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**LAURENTIANS
4K NEWSLETTER
January 2019**



An advertisement for the "Jog Your Mind Program". At the top left is the 4 Korner logo. The main title "Jog Your Mind Program" is written in a large, elegant, dark blue script font. Below it, the text "The Workout for your Brain" is in a bold, dark blue sans-serif font, followed by "Starts January 16, ends March 20, 2019". The schedule "Wednesdays, 10 a.m. to noon" is in a bold, dark blue font, and "The workshop is FREE for 4 Korner's members*" is in a bold, pink font. A colorful illustration of a brain with gears and circuitry is on the right. At the bottom left, it says "Followed by a community lunch (\$5 or donation of choice)" and "200, Henri-Dunant, Deux-Montagnes". A dark blue button at the bottom right contains the text "REGISTER 450-974-3940 INFO@4KORNERSCENTER.ORG". Logos for L'APPLA and CHSN are in the bottom left corner.

Recent activities at 4K:

From the Rosemère Playgroup:
Artists and their masterpieces!



Women's Wellness Group in Deux-Montagnes
 Magical and Healthy Desserts – Healthy Cooking Session was held on
 Dec 13. The group will be back in 2019!



Photos by 4 Korners staff

Upcoming Activities in Argenteuil

IN HARRINGTON
Rouge Valley Days
Harrington Golden Age Club
Thursdays

Returns January 10

Programs that will be offered this session:
 Jog Your Mind, Meditation &

Open Circle/Cercle Ouvert
Lachute United Church,
 232, ave. Hamford, in Lachute
Returns on January 14

Programs/Activities that will be offered this
 session:

Videoconference on January 23

Community Palliative Caregiving, with presenter Zelda Freitas.

From 10:00 a.m. to noon

Laurentian Regional High School

448, ave. Argenteuil, Lachute

Call Melanie Wilson for more information: 1-888-974-3940, extension #1

Upcoming Activities in Deux-Montagnes

Don't forget to register for Jog Your Mind!

Starts January 16, from 10:00 a.m.
to noon

To keep your brain healthy and
sharp!

Regular Programs

Tai chi: January 8

Scrapbooking: January 11

Yoga: January 14

A League of Our Own

Back on January 29

Tuesday mornings

9:30 to 11:30 a.m.

For children 0-6 years
and their parents or caregiver

Parent and Tot Group

Returns on January 17. Places are
available: why don't you try it?

Thursday mornings

Activities include cooking and special
outings and there is free daycare
during the activities.

4 KORNERS is looking for a MAN to volunteer!

Do you like to cook? Do you understand the importance of socializing? We're looking for a volunteer who can facilitate our men's group. If you're interested, contact Caitlin Sigouin, at 450-974-3940, extension 2, or email at caitlin@4kornerscenter.org.

Playgroup

The Rosemère Playgroup is back on January 21

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

Don't miss the fun!

Rosemère Community Center

202, ch. de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Women's Wellness Wednesdays

FREE speaker series

January, 23, from 10:00 a.m. to noon

First Topic: Is Your Wealth Healthy?

Arundel Community Center

2, Chemin White

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



Éducaloi -

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

L'APPUI POUR LES PROCHES AIDANTS D'AINÉS

*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 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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