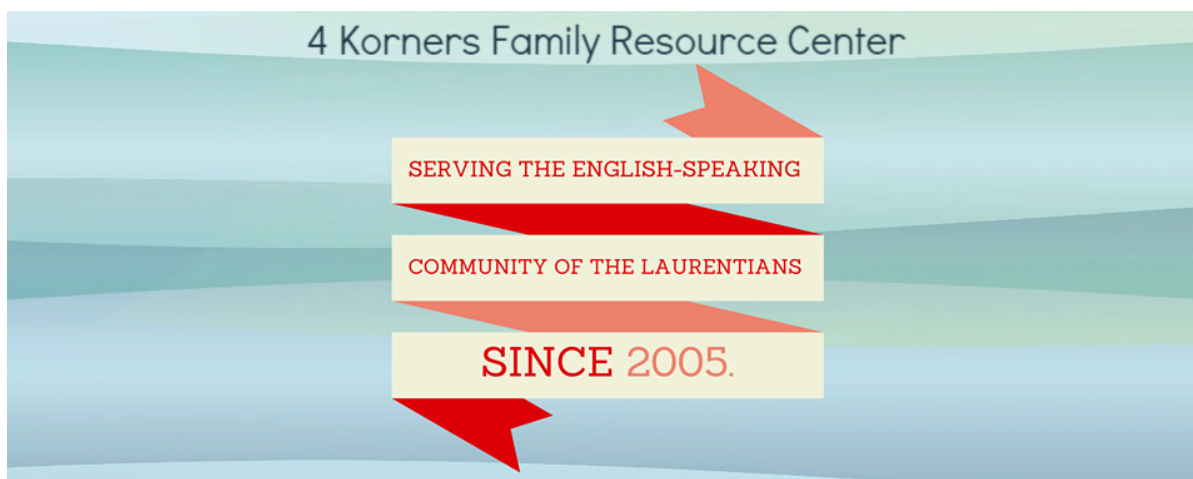


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4 Korner in October & November

Programs, Information Sessions and Conferences

After a great Summer, 4 Korner resumes it's Fall 2015 programming. Activities and programs are available for youth, adults, seniors and their families. [Click here to see all the programs 4 Korner offers in the Laurentians.](#)

The Good Food Box is back!

Funded and distributed by **Moisson Laurentides**, the **Good Food Box program** operates throughout the year with individuals placing orders for fruit and vegetables every two weeks. You can significantly reduce your food bill by buying through this program, so why not try it out?

The next delivery will be on Tuesday October 20th and the deadline to pay for your box is October 28th.

[Learn more about the Good Food Box](#)

Are you a Caregiver?

4 Korner offers a **seven-week workshop for Caregivers & a monthly support group in Deux-Montagnes.**

[Click here for more information on the Caregivers Workshops in Deux-Montagnes.](#)

Beginning October 19, 2015 there will also be a workshop available for caregivers in Lachute at the Avoca Community Center.

[Click here for more information on the Caregivers Workshops in Lachute.](#)

November 5, 2015 is Caregiver Recognition Day in Brownsburg-Chatham featuring Mr. Yves Boutin, Notary who will present a conference called "Preparing yourself and your loved ones for the future"

[Click here for more information on the Caregivers Recognition Day.](#)



Upcoming Community Health Education Program (CHEP) Videoconferencing Topics: Learn about the health topics that matter the most to you.

October 21, 2015

Life After Stroke

November 25, 2015

Bowel Conditions & Diseases

January 20, 2016

Memory Disorders & Dementia
(Not Alzheimer's)

February 17, 2016

The Health Risks of Smoking

The above video conferences are offered on Wednesdays at 10:00 a.m. at the Community Learning Center in the Lachute Regional High School (448 Argenteuil, Lachute, QC)

*Video conferences funded by



The Senior Men's Social Club is seeking new members

Caregivers will be held on October 21, 2015. (1 p.m. to 3 p.m.) at 4 Korner Family Resource Center,
1906 ch. d'Oka, Deux-Montagnes, QC

"Learn More About Alzheimer's with Patrick Lavigne of the Société d'Alzheimer des Laurentides"



Société Alzheimer
LAURENTIDES

Funding provided by:

L'APPUI POUR LES PROCHES AIDANTS D'AÎNÉS
LAURENTIDES

LIGNE INFO-AIDANT
1 855 8LAPPUI (852-7784) lappui.org

Email us and reserve your spot today!

VIEACTIVE to resume in November 2015

4 Korner will once again offer fitness sessions for individuals that are aged 50 and up, regardless of their fitness level, called **Viactive**. This multi-fitness program will include multi-level exercises and gentle stretching. Classes will be held on Wednesdays from 12:30 p.m. to 1:30 p.m. as well as 2 p.m. to 3

shoot the breeze! This weekly program features cooking every second week and conversations on a variety of topics. **Tuesdays, 1:00 p.m. to 2:30 p.m.**

Korners members. This program starts Wednesday, November 4, 2015.

[\(Learn how to become a member here\)](#)



Friendly Reminder:

**DON'T FORGET TO "FALL BACK"
AND SET YOUR CLOCKS BACK ONE
HOUR SUNDAY, NOVEMBER 1, 2015.**



For more information on programs, services or activities, you can contact us toll-free at 1-888-974-3940 or email us at info@4kornerscenter.org

You can also visit us at www.4kornerscenter.org





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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