Live presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**October 19: CHEP**

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes & 259 chemin de Harrington, Harrington

Online presentation: [Register on Zoom](#)

October 26: 4K Speaker Series

Live presentation: In-person at Trinity Church, 12 Rue Préfontaine O, Sainte-Agathe-des-Monts

Streaming presentation: In-person 1650 chemin d'Oka, Deux-Montagnes

Online presentation: [Register on Zoom](#)

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

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www.4korners.org

HEALTHCARE DECISIONS

This workshop informs seniors and their families about the rules on consent to health care.

It explains the different legal tools for planning health care in advance, including:

- protection mandates
- advance medical directives
- living wills

Wednesday, November 9th 1:30 - 3:30 p.m.

Streaming presentation: In-person at 1650, ch. D'Oka, Deux-Montagnes

Online presentation: Via Zoom from the comfort of home

To register contact info@4korners.org

450-974-3940 | 1-888-974-3940 ext. 601

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Healthcare Decisions

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

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Yoga for Balance

Join 4korners and Josephine from YogaTout as we learn to develop muscles, awareness, and balance for fall prevention. Weekly classes focused on identifying risk factors with practices adapted to strengthen body and mind. Access to videos to practice weekly and integrate prevention into daily life.

Join us on Zoom to connect live!
Thursdays, 10 a.m. - 11:30 a.m.
September 15 - December 1

Contact us for more info:
 info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601






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Yoga for Balance - Seniors Wellness

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

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ONLINE & INTERACTIVE!

SENIORS WELLNESS

Café Connected

Take a break and connect with others on topics that matter to you. A supportive space where participants encourage each other, break isolation, and build upon resiliency skills. Led by a facilitator.

Join us on Zoom to connect live!

Wednesdays, 1 p.m. - 2 p.m.
September 7 - December 14

Contact us for more info:
info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601







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Café Connected - Seniors Wellness

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



 www.4korners.org

Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

Monthly Support Group in Deux-Montagnes.
Contact us for upcoming dates and location.

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



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Monday, October 17, 2022

Monday, November 21, 2022

Monday, December 12, 2022

In person at 1650 chemin d'Oka. Deux-Montagnes

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

Tai Chi - Seniors Wellness

Starting September 12

Weekly on Mondays, 9:30 a.m. to 11 a.m.

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

Nel's Yoga - Seniors Wellness

Starts September 2

Weekly on Fridays, 10 a.m. to 12 p.m.

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

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



Meet 4K Community Cup Winner Lois Armitage!

When a general manager of a municipality tells you that nothing would happen in their township without a certain individual, it certainly piques the interest. Lois Armitage is the woman in question. She had worked with the municipality as an assistant secretary treasurer for 30 plus years or “as long as I can remember,” according to GM Natalie Black.

Lois is also the current president of the Wentworth Recreative Center (WRC) going on 20 years and has been involved in some capacity, in her own words, “forever.” You will forgive the hyperbole when you learn that we are talking about someone whose family dates back to the town’s formation. Lois is FROM Wentworth, a small township of about 500 permanent residents, most of whom she could count among her own kin while growing up. Since then, she has raised three boys who now have children of their own. They also still live in the area. It is a small, tight-knit community, where the municipality and the volunteers who run the independent Recreational centre serve as the yarn that binds them together.

The municipality works in concert with the Center to support their community with a 24/7 skating rink, bingo nights, spaghetti dinners, hockey nights and a

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accompanying garage space are the crown jewel and Lois and her board cobbled together about half of the \$95,000 cost through grants and fundraising.

Lois looks at all the time she puts into the community as something important to build for her children and grandchildren. She wants them to enjoy the warm feeling of community and connection she experienced as a child. When Lois was growing up, most of the social activities revolved around St. Aidan's Church where she remains a member and volunteers her time as the church warden. The municipality rents a space there that the WRC uses for indoor activities. The past two years have of course put a kink in those plans, slowing down much of their indoor activities. They still managed a Trail of Terror on Halloween, put together by some of the enterprising women on the WRC board, as well as an outdoor tree lighting-ceremony for Christmas.

Lois talks about the importance of inclusive activities but pays special attention to the seniors who make up a good portion of Wentworth's permanent residents. We end our phone call with Lois requesting that 4Korners do a wellness check on a particular couple she is concerned about, making sure that she does not miss an opportunity to help out a neighbor. While I am still taking down that information, Lois also asks me to not toot her horn too much since she says none of this is accomplished without her other board members and the community around her. I lie of course and say no horn tooting of any kind will take place. TOOT, TOOT! For all the time and energy she gives to her community in Wentworth, Lois Armitage is our community Cup winner for the month of October.

If you know someone who is making a difference in the Laurentians and could use some well-deserved recognition please let us know by contacting info@4korners.org

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

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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](#)
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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LISTENING-INFORMATION-REFERRALS

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

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