

Town of Hudson

Activity Guide
Autumn 2017

Fitness/Yoga programs
Youth Programs
Senior Programs
Special events

Info: 450 458-6699
www.ville.hudson.qc.ca

Photo credit: India Robbins



HUDSON TOWN HALL

ADMINISTRATIVE SERVICES

481 Main, Hudson (Québec) J0P 1H0

Tel: 450 458-5347

Fax: 450 458-4922

OFFICE HOURS

8:30am - 4:30pm (Monday - Friday)

MEMBERS OF COUNCIL

Mayor	Ed Prévost	District	Area
Councillor		1	Como
Councillor	Ron Goldenberg	2	Hudson - East
Councillor	Nicole Durand	3	Hudson - Center
Councillor	Barbara Robinson	4	Fairhaven
Councillor	Deborah Woodhead	5	Heights - East
Councillor	Natalie Best	6	West

MEETINGS

Regular meetings are held at 7:30pm on the first Monday of each month at the Stephen F. Shaar Community Centre. When the first Monday is a holiday, the meeting is held on the Tuesday or at another date set by resolution the month preceding the holiday. For meeting updates, please check the town web calendar www.ville.hudson.qc.ca

STEPHEN F. SHAAR COMMUNITY CENTRE & YOUTH CENTRE

394 Main, Hudson (Québec) J0P 1H0

Tel: 450 458-6699 - Fax: 450 458-7764

Email: recreation@ville.hudson.qc.ca

OFFICE HOURS:

8:30am-12:00pm & 1:00pm-4:30pm (Monday-Friday)

NORMAL HOURS OF OPERATION:

8:30am-11:00pm (Monday-Thursday)

8:30am-2:00am (Friday)

9:00am-2:00am (Saturday)

9:00am-11:00pm (Sunday)

WELCOME TO OUR ACTIVITY GUIDE

Hudson's Parks and Recreation Department is pleased to offer diverse programs for you and your family. Based at the Stephen F. Shaar Community Centre, these classes are the natural expression of what we feel are our shared values: a terrific appetite for life, curiosity about the arts, a passion for learning new skills, staying fit, connecting with others, and finding mind/body/spirit harmony.

We encourage you to try something new, or re-register in your favourite programs.

This information guide should provide you with an outline of what we have to offer, however, you are welcome to get in touch with us about any questions or concerns.

Please note that in order to provide you with these classes, registration deadlines this year must be enforced. Registration is open now at our reception.

Each class carries a minimum number of participants.

**WE LOOK FORWARD TO
SEEING YOU SOON.**

GENERAL INFORMATION

The Parks & Recreation Department will publish a program of its different activities and a revised list of the recreational organisations three times a year in April, August and December. Supplementary copies are available at the Stephen F. Shaar Community Centre, Hudson Town Hall and on the town website.

PLEASE NOTE THAT ALL OUR PROGRAMS ARE OPEN TO RESIDENTS AND NON-RESIDENTS.

REFUND POLICY

After the first 2 weeks of programs, refunds will be given only with a medical note. Refunded amounts will be calculated from the day of cancellation, and there will be a \$25.00 administration fee deducted from the refunded amount. Please note there will be a \$25.00 fee for returned or cancelled cheques.

LOOKING FOR VOLUNTEERS

If you have time to spare, we are looking for volunteers for some of our activities such as Meals on Wheels cooks, drivers and community events. For more information, please call the Hudson Parks and Recreation Department at 450 458-6699.

HALL RENTALS

The Stephen F. Shaar Community Centre is a great place to celebrate your birthday, wedding reception, baptism, seminar, meeting etc. There are 2 available spaces for your events. For more information please contact the main office at the community centre at 450 458-6699 or email at recreation@ville.hudson.qc.ca

REGISTRATION

Stephen F. Shaar Community Centre 394 Main

**STARTING MONDAY, AUGUST 28
TO FRIDAY, SEPTEMBER 1,
8:30AM - 12:00PM & 1:00PM - 8:30PM**

**FREE FITNESS TRIAL WEEK
(AUGUST 28 - SEPTEMBER 1)**

Come meet our instructors
See Fitness schedule online
www.ville.hudson.qc.ca

NOTE: Please be ready to pay by cheque or debit.

Dates & times for all courses
are subject to change.

Minimum registration required for all programs.

Thank You



HUDSON DOG PARK

Bring your four-legged friend to our new dog park located across from Thompson Park (726 Main). Large and small dog areas for your pooch to enjoy.

MEET OUR INSTRUCTORS

TINA JOY FINKELSTEIN



As values, fitness, health and wellness extend beyond Tina Joy's expertise as an instructor, and experience as a cancer survivor. An ardent, accomplished trainer with an affinity towards community, Tina is committed to assisting and supporting all members of Hudson Community Center's dynamic fitness program. Tina's mastery, passion and enthusiasm is offered at the Center daily - and she guarantees hard work, success and results!



ZOE TEDSTILL

After a career as a Trapeze Artist for 14 years, it felt natural for Zoe to transition into teaching Pilates and Yoga. Pilates was part of Zoe's training regime for the time she spent performing, to maintain fitness and stay injury free. Nine of Zoe's Circus years were spent on a world tour with Cirque Du Soleil's 'Varekai' as a Triple

Trapeze Artist. Zoe then went on to some smaller projects before performing in the London Olympics Opening Ceremony 2012. Zoe is from England and moved to Quebec with her husband and 2 young children in the summer of 2014.

ROBERTA RASORI

After 30 years working in the pharmaceutical industry, like many people I was laid off. I decided to get licenced to teach Zumba Fitness. I LOVED it so much that I then got licenced to teach Zumba Gold, Zumba Senteo and Zumba Toning. I have been teaching in Ile Bizard and Valleyfield for 6 years and Zumba Gold in Pierrefonds for 2 years. Best job ever!

DANIELLA FAIELLA



After giving birth to my third child in 2012, I decided it was time for me to get active and make a conscious effort to exercise. Although finding the time to fit a workout into my already packed days was a challenge, once I became consistent I started noticing positive changes in my body and energy levels and I fell in love with the way I felt. Eventually, I decided to take it a step further and enrolled in a program with the YMCA to become a certified personal trainer. I began working as a personal trainer at Monster Gym, which was a valuable experience that provided me with the opportunity to learn from other experienced personal trainers and coworkers. In the summer of 2015 I attended Can Fit Pro in Toronto which was amazing! It ignited in me the desire to teach fitness classes, and in the span of three days I took as many different fitness classes as I could possible squeeze into my schedule. I arrived home exhausted and sore but very excited to begin teaching. I presently teach here at the Hudson Community Center, where I have the privilege to share my passion and inspire others to stay fit and healthy.

JERICA PALMA



After a lifechanging experience while performing humanitarian work in Laos, she left her corporate career to focus on spreading peace and aiding humanity. Through intention, relaxation, breathing exercises and Yoga postures in her teachings, she aims to have her students feeling relaxed and rejuvenated. She takes on the traditional and holistic approach to Yoga, deeply focusing on the breath to naturally bring balance to the mind, body and soul. She is known for her calmness in conducting warm and inviting classes that are best described as physically, mentally and spiritually uplifting.

MAUREEN YOUNG

Born and raised in Hudson. She began teaching yoga 1987 and at the Stephen F. Shaar Community Centre since 1997. Maureen loves yoga and sharing the benefits of yoga for body, mind and spirit.

Your well-being is important to us. We are personally committed to helping you achieve your fitness goals by offering a wide variety of classes. **Join us today.**

FALL SCHEDULE

FITNESS & YOGA AT THE STEPHEN F. SHAAR COMMUNITY CENTRE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00am *B.A.M. FIT (Tina)	9:00-10:00am Zumba (Roberta)	9:00-10:00am Group Power (Tina)	9:00-10:00am Turbulence Training XFit (Tina)	9:00-10:00am Group Power (Tina)	9:00-10:00am Raise the Bar XFit (Tina)
	10:30-11:30am Regenerative Yoga (Maureen)	10:30-11:30am Pilates (Zoe)	10:15-11:15am Regenerative Yoga (Maureen)	10:30-11:30am Hatha Yoga (Zoe)	10:30-11:30am Regenerative Yoga (Maureen)
		4:00-5:00pm Teen Yoga (Jerica)			
		5:30-6:30pm Hatha Yoga (Jerica)			
		7:00-8:00pm Total Strength & Cardio (Daniella)	7:00-8:00pm *B.A.M. FIT (Tina)	7:00-8:00pm Total Strength & Cardio (Daniella)	

(NO CLASSES MONDAY, OCTOBER 9TH, THANKSGIVING)

*B.A.M. Fit classes not included in regular Fitness (No discount)

FALL FITNESS

16 WEEKS (SEPTEMBER 5 - DECEMBER 22)

16 Classes	\$128.00	(Students & Seniors 60+ save 25%)
32 Classes	\$195.00	
Unlimited	\$245.00	
Drop-In	\$12.00	

GROUP POWER

Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

TURBULENCE TRAINING XFIT

A total body workout! This class alternates between cardio and intervals and muscular strength and endurance exercises. It is a simple yet effective routine guaranteed to get your blood pumping.

RAISE THE BAR XFIT

Raise the Bar XFit class incorporates both cardio and strength training all in a fun, one-hour workout that will push you to new limits of personal strength. Cross-FIT style training that will work you like never before!

TOTAL STRENGTH AND CARDIO

A fusion of core work, cardio and strength training into one high impact workout. This combination will improve your muscle strength and cardiovascular endurance while burning fat. This class incorporates a variety of exercises and equipment which keeps it new, fun and challenging. The class is tailored to accommodate each individual's fitness level.... or... tailored to push you to your own limit!

PILATES

Pilates has a full body workout approach targeting every muscle group. It is an effective exercise to gain strength, flexibility and improve posture. It combines breath with mindful movement leaving you feeling longer and leaner with better balance and coordination. Pilates is known to relieve stress, back pain and prevent injury.

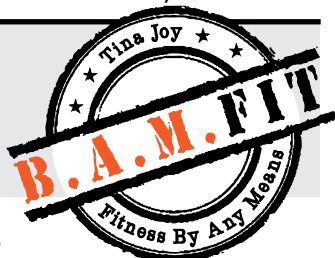
HATHA YOGA

A relaxed yet uplifting class, moving through Asanas (postures) with a focus on breath and correct alignment of the body. Working towards quieting the mind and increasing your strength, balance and flexibility. Open to all levels.

B.A.M. FIT WITH TINA JOY

15 WEEKS (SEPTEMBER 10 - DECEMBER 20)

15 Classes \$150.00
 28 Classes \$255.00
 Drop in \$15.00
 Maximum participants 15



Tina Joy is the head coach and owner of **B.A.M. FIT**

(**By Any Means Fitness**), a small local fitness company that specializes in high intensity, mixed discipline and functional training. I am a certified personal trainer, group fitness instructor and small group speciality coach. As a cancer survivor, I pride myself on not only teaching and practicing a healthy and active lifestyle, but I also believe fitness is about building a strong community and forming lasting friendships. I am blessed to have a very loyal and dedicated client-base in Hudson / St. Lazare and surrounding areas.

I am proud to offer a wide range of large and small group fitness classes out of the Stephen F. Shaar Community Centre, including: functional strength & interval training, specialty core & yoga fusion sessions, small group and cross training classes.

B.A.M. Fit is a high intensity, cross-training fitness program designed to challenge and push you to new limits to improve your physical well-being and cardiovascular fitness. Expect sweat and intensity. Expect fun and building friendships. **Expect Results!**
 Facebook.com/bamfit.montreal

TEEN YOGA WITH JERICA PALMA

(SEPTEMBER 12 - DECEMBER 12)

Tuesday: 4:00-5:00pm
 1 x Week \$95.00
 Ages: 12 - 17

REGENERATIVE YOGA WITH MAUREEN YOUNG

14 WEEKS (SEPTEMBER 11 - DECEMBER 15)

Senior 60+	Adults
14 Classes \$85.00	14 Classes \$115.00
28 Classes \$130.00	28 Classes \$170.00
Unlimited \$160.00	Unlimited \$215.00

Come and experience a yoga class designed to restore and rejuvenate your mind, body, and soul in a gentle modified supportive setting.

MANOIR GOLDEN FITNESS WITH MAUREEN YOUNG AT MANOIR CAVAGNAL

Monday & Friday: 9:30-10:15am
 Free to all seniors

SENIORS PROGRAMS



HUDSON SENIOR TRAVEL CLUB

Interested in going on day or overnight trips as a group?

Wouldn't it be nice to sit back and let someone else do the driving?

Membership: \$10.00/year.

Call or stop by the Community Centre for more information.

THOMAS MORE INSTITUTE SENIORS PROGRAM COURSE

9 WEEKS
 (OCTOBER 10 - DECEMBER 5)

Topic: Montreal Voices - Celebrating 375



Tuesday: 1:30pm-3:00pm
 Cost: \$15.00
 Youth Centre

RENDEZ-VOUS A MEETING OF MINDS AND IDEAS!

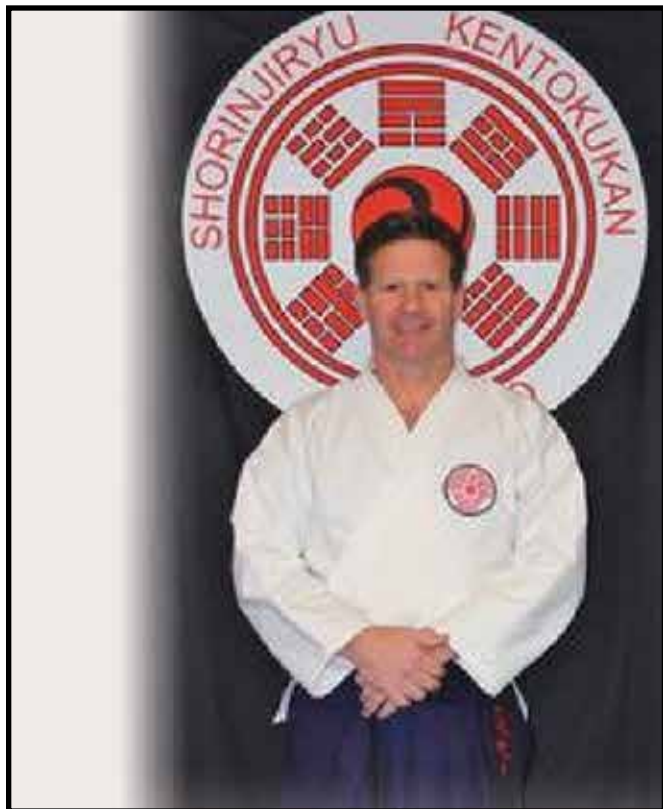
The Rendez-vous Luncheon Group will only be doing luncheons on special occasions, such as, Christmas, Mothers Day, Easter, etc. We will announce luncheons on the Community Centre website & the local newspaper.



FAMILY PROGRAMS

KARATE - FOR ALL AGES WITH SENSEI COLIN SCOTCHER

14 WEEKS (SEPTEMBER 21 - DECEMBER 21)



Classes will focus on the basics of the martial arts with an emphasis on fitness, etiquette, discipline, and a positive attitude. Sensei Colin Scotcher is a 5th degree black belt in Kentokukan Karatedo. A resident of Hudson, he has been teaching adults and children in our area for over 20 years. Additional costs for uniforms and some equipment will be discussed with the Sensei.

Community Centre

Thursday: 4:00-5:00pm
5:00-6:30pm

Ages 4- 6 years	Cost: \$99.00
Ages 7-12 years	Cost: \$170.00
Ages 13-17 years	Cost: \$185.00
Adults	Cost: \$205.00

ATARASHII NAGINATA WITH SENSEI JOHANNE CHALIFOUR

14 WEEKS (SEPTEMBER 13 - DECEMBER 13)



Sensei Johanne Chalifour began practicing Naginata and Tendo Ryu (traditional form) in 2006. She participated in many national and international seminars and tournaments, where she earned many medals (Gold, Silver and Bronze) in Engi (kata) and Shiai (sparring). She was a member of Team Canada for the last two World Naginata Championships (2011 and 2015). She won a third-place medal for Team Shiai in Japan. Naginata is a fencing sport and martial art discipline of Japanese origin. It is practiced by men, women and children of all ages around the world. Training focuses on body movement and the skills required manipulating the seven-foot Naginata. Courses are taught by Sensei Johanne Chalifour 2nd dan.

Community Centre

Wednesday: 5:00-6:30pm

Children 8+	Cost: \$170.00
Adults	Cost: \$205.00

PHOTOGRAPHY COURSE

8 WEEKS (SEPTEMBER 27 - NOVEMBER 15)

Date: Wednesday
Time: 4:00-6:00pm
Age: 13-17 years

Cost: Hudson Resident: \$125.00
Non-Resident: \$185.00

This course will cover the following:

- Learning Photography through theory and mostly practical exercises
- Maximize your mobile camera
- Maximize and understand natural light
- Understand and control artificial light
- Learn rules of composition
- Learn how to break rules of composition
- Retouching with various mobile applications
- Share photos through a digital portfolio

Minimum registration required.
Mobile device required

TOASTMASTERS INTERNATIONAL YOUTH PROGRAM

8 WEEKS (SEPTEMBER 16 - NOVEMBER 11)
(NO CLASS OCTOBER 28)

Date: Saturday
Time: 10:00am-12:00pm
Cost: \$40.00

The Youth Leadership Program is an 8-week course. Specially designed by Toastmasters International, it introduces school-aged youths to the incredibly rewarding art of public speaking, and provides them with a platform to practice leadership skills.

- **Speak** with confidence in front of an audience
- **Listen** critically and effectively to what others are saying
- **Communicate** your thoughts and ideas
- **Lead** a group discussion and meeting

For more information contact
Mick McCafferty 514 616-5994.

TEEN MOVIE NIGHTS

Teens (13-17) are invited to the Hudson Youth Centre for free movies! Our next screenings are September 22nd (English version) and September 29th (French version). Check the Town of Hudson Facebook page to see what is playing and for future movie dates!

COOP COLLECTIVE VISION

Creative Video Workshop

Date: Friday, November 24th
Ages: 6-12 years

Cost: Hudson Resident: \$60.00
Non-Resident: \$80.00

Space is limited!

Creative Video is a professionally staffed education program that teaches multi-media and the performing arts to youth ages 6-12. Divided into groups by age, participants will learn skills such as video production, photography, stop motion animation and drama. Instructed by our highly trained staff, youth will get hands on experience in film-making and on-camera acting. Students can then broadcast their videos on our channel which has over 20,000,000 views and thousands of subscribers.

Schedule

8:00-9:00: Drop off and Free Play
9:00-9:30: Introduction and acting games
9:30-10:30: Technical instructions and picture story telling.
10:30-12:00: Stop Animation Lesson & Activities.
12:00-1:00: Lunch
1:00 -1:30: Exercise. Either outdoor activities (weather permitting) or in the Main Hall.
1:30-2:00: Acting games.
2:00-3:00: Photography Lesson
3:00-4:00: Stop Motion and/or Photography activities.
4:00-4:30: Free Play
4:30-5:00: Pick up

Participants must bring a lunch and snacks.

HUDSON COMMUNITY YOUTH CHOIR

10 WEEKS (SEPTEMBER 26 - DECEMBER 5)

Date: Tuesdays
Time: 4:00-5:15pm
Ages: 12-17
Cost: \$40.00

Conductor and voice teacher Patricia Halford and accompanist Melanie Lanthier will lead this energetic and youth-oriented endeavor. The objective of the program is to foster foremost the love of music, the value of community, the development of self-respect and self-discipline in the young. Vocal training will be a vital part of this project. A positive event, we are looking for singers 12 and up who want to grow and channel their energy in a productive and entertaining way.

LOCAL LIBRARIES

WAR MEMORIAL LIBRARY

Books for every age and taste, large print, classics, books on audio tapes, videos and a collection of CDs for the Library computer which is available to all.

DAY/TIME: Monday: 2:30pm-5:00pm
Tuesday: 7:00pm-9:00pm
Wednesday: **CLOSED**
Thursday: 10:00am-12:00pm & 7:00-9:00pm
Friday: 2:30pm-5:00pm
Saturday: 10:00am-2:00pm

PLACE: 60 Elm
MEMBERSHIP: \$15.00/year adults & \$8.00 for juniors
TELEPHONE: 450 458-4814

COMO LENDING LIBRARY

DAY/TIME: Tuesday 10:30am-12:00pm
Thursday 2:30pm-4:00pm
Saturday 10:30am-12:00pm

PLACE: 273 Main
MEMBERSHIP: \$12.00/year fees due in May.
TELEPHONE: 450 458-5561

REGIONAL SERVICES

NEARBY INDOOR AQUATIC CENTRES

For information on lessons, competitive teams, open swim times, etc., call the Aquatic Centre of your choice listed below:

Rigaud - Collège Bourget	450 451-0896 ext: 238
Vaudreuil-Dorion - Campus de la Cité-des-Jeunes	450 455-3371 option 4 (Mon-Fri) 514 477-7000 ext : 1963 (evenings & weekends)
John Abbott College - Thérèse Casgrain Centre	514 457-6610 ext: 5325

INDOOR ARENAS

For information on leisure skating times, contact the arena of your choice listed below.

Vaudreuil-Dorion	450 455-5505
Cité des Jeunes	450 455-3371 option 4
Rigaud Collège Bourget	450 451-0815
Complexe Sportif St-Lazare	450 510-1850

VAUDREUIL-SOULANGES
ACCÈS-LOISIRS

PROGRAM

We offer free recreational activities in your region!



HOW DO I REGISTER?

By going in person to a registration location
(see list overleaf)

WHO IS ELIGIBLE?

All children, adults and seniors whose family income is below the following threshold:

NUMBER OF PEOPLE

- 1 person living alone
- 2 persons
- 3 persons
- 4 persons
- 5 persons
- 6 persons
- 7 persons or more

FAMILY INCOME

- 21 487 \$ or less
- 26 748 \$ or less
- 32 884 \$ or less
- 39 926 \$ or less
- 45 282 \$ or less
- 51 073 \$ or less
- 56 861 \$ or less

Source: Statistics Canada Income Threshold for regions of 150,000 population.

WHAT MUST I BRING?

For each adult in the family, you must provide:

- 1- Notice of assessment from provincial or federal government (2016) **or** Claims booklet for income security recipients
- 2- Proof of residence with address: driver's license, tax invoice or recent bill

REGISTRATION LOCATIONS

FALL 2017

First come, first served!

ÎLE PERROT-VAUDREUIL AREA

For residents of L'Île Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Vaudreuil-Dorion and the surroundings

DATE

September 9th
9 AM to 1 PM

LOCATION

Paul-Émile-Lépine
Community Center
150, Boulevard Perrot
L'Île-Perrot

MONT-RIGAUD AREA

For residents of Rigaud, Hudson and the surroundings

DATES

September 15th 6 PM to 8 PM
September 16th 9 AM to 11 AM

LOCATION

Lionel-Séguin Building
102, rue Saint-Pierre
Rigaud

SOULANGES AREA

For residents of Coteau-du-Lac, Les Coteaux, Saint-Zotique, Saint-Polycarpe, Rivière-Beaudette and the surroundings

DATE

September 16th
9 AM to 1 PM

LOCATION

Maison de la famille
de Vaudreuil-Soulanges
1210, rue Principale
Saint-Zotique

Arrive early to find out more about activities available in your area.

No registration by phone.

**FOR MORE INFORMATION
ABOUT THE ACCÈS-LOISIRS PROGRAM**
450 218-0561, EXT. 1 (VAUDREUIL)
450 217-2177, EXT. 1 (SOULANGES)

COMING EVENTS

DATE	EVENT	VENUE	TIME
Sept. 9	Consignment Sale	St. James' Church	10am-2pm
Sept. 9	Hudson Food Collective Community Day at the Kitchen Garden	Halcro Cottage	9am-12pm
Sept. 11	Opera and Beyond Presents: Opera Concert	Hudson Village Theatre	7:30pm
Sept. 15, 16, 17	Hudson Studio Tours	Hudson area	Fri. 3-8pm Sat. & Sun. 10am-4:30pm
Sept. 16	Treasures in the Attic	St. James' Church	10am-4pm
Sept. 17	Terry Fox Run	Community Centre	11am-3pm
Sept 18	Hudson Film Society Film: The Salesman (Iran)	Hudson Village Theatre	2pm, 7:30pm
Sept. 22	Hudson Food Collective Harvest Gala	Le Verger de Hudson	6pm
Sept. 23	Garden Club Root Sale	Community Centre	9am-1pm
Sept. 23	Hudson Food Collective: Wild Edibles Walk	TBA	10am-12pm
Sept. 25	Hudson Food Collective: Film: Seed: An Untold Story	Hudson Village Theatre	2pm and 7:30pm
Oct. 3	Daytime Curlers Registration (including Hardy Rocks)	Hudson Legion	3pm
Oct 5	Curlers Social Open House	Hudson Legion	7pm
Oct. 6	Story Fest - Daniel Leviton	Community Centre	7:30pm
Oct 14-18	Players Club presents: 2 Barn Owls Samuel Beckett's Endgame		
Oct. 14	Story Fest Breakfast - Lawrence Hill	Community Centre	10am-12pm
Oct. 14	Opera and Beyond Presents: Show Boat	Hudson Village Theatre	2pm
Oct 15	New Curlers Clinic	Hudson Legion	10am
Oct 15	Hudson Chamber Music Series - Trio Beau Soir	St. James' Church	4pm
Oct 16	Hudson Film Society Film: Moonlight	Hudson Village Theatre	2pm, 7:30pm
Oct. 19	Hudson Food Collective Community Day at the Kitchen Garden	Halcro Cottage	9am-12pm
Oct 23	Hudson Film Society Film: TBA (part of Storyfest)	Hudson Village Theatre	2pm, 7:30pm

COMING EVENTS

DATE	EVENT	VENUE	TIME
Oct 27-28	Used Book Sale	Wyman Church	
Oct. 28	Hudson Food Collective: Wild Edibles Walk	TBA	10am-12pm
Oct. 28	Children's Halloween Party	Community Centre	1-4pm
Oct 28	Halloween at Le Nichoir	Le Nichoir	5-8pm
Nov. 4	Royal Canadian Legion Remembrance Day Dinner	Community Centre	6pm
Nov 11	Unveiling of Canada 150 Mural	Community Centre	1pm
Nov. 18	Opera and Beyond Presents: I puritani (Bellini)	Hudson Village Theatre	2pm
Nov. 20	Hudson Film Society Film: Frantz (Germany)	Hudson Village Theatre	2pm, 7:30pm
Nov. 17, 18, 19	Hudson Artists Association Small Works Show	Community Centre	10am-5pm
Nov 18	Traditional Christmas Turkey Dinner	Wyman Church	
Nov. 19	Hudson Chamber Music Series - Andrew Sords Trio	St. James' Church	4pm
Nov. 25	St. James' Christmas Bazaar	St. James' Church	10am-1pm
Nov. 25 & 26	Hudson Christmas Craft Fair	Community Centre	10-4pm
Nov. 27	Palliative Care Foundation Poinsettia Campaign		
Dec. 1	Festival of Lights	Community Centre	7pm
Dec. 2	Blessing of the Animals	Community Centre	10am-4pm
Dec. 2	306 Maple Leaf Wing Concert Band Christmas Concert	St. James' Church	7:30pm
Dec. 3	Hudson Santa Claus Parade	Westwood Sr. to Community Centre	1pm
Dec. 3	Old-fashioned Christmas	Greenwood	
Dec. 6	Greenwood Singers Present Carols for a Midwinter Night	St. James Church	7:30pm
Dec. 9	Breakfast with Santa	Community Centre	8:30-11:30am
Dec. 10	Old-fashioned Christmas	Greenwood	
Dec. 10	Choir Candlelight Celebration with Canadian Flavour	Wyman Church	
Dec. 16	Kub Kar Rally - 150th Celebration	Community Centre	9am-4pm
Dec. 18	Hudson Film Society Film: TBA	Hudson Village Theatre	2pm, 7:30pm

HUDSON COMMUNITY ORGANIZATIONS

ARTIST & CRAFT GROUPS

Hudson Artists Association	John Goodger	john@goodger.org
Hudson Fine Craft	Carol Outram	450 458-0625
Hudson Potter's Collective	Jen Baumeister	450 458-4849
Hudson Studio Tours	Jen Baumeister	450 458-4849
Lake of Two Mountains Artist Ass.	Rita Shellard	450 458-0527
Village Quilters	Marlise Horst	514 297-4016

HISTORICAL GROUPS

Greenwood Centre for Living History	Terry O'Shaughnessy	450 458-5396
Hudson Historical Society	Paul Laflamme	514 793-4514
The History Garden		elainesteinberg@hotmail.com

LOCAL LIBRARIES

Como Lending Library	Mary Whittal	450 458-5561
War Memorial Library	Donna Seaman	450 458-4814

MUSIC & PERFORMING ARTS

Contemporary Dance (Adults)	Kerwin Barrington	514 918-7534
Hudson Chamber Music Series	Karen Bradley	jkbradley@sympatico.ca
Hudson Classical Ballet (M.B.E.S.)	Sandy Ferguson	450 458-5155
Hudson Dance Centre	Sharon Weiner	450 458-4251
Hudson Film Society	Clint Ward	www.hudsonfilmsociety.ca
Hudson Festival of Canadian Film	Clint Ward	www.hudsonfilmsociety.ca
Hudson Music Club	Gail Marchand	450 455-8768
Hudson Music Festival	Linda Clouette	514 295-6017
	Blair Mackay	450 807-1179
Hudson Players Club	Steve Walters	514 945-3271
Village Theatre	Kalina Skulska	450 458-2743

SOCIAL SUPPORT GROUPS

Alzheimer Society Suroit	Lorraine Hepworth Sauvé	450 373-0303
As Kneaded	Sherri Graham	450 458-3309
Carrefour Jeunesse Vaudreuil-Soulanges		450 455-3185
Community Cancer Support Group		450 458-2194
Employment Centre « Vision Travail »	Martine Leblanc	450 455-5150
Grannies Aid for Africa	Gisela Marler	450 458-0897
Herbergement La Passerelle		450 424-6077
Hudson Masonic Lodge #98	John Manning	450 458-7271
Hudson Meals on Wheels	Diane Cloutier	514 653-4917
Le Pont/Bridging Food Bank	Carol Laws	450 458-5318
Manoir Cavagnal	Nicole Durand	450 458-4810
NOVA – Hudson	Judy Tellier	450 458-5727
Option Ressource Travail		450 377-4949
Palliative Care Residence	Jacinthe Demers	450 202-2202
Rotary Club Hudson/St-Lazare	Anita Ali	514 668-0008
Welcome Wagon & New Babies	Melanie Gajdos	514 706-2795

HUDSON COMMUNITY ORGANIZATIONS

ENVIRONMENTAL / SUSTAINABILITY GROUPS

Hudson Community Farm	Loic Freeman-Lavoie	hudsoncommunityfarm@gmail.com
Hudson Farmers' Market	Gerry Foliot	450 458-4125
Hudson Food Collective	Robyn Rees	hfc@hudsonfoodcollective.com
Le Nichoir Bird Rehabilitation Centre	Susan Wylie	450 458-2809

RECREATIONAL GROUPS

Air Cadets Squadron 867 Vaud-Dorion		cmdt.867aviation@cadets.gc.ca
Association de Moto Tourisme Vaudreuil-Soulanges	Jacques Monette	514 453-8216
Beavers, Cubs, Scouts & Ventures	Michael Doran	450 458-5551
Cadet Corp No. 3	Alexandre Grimard Latulippe	450 451-0815 x : 389
Centre Pre-Scolaire Hudson	Francine Felx	450 458-5972
Girl Guides of Canada	Esther Munster	450 455-0862
Helen Benson Memorial Bridge Club	Louise Deslauriers	450 458-1923
Hudson Antique Car Klub (H.A.C.K.)	David Croydon	dcroydon@hotmail.com
Hudson Duplicate Bridge Club	Eleanor Rainbow	450 458-2693
Hudson Garden Club	Lorrie Phelan	450 458-4032
Hudson Legion Bridge Club	Lesley Mink	450 458-7393
Hudson Scrabble Club	Bob Corriveau	450 458-5981
Hudson Travel Club		450 458-6699
Ladies Auxilliary of St-Thomas Church	Pauline Poirier	450 458-5668
Manoir Cavagnal Social Committee	Carla Schuilenberg	450 458-4735
Royal Canadian Legion	Eric Connor	450 510-3184
St-James Church Women	Marilyn Pound	450 458-5127

SPORTS & FITNESS

Aristo-Fit	Elizabeth Nowak	514 914-5872
Baseball St-Lazare	Brian De Filippo	baseballstlazare@outlook.ca
Club Trio-Lacs (triathlon)		450 200-0772
Far West Lacrosse Association		514-774-9933
Gymini Gymnastics Club		450 455-3141
Hardy Rocks Curling	Barry Rowland	450 455-8241
Hudson Badminton Club	Denis D'Aoust	514 233-2134
Hudson Community Pool	Nancy Mitchell	450 458-6699
Hudson Junior Curling	Jon Bazar	450 218-1200
Hudson Legion Curling Club	Glenn Ruitenr	450 458-1829
Hudson Minor Hockey Association		sleblanc8888@gmail.com
Hudson Mixed Softball League	Michel Carrière	450 424-2182
Hudson/Rigaud Old-timers Hockey Assoc.	Brian Penny	514 863-1902
HRS Skating Club		info@cphrs.ca
Hudson/St-Lazare Soccer Club		450 510-0022
Les Gymnastes de l'Île	Ewa Rucka	450 425-0803
Nordic Walking & Snowshoeing Excursions	Janice Burdon	450 458-2531
Ramblers Association (Hiking/Snowshoeing)	Terry Browitt	450 458-7131
St-Lazare Football Association	Anson Williams	514 773-0394
Trois Lacs Speed Skating Club	Josée Daoust	514 425-5349

**To All Community Groups,
If your organization is not listed, please send us your information by email at recreation@ville.hudson.qc.ca**

72 HOUR EMERGENCY KIT

Your Council has established a comprehensive emergency plan to deal with a major disaster, caused by a lengthy power blackout, an extreme storm involving snow, rain and wind, or a major accident/incident. The Fire Department, the Community Patrol, the Public Works Department, the Recreation Department, the Town Hall employees, and a Coordinator, (along with the S.Q.) form your **Emergency Measures Services**. The Town also has an automated call system.

Part of any emergency preparedness involves the citizens themselves taking precautionary measures to ensure their own well-being in the event of a disaster which may disrupt their daily lives. You should have an emergency plan, including a home escape plan & meeting place. You should be prepared to take care of yourself and your family for a minimum of **72 HOURS**. To that end, you should prepare an **EMERGENCY KIT** containing most of the following:

- **BATTERY-POWERED or WIND-UP RADIO, with spare batteries**
- **FLASHLIGHTS, with spare batteries**
- **BLANKETS or SLEEPING BAGS (one per person)**
- **WATER for 3 DAYS - at least two liters per person per day**
- **FOOD for 3 DAYS - such as canned foods, energy bars, and dried foods**
- **INFANT FORMULA**
- **MANUAL CAN OPENER**
- **FIRST-AID KIT**
- **CANDLES and MATCHES/LIGHTERS**
- **SET of KEYS for the CAR and HOUSE**
- **WHISTLE (to attract attention)**
- **SOME CASH in SMALL BILLS and CHANGE for PAYPHONES**
- **IMPORTANT PERSONAL DOCUMENTS and IDENTIFICATION**
- **PRESCRIPTION MEDICATIONS and MEDICAL EQUIPEMENT**
- **PERSONAL CARE and HYGIENE SUPPLIES**
- **MULTI PURPOSE TOOL WITH KNIFE**
- **DUST MASK**
- **PETS, PET FOOD & LEASH**

Plan, also, for your family's specific needs, such as extra provisions for:

*Babies and young children-diapers, etc.

In the event of an emergency, listen to authorities and follow their directions. Your cooperation will make it easier to help everyone in need. It is to our mutual benefit if we are all well prepared for any emergency situation.

IMPORTANT TELEPHONE NUMBERS

EMERGENCY	911	C.L.S.C. Rigaud	450 451-6609
POLICE	911	HYDRO QUEBEC	1 800 790-2424
AMBULANCE	911	BELL CANADA (Repairs)	611 (cellular)
COMMUNITY PATROL	311 or 514 219-5383	(Residential)	310-2355
FIRE DEPT. (non-emergency)	450 458-4011	(Commercial)	310-7070
INFO SANTÉ	811	DOG CATCHER (R. Seymour)	450 455-3950
HUDSON TOWN HALL	450 458-5347	HUDSON ANIMAL HOSPITAL	450 458-5382
EMERGENCY SHELTER (Community Centre)	450 458-6699	TRI-L KENNEL BOARDING	450 458-4788
POISON CONTROL CENTRE	1 800 463-5060	LE NICOIR	
HUDSON MEDI-CENTRE	450 458-5393	WILD BIRD REHABILITATION CENTRE	450 458-2809
NOVA	450 458-5727		
PHARMACIST MARC RABBAT & MICHEL NAJM	450 458-4686	RESOURCES	
LAKESHORE GENERAL HOSPITAL	514 630-2225	www.getprepared.ca (Public Safety Canada)	
HAWKESBURY DISTRICT HOSPITAL	1 613 632-1111	www.msp.gouv.qc.ca (Sécurité publique, Québec)	
VALLEYFIELD GENERAL HOSPITAL	1 450 371-9920	www.redcross.ca (Canadian Red Cross)	
C.L.S.C. Vaudreuil-Dorion	450 455-6171	www.sja.ca (St. John Ambulance)	

A dynamic health-oriented team !

Services offered:

- Blood pressure, glycemia, INR and other follow-ups
- Detailed review of your medication
- Home-visits and help for medication management
- Rental of orthopedic devices
- Free delivery and free transfers of your prescriptions

Open hours

Monday to friday 8:00 am to 9:00 pm
Saturday and sunday 9:00 am to 6:00 pm



Marc Rabbat & Michel Najm
Pharmacists owners



465, rue Main, Hudson Tel: 450 458-4686