

# Town of Hudson

## Activity Guide Spring/Summer 2018

Fitness/Yoga

Youth Programs

Senior Programs

Spring/Summer Events

Day Camp

Community Pool

Info: 450 458-6699  
[www.ville.hudson.qc.ca](http://www.ville.hudson.qc.ca)





# HUDSON TOWN HALL

## ADMINISTRATIVE SERVICES

481 Main, Hudson (Québec) J0P 1H0

Tel: 450 458-5347

Fax: 450 458-4922

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## OFFICE HOURS

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

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## MEMBERS OF COUNCIL

Mayor	Jamie Nicholls		
		District	Area
Councillor	Helen Kurgansky	1	Como
Councillor	Austin Rikley-Krindle	2	Hudson - East
Councillor	Chloe Hutchison	3	Hudson - Center
Councillor	Barbara Robinson	4	Fairhaven
Councillor	Jim Duff	5	Heights - East
Councillor	Daren Legault	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 on-line calendar at **[www.hudson.quebec](http://www.hudson.quebec)**

## 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](mailto: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 to 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 publishes a program of its different activities and a revised list of the recreational organisations three times a year in April, August and December. Additional 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 a \$25.00 administration fee will be deducted from the refunded amount. Please note there is 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](mailto:recreation@ville.hudson.qc.ca)

## REGISTRATION

Stephen F. Shaar Community Centre  
394 Main, Hudson

**STARTING APRIL 9<sup>TH</sup> TO 13<sup>TH</sup>,  
8:30AM - 12:00PM & 1:00 - 4:30PM**

**FREE FITNESS TRIAL WEEK  
APRIL 9<sup>TH</sup> - 13<sup>TH</sup>**

**Come meet our instructors**  
See Fitness schedule online  
[www.hudson.quebec](http://www.hudson.quebec)

**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.



## 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



This young mother eats, sleeps and breathes all things fitness, health and wellness. More comfortable in a CrossFit box than courtroom, Tina Joy ditched her pantsuit and valise for leggings and a kettlebell in 2012 and she hasn't looked back since. Rosacea, spine surgery and cancer couldn't stop her en route to a top-40 finish at the 2017 World CrossFit Games. When she's not strutting her stuff around Hudson / Saint-Lazare or whipping up a batch of kale and quinoa black bean brownies, you can find Tina Joy smiling & squatting her way to a great day at the Stephen F. Shaar Community Centre!



## ZOE BEAULNE

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.



## CHRISTINA BARRUCCO

I became a licensed Zumba Fitness Instructor in January 2017. I discovered Zumba Fitness after attending a class in 2008 and have been so completely obsessed ever since that I decided to take my passion to the next level. I have always liked to dance but never wanted to work out and that is what I love so much about Zumba. The music, the rhythms, the positive energy, every class feels like a party! After the birth of my second daughter, Zumba fitness was what I turned to for some "me time" and to help me get myself back in top shape. I love what Zumba Fitness has done for me. It has given me a new passion for life and fitness! I want to be able to share this passion with all of you.

## 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.

## JAS SETHI



"Yoga, is a journey of the self, to the self, through the self". As a Yoga Instructor and Certified Holistic Life Coach, Jas inspires and empowers people to live their best lives. The balance of Eastern philosophy with Western lifestyle has brought depth to her own personal life. Jas has first-hand experience with chronic pain, due to severe back problems for many years which brought on risk of paralysis, spinal surgery, and then a relapse. She turned to a regular practice of Yoga to improve the quality of her life. What once was not a possibility, now transformed her life. Today, she not only regularly practices yoga, but she teaches it as well. Extremely passionate about the relationship of body, mind and spirit, Jas has a strong message to share and a commitment to help others.

## 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.

# FITNESS

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.**

## SPRING 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 (Christina)	9:00-10:10am Group Power (Tina)	9:00-10:00am Sweat Shop (Tina)	9:00-10:10am Sport! (Tina)	9:00-10:00am 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)
				11:35am-12:35pm Mom & Baby Pilates/Yoga Fusion (Zoe)	
		4:45-5:45pm Yin Yoga (Jas)			
		7:00-8:00pm Total Strength & Cardio (Daniella)	6:30-7:30pm *B.A.M. FIT (Tina)	7:10-8:10pm Total Strength & Cardio (Daniella)	

(NO CLASSES MONDAY, MAY 21 HOLIDAY)

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

## SPRING FITNESS

10 WEEKS (APRIL 16 - JUNE 22)

### RESIDENTS

10 Classes	\$85.00
20 Classes	\$125.00
Unlimited	\$165.00
Drop-In	\$14.00

(Students & Seniors 60+ save 25%)

### NON-RESIDENTS

10 Classes	\$95.00
20 Classes	\$140.00
Unlimited	\$180.00
Drop-In	\$15.00

### 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!

### SWEAT SHOP

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.

### SPORT

A total body workout for everybody! A 3-in-1 program packed with drills, functional core movements and basic strength training for a full body workout that will get you pumped!

### XFIT

Raise the Bar XFit class incorporate 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.

## YIN YOGA

Yin Yoga is a slow-paced style of yoga with postures that are held for comparatively long periods of time (3 to 5 minutes). Yin Yoga poses apply moderate stress to the connective tissues-the tendons, fascia, and ligaments-with the aim of increasing circulation in the joints and improving flexibility, focusing mostly on the lower back and hips. Yin Yoga is a good complementary practice to balance the effects of more active forms of yoga and exercise. It is intended for everyone, from beginner to advanced yogis.

### B.A.M. FIT WITH TINA JOY 10 WEEKS (APRIL 15 - JUNE 20)



#### RESIDENTS

10 Classes \$100.00  
20 Classes \$200.00

#### NON-RESIDENTS

10 Classes \$110.00  
20 Classes \$220.00

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 specialty 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

### MANOIR GOLDEN FITNESS WITH MAUREEN YOUNG AT MANOIR CAVAGNAL

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

### REGENERATIVE YOGA WITH MAUREEN YOUNG 10 WEEKS (APRIL 16 - JUNE 22)

#### RESIDENTS

##### Senior 60+

10 Classes \$65.00  
20 Classes \$95.00  
Unlimited \$115.00

##### Adults

10 Classes \$85.00  
20 Classes \$125.00  
Unlimited \$155.00

#### NON-RESIDENTS

##### Senior 60+

10 Classes \$70.00  
20 Classes \$105.00  
Unlimited \$130.00

##### Adults

10 Classes \$95.00  
20 Classes \$140.00  
Unlimited \$175.00

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

### MOM & BABY PILATES/YOGA FUSION WITH ZOE BEAULNE

10 WEEKS (APRIL 19 - JUNE 21)

Thursday: 11:35am-12:35pm

Ages: 6 weeks to crawling

**RESIDENTS:** \$95.00 **NON-RESIDENTS:** \$105.00

Regain strength, flexibility and good posture in this welcoming environment for Mom and Baby. The class will incorporate Pilates principles and Yoga Asana's (posture) to rebuild core strength safely, lengthen and tone the muscles and relief tension. Participate according to you and your babies needs in this safe post natal workout. Bring a blanket for your baby and a favourite toy.

SUMMER 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 (Christina)	9:00-10:10am Group Power (Tina)	9:00-10:00am Sweat Shop (Tina)	9:00-10:10am Sport! (Tina)	9:00-10:00am XFit (Tina)
	10:30-11:30am Regenerative Yoga (Maureen)		10:15-11:15am Regenerative Yoga (Maureen)	10:30-11:30am Hatha Yoga (Jas)	10:30-11:30am Regenerative Yoga (Maureen)
	11:30am-12:30pm Pilates (Zoe)				
		4:45-5:45pm Yin Yoga (Jas)			
		7:00-8:00pm Total Strength & Cardio (Daniella)	6:30-7:30pm *B.A.M. FIT (Tina)	7:10-8:10pm Total Strength & Cardio (Daniella)	

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

SUMMER FITNESS

10 WEEKS (JUNE 25 - AUGUST 31)

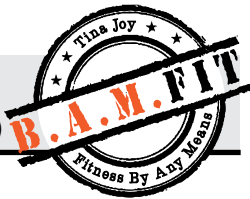
RESIDENTS

10 Classes    \$85.00    (Students & 60+ save 25%)  
Unlimited    \$125.00    **Summer Special**  
(No Discount on Summer Special)  
Drop-In    \$14.00

NON-RESIDENTS (No discount)

10 Classes    \$95.00  
Unlimited    \$145.00    **Summer Special**  
Drop-In    \$15.00

B.A.M. FIT WITH TINA JOY  
10 WEEKS (JUNE 27 - SEPTEMBER 2)



RESIDENTS

10 Classes    \$100.00  
20 Classes    \$200.00

NON-RESIDENTS

10 Classes    \$110.00  
20 Classes    \$220.00

Maximum participants 15

REGENERATIVE YOGA WITH MAUREEN YOUNG  
8 WEEKS (JUNE 25 - AUGUST 17)

RESIDENTS

Senior 60+

8 Classes    \$55.00  
Unlimited    \$95.00

**Summer Special**

Adults

8 Classes    \$70.00  
Unlimited    \$125.00

**Summer Special**

NON-RESIDENTS

Senior 60+

8 Classes    \$60.00  
Unlimited    \$105.00

Adults

8 Classes    \$80.00  
Unlimited    \$140.00

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

# SENIORS PROGRAMS

**IPAD WORKSHOP FOR ADULTS**  
8 WEEKS (APRIL 16 - JUNE 11)  
(NO CLASS MAY 21<sup>ST</sup>)

**NEW!**

Monday: 1:00-2:00pm Ages: 60+  
Hudson Youth Centre  
**RESIDENTS: \$65.00 NON-RESIDENTS: \$75.00**

**\*MUST HAVE YOUR OWN IPAD/TABLET/LAPTOP.**

This course is geared towards seniors who want to become more comfortable with their iPad. Topics covered in the course include how to use the software on the iPad and how the interfaces and apps work. Students will learn how to use the app store and how to download music. Have a specific question or challenge? No problem! This course is geared to your needs and our instructor will modify his course material accordingly.



## HUDSON SENIOR TRAVEL CLUB

Interested in going on day trips as a group?

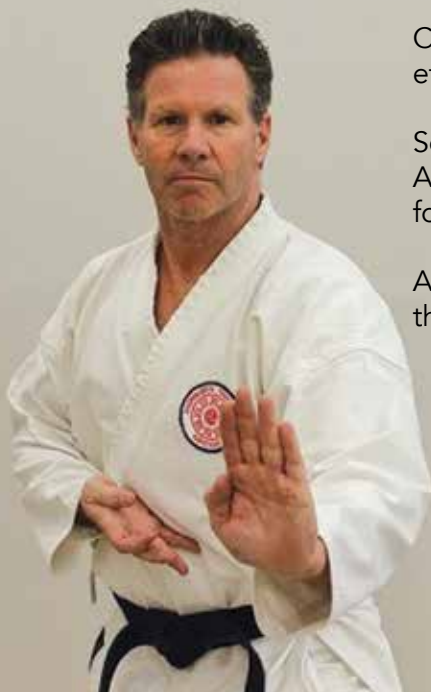
Wouldn't it be nice to sit back and let someone else do the driving?

**Membership: \$10.00/year.**

Call or stop by the Community Centre for more information.

# FAMILY PROGRAMS

**KARATE - FOR ALL AGES WITH SENSEI COLIN SCOTCHER**  
10 WEEKS (APRIL 19 - JUNE 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 5<sup>th</sup> 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  
Ages: 7-12  
Ages: 13-17  
Adults

	RESIDENT	NON-RESIDENT
Ages: 4-6 years	\$75.00	\$85.00
Ages: 7-12	\$125.00	\$140.00
Ages: 13-17	\$135.00	\$150.00
Adults	\$150.00	\$165.00



# FAMILY PROGRAMS

## ARGENTINE TANGO CLASSES

8 WEEKS (APRIL 24 - JUNE 12)

Come and join us to learn this amazing social dance. No partner required. Soft leather sole shoes preferred.

**LEVEL:** Fundamentals Tuesday: 8:15-9:30pm

**RESIDENT:** \$145.00 **NON-RESIDENT:** \$160.00

In the is class, we will learn

- How to walk, connect to our partner, embrace our partner
- Become acquainted with Tango vocabulary such as: milonga, boleó, ocho, sacada.
- Get to know the 3 major rhythms of the dance
- Learn about the dancing etiquette such as the cabeceo and see some aspects of the history of the dance most of all: we will have fun and fall in love for the time of a song!



### CÉCILE KYRIAKOS

Cécile was born in France. She grew up in the Pyrenees near Perpignan. She moved to Boulder, Colorado, USA originally to complete her PhD and teach at the university but she also performed for dance companies (Colorado Ballet, Boulder Ballet, Danse Etoile Ballet, Maria Vazquez Flamenco Company) mixing classical ballet, tango and flamenco. She taught to adults and kids. She moved to Quebec in 2014. She has 3 kids. Argentine tango has been her passion since her first class in 1998. She loves sharing that passion and make it come alive.

## HUDSON COMMUNITY POOL

### SUMMER 2018

**Pre-Season:** June 11 - 24

**Regular Season:** June 25 - August 17

**Post-Season:** August 18 - September 2 (Dates are subject to change)

Get ready for a summer of family swimming which includes Olympic Way swim lessons, synchro & diving lessons, aqua-fit, swim diving, synchro & water polo teams, leaders program, masters swim team, great social activities and much more.

### HUDSON RESIDENTS

Starting Saturday, May 12<sup>th</sup>, 2018 from 9:00am - 12:00pm, continuing to Friday, June 8<sup>th</sup>, 2018

### NON-RESIDENTS

Starting Saturday, May 26<sup>th</sup>, 2018 from 9:00am - 12:00pm, continuing to Friday, June 8<sup>th</sup>, 2018

At the Stephen F. Shaar Community Centre, 394 Main, Hudson

Those wishing to register for the pool and all programs (including swimming lessons); will be required to do so on the above-mentioned days. Registration will continue at the Community Centre after this date, but will be on a first come, first served basis. Pre- & Post-Season dates are subject to change.

**Please note after June 8, 2018 a 15% late fee will be applied.**

**Proof of residency is required when registering for the Hudson Community Pool, Hudson Day Camp and the Counsellor in Training Program.**



# YOUTH PROGRAMS

## HUDSON DAY CAMP (Campers 6-12 years)

This summer we will be located at St-Thomas School.  
Monday to Friday, 8:30am-4:30pm.

Week 1: June 25 - 29	Week 5: July 23 - 27
Week 2: July 2 - 6	Week 6: July 30 - Aug. 3
Week 3: July 9 - 13	Week 7: Aug. 6 - 10
Week 4: July 16 - 20	Week 8: Aug. 13 - 17



**EARLY REGISTRATION FROM  
APRIL 16<sup>TH</sup> - JUNE 8<sup>TH</sup>, 2018**  
\$95.00 per week/per child  
Full 8 weeks \$680.00

**AFTER JUNE 8<sup>TH</sup>, 2018**  
\$115.00 per week/per child  
Full 8 weeks \$820.00 per child

**EARLY REGISTRATION FROM  
MAY 7<sup>TH</sup> - JUNE 8<sup>TH</sup>, 2018**  
\$150.00 per week/per child

**AFTER JUNE 8<sup>TH</sup>, 2018**  
\$180.00 per week/per child

### REGISTRATION:

**Hudson Residents Priority Registration - Starting Monday, April 16<sup>th</sup>**

**\*Non-Residents - Open Registration - Starting Monday, May 7<sup>th</sup>**

Stephen F. Shaar Community Centre, 394 Main, Hudson.

**Swimming Lessons:** 8:00am or 8:30am swimming lessons will be offered to campers who are pool members. Our staff will meet your children at the pool and accompany them back to camp after their lessons. See the Hudson Community Pool section for membership information. **Note:** Space is limited for lessons at these times.

Activities may include games, sports, arts & crafts, swimming (non-swimmers are required to bring a life jacket), water sports, nature hikes, playground activities, theme days, weekly bus trips and much more!

**Note:** - All children will be required to purchase a Summer Camp T-shirt for \$12.00.  
- The cost of day trips is not covered in the registration fee.  
- Special arrangements can be made for supervision before and after camp hours.

## COUNSELLOR IN TRAINING PROGRAM (Ages 13-15 years)

Participants in the Counsellor in Training (CIT) Program will be given the opportunity to learn what it takes to be a camp counsellor through theoretical and hands on training.

Throughout the four-week program CIT's will work with the CIT counsellor to learn how to plan and animate an activity for the campers. Participants will be placed with different groups of campers throughout the session in order to have a diverse hand on experience. The CIT's will also participate in the planning of CIT excursions and will receive their Red Cross Babysitting certification.

Session 1: June 25<sup>th</sup> - July 20<sup>th</sup>, 2018  
Session 2: July 23<sup>rd</sup> - August 17<sup>th</sup>, 2018

Cost: \$300.00 per session for Resident  
Cost: \$400.00 per session for Non-resident

# HUDSON YOUTH CENTRE

## CENTRE JEUNESSE L'UNDERGROUND TEEN CENTRE

The Hudson Youth Centre is now offering drop-in hours for youth. Come hang out with friends, enjoy video games on the big screen or join us for special activities planned by our amazing animators. Want a place to jam, work on a project or do some art? We've got the space! **Best of all, it's FREE!**

**Preteens** (Grades 5 & 6) and **Teens** (Grades 7 - 11)

Thursday: 4:00-8:00pm

Friday: 3:00-10:00pm

Saturday: 2:00-10:00pm



Teens (12 - 17) are invited to the Hudson Youth Centre for **FREE** movies! Our upcoming screenings will be April 20<sup>th</sup>, May 4<sup>th</sup> and June 1<sup>st</sup>. Check the Hudson Underground Teen Centre Facebook page to see what is playing and future movie dates!

## Or8 YOUTH LEADERSHIP PROGRAM

8 WEEKS (APRIL 21 - JUNE 9)

Saturday: 10:00am - 12:00pm      Ages: 12+      Cost: \$40.00

The Or8 Youth Leadership Program is a great way to boost your confidence and to learn skills that will help you succeed. Come join us and learn teamwork and leadership, communication and how to run a meeting, "what is money?", budgeting and the basics of a business planning. You will also learn how to provide positive feedback and help other people. These skills will help you excel in school, university and your future career.

For more information contact Mick McCafferty 514 616-5994 or email [mick@mickmccafferty.com](mailto:mick@mickmccafferty.com)



## PHOTOGRAPHY WORKSHOP

Saturday, May 26<sup>th</sup>      1:00-4:00pm      Ages: 13+  
**RESIDENT:** \$75.00      **NON-RESIDENT:** \$85.00

Welcome to a brand new, learn to shoot photography workshop. This workshop is geared to improving your images, by changing the way you approach images.

The workshop is a balanced mixture of short theory presentations followed by each individual shooting. This is your opportunity to learn the technical limitations of your equipment then apply this to allow you to always capture a very good image.

You should bring with you whatever camera, phone, you use on a regular basis.

This is not about how to use your equipment but how you view your subject to allow your creative vision to start to develop.

For more information contact Michael Green 514 944-8604



# HUDSON YOUTH CENTRE

## JUNIOR CHEF

Sunday: 10:30am- 12:00pm      Ages: 8-12      Community Centre Kitchen

**RESIDENT:** \$25.00 per class or \$80.00 for all 4 classes

**NON-RESIDENT:** \$30.00 per class or \$100.00 for all 4 classes.

April 15<sup>th</sup>: Tex Mex snacks

April 29<sup>th</sup>: Crack Slaw & Eggplant fries

May 13<sup>th</sup>: Heart shaped sushi

May 27<sup>th</sup>: Desserts

Sherri Graham founded **As Kneaded** over ten years ago. As Kneaded is a group of local bakers who donate their time and ingredients to provide goodies for other non-profit charities or community events. She is so proud and grateful for the wonderful, generous people who she has connected with who became involved in this mission.

Sherrie always loved cooking and has taken many courses however, she is not a chef by profession! She enjoys the creative aspect of it all and loves to incorporate this with her love of food. More recently, she had the opportunity to teach students who attended her first Sushi lesson at the community centre and looks forward to seeing them at the spring sessions. Children will learn cooking basics, such as knife skills, kitchen safety all while making their favorite foods!



## MAGIC 101

Saturday, May 5<sup>th</sup>      1:00-3:00pm      Ages: 6-12 years

**RESIDENT:** \$50.00

**NON-RESIDENT:** \$55.00

Claude Marroni the magician is offering a magic workshop for kids of 6-12 years old.

He has worked for almost 20 years in the business at day camps, schools, and parties. The course involves learning about magic and some of its history, as well as the secrets behind some fun tricks. Children will learn through demonstration, explanation and practice, lots and lots of practice. By the end they will be able to elaborate and speak in front of a crowd, express themselves, they will also have improved dexterity and a wider knowledge of basic magic movements.

## INTRODUCTION TO SPANISH

8 WEEKS (APRIL 17 - JUNE 5)

Tuesdays: 6:00-7:00pm Youth aged 6-11 years      7:00-8:00pm Teens aged 12-17 years

**RESIDENT:** \$45.00

**NON-RESIDENT:** \$50.00

### ALEJANDRA LOPEZ SANCHEZ

Alejandra has been teaching Spanish and coordinating special activities at Academie Vaudrin in Vaudreuil for the last seven years. "Learning a new language nurtures intelligence, creativity and the spirit. I adapt my teaching method to each student's individual needs, facilitating their social and intellectual growth by creating an atmosphere of mutual respect, confidence and empowerment."

### SPANISH FOR YOUNG CHILDREN

This program is designed with specific techniques that will get your kids dancing, playing, listening to short stories, singing and signing in Spanish. Some special baking as well as drama and science experiments will be also included during our time together.

### SPANISH FOR TEENS

This program is designed to motivate and engage students to discover an interest in traveling, other cultures and places, meeting new people, singing, and translating songs in Spanish. Some special baking and situational drama will be also included during our time together.



# COMMUNITY EVENT



## PAINT NITE

Friday, April 27<sup>th</sup> 7:00-10:00 pm Ages: 13+ Community Centre

Look for the painting being done at the Stephen F. Shaar Community Centre!

Sign up online: <https://www.paintnite.com/events/purple-tree-in-moonlight-at-hudson-community-center-10061473>

The original painting party! The Paint Nite Company is invading bars and restaurants across the country (and beyond!) to bring you a unique Nite out. Get creative while you laugh, drink, and spend time with friends.

## 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 (Oct. 1<sup>st</sup> - April 30<sup>th</sup>)  
10:00am-12:00pm (May 1<sup>st</sup> - Sept. 30<sup>th</sup>)

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: 450 218-2765

## 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 (Monday-Friday) 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



## REGISTRATION PROCEDURE 2018 SUMMER SEASON

### ONLINE REGISTRATION:

- Online registration begins February 1, 2018 at 8pm.
- Online registrations to be paid by credit card only (**only Visa and MasterCard accepted**)
- Please keep the registration confirmation you will receive by email as your registration receipt.
- Access to online registration is on the Club's website [www.slhsoccer.com](http://www.slhsoccer.com) under the "REGISTRATION" tab.

### REGISTER IN-PERSON AT THE SOCCER OFFICE:

- Registrations are accepted at the club office as of **February 1, 2018**.  
Office hours are Tuesday and Thursday from 7pm-9pm.  
**Only CHEQUE and/or CASH accepted for in-person payments for the moment (NO POST-DATED CHEQUES).**

### HUDSON CITY REGISTRATION WEEK:

- Register in person during the city of Hudson registration week starting Monday April 9<sup>th</sup> to Friday April 13<sup>th</sup>, 2018 from 8:30am-12:00 (noon) and 1pm-4:30pm at the Stephen F. Shaar Community Centre. Should you not be available during the day please contact the city and they will advise when someone will be available during the evening to take your registration. Payment by **CHECK ONLY (NO POST-DATED CHEQUES accepted)**.

## PLEASE READ THE FOLLOWING INFORMATION CAREFULLY AS YOUR CHILD'S REGISTRATION CANNOT BE PROCESSED WITHOUT ALL THE REQUIRED DOCUMENTATION.

### REQUIRED DOCUMENTS:

- **Medicare card** for all registrations.
- **Signed** FSQ Club Affiliation form (by parent or legal guardian for all players under the age of 14).

The St-Lazare Hudson Soccer Club will try its best to accommodate every interested youth. However, places are limited and registrations cannot be guaranteed. Priority will be given to residents based on the date of registration.

### REFUND POLICY:

- Requests for refunds must be sent by email to [info@slhsoccer.com](mailto:info@slhsoccer.com).
- In the event the Club is unable to field a team for any age category, the registration fee will be fully refunded.
- Any player who voluntarily withdraws prior to April 30<sup>th</sup>, 2018 will receive a refund minus a \$30 administration fee.
- No refunds will be given for any player who voluntarily withdraws as of May 1, 2018. **NO EXCEPTIONS!**

**The Club will not be responsible for any monies paid to a team, coach, or team official, and shall not entertain requests for any such refunds.**

### EQUIPMENT:

- A full uniform is provided to all players (jersey, shorts and socks).
- Shin guards and soccer-cleat shoes are mandatory for all ages.



CATEGORY	YEAR OF BIRTH	SEASON	PRICE
U4-U5-U6 recreational	2012-2014	June to August	\$140
U7-U18 recreational	2000-2011		\$180
U7-U21 Competitive	1997-2009	May to September	\$320
Senior/Metro	1999 or before		\$270

**A late fee of \$30 will be charged for all registrations received after 8pm April 30, 2018**

## 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 : Statistic 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 SPRING-SUMMER 2018

First come,  
first served!

### ÎLE PERROT-VAUDREUIL AREA

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

#### DATE

April 7<sup>th</sup>,  
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

April 6<sup>th</sup>, 6 PM to 8 PM  
April 7<sup>th</sup>, 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

April 7<sup>th</sup>,  
9 AM to 1 PM

#### LOCATION

Community Center  
1250, 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
April 16	Day Camp Registration (residents)	Community Centre	
April 22	Earth Day at Le Nichoir	Le Nichoir	10am-12pm
April 27	Paint Nite <a href="http://www.paintnite.com">www.paintnite.com</a>	Community Centre	7-10pm
April 28	Shave to Save	Firehall & Community Centre	12pm
April 29	Greenwood AGM <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	St Mary's Church Hall	2pm
April 20-22	Hudson Artists Association Art Exposition <a href="http://www.artisteshudsonartists.com">www.artisteshudsonartists.com</a>	Community Centre	
May 5 & 6	LTMAA Art Expo <a href="http://www.ltmaa.com">www.ltmaa.com</a>	St James Church	
May 5-6	Hudson Village Quilters 2018 Quilt Show	Community Centre	10am
May 7	Day Camp Registration (non-residents)	Community Centre	
May 8	Seminar - Chicks and Nestlings	Le Nichoir	7:30-9pm
May 9-13	Trudeau Stories <a href="http://www.villagetheatre.ca">www.villagetheatre.ca</a>	Hudson Village Theatre	
May 11	Greenwood Singers Spring Concert <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	St Mary's Church Hall	7:30pm
May 11-12	Wyman Church Book Sale <a href="http://www.wyman-hudson.ca">www.wyman-hudson.ca</a>	Wyman Church	
May 12	Hudson Community Pool Registration - Hudson Residents	Community Centre	9am-12pm
May 12	World Fair Trade Day	Hudson Mews	10am-3pm
May 19	Family activity - Nests and eggs	Le Nichoir	10am-12pm
May 19-20	Photo Expo	Community Centre	9am-5pm
May 19	Greenwood's Work Bee <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	9am-12pm
May 26	Hudson Community Pool Registration - Non-Residents	Community Centre	9am-12pm
May 27	Hudson British Car Show <a href="http://www.hudsonantiquecarclub.com">www.hudsonantiquecarclub.com</a>	St Thomas Field	9am-4pm
June 2	Wyman Spring Fling <a href="http://www.wyman-hudson.ca">www.wyman-hudson.ca</a>	Wyman United Church	9am
June 3	Greenwood's Opening & Members' Day <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	1-4pm
June 6	Luncheon for D-Day (Normandy) Society & Friends, honouring the 74 <sup>th</sup> Anniversary of D-Day, June 6 <sup>th</sup> 1944 Reservations: 450-458-6603 ( Rod Hodgson) or 514-234-4323 (Patrick Daunais)	Hudson Legion Br. #115	11:30 (cocktails) 12:30 lunch
June 7	Country Homes Tour	St James Church	
June 9	Greenwood's <i>StoryFest for Kids</i> <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	11am-3pm
June 9 & 10	Town Wide Garage Sale <a href="http://www.hudson.quebec">www.hudson.quebec</a>	Hudson	



# COMING EVENTS

DATE	EVENT	VENUE	TIME
June 11	Palliative Care Golf Tournament Fundraiser <a href="http://www.mspvs.org">www.mspvs.org</a>	Whitlock Golf Course	
June 13-24	Across the pond: the British invasion, then and now <a href="http://www.villagetheatre.ca">www.villagetheatre.ca</a>	Hudson Village Theatre	
June 17	Hike around Hudson (Ramblers Association) <a href="http://www.lesrara.ca">www.lesrara.ca</a>	Hudson	9am
June 22	Meet your Farmer BBQ <a href="http://www.hudsoncommunityfarm.com">www.hudsoncommunityfarm.com</a>	732 Main, Hudson	4:30-6:30pm
July	Land Art Exhibition	Various locations	
July 1	Canada Day Celebrations <a href="http://www.hudson.quebec">www.hudson.quebec</a>	St Thomas field, Jack Layton Park	3-11pm
July 4-22	The Savannah Sipping Society <a href="http://www.villagetheatre.ca">www.villagetheatre.ca</a>	Hudson Village Theatre	
July 7	Family activity - Yummy insects	Le Nichoir	10am-12pm
July 14	Hudson Auto Show <a href="http://www.hudsonautoshow.com">www.hudsonautoshow.com</a>	Village centre	9am-5pm
July 11 - 22	Hudson Players Club presents: Shakespeare by the Lake <a href="http://www.hudsonplayersclub.ca">www.hudsonplayersclub.ca</a>	Jack Layton Park	
July 13 & 14	Hudson Garden Club Show <a href="http://www.hgc.fsheq.org">www.hgc.fsheq.org</a>	Community Centre	
July 15	<i>Hats Off to Greenwood!</i> Fundraiser <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	2-5pm
July 28	Festival of birds and nature (Open House)	Le Nichoir	10am-2pm
July 29	Hike in Oka (Ramblers Association) <a href="http://www.lesrara.ca">www.lesrara.ca</a>	Hudson	9am
Aug 3-12	Hudson Music Festival <a href="http://www.hudsonmusicfestival.ca">www.hudsonmusicfestival.ca</a>	Hudson	
Aug 4 & 5	Hudson Street Fair <a href="http://www.hudson.quebec">www.hudson.quebec</a>	Hudson	
Aug 4	Wyman Country Fair <a href="http://www.wyman-hudson.ca">www.wyman-hudson.ca</a>	Wyman Church grounds	
Aug 8-19	'Art' <a href="http://www.villagetheatre.ca">www.villagetheatre.ca</a>	Hudson Village Theatre	
Aug 19	Greenwood's <i>Theatre-on-the-Lawn</i> <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	11am & 2pm
Aug 21	Seminar - Migration	Le Nichoir	7:30-9pm
Aug 26	Greenwood's <i>Last Sunday of Summer</i> <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	Greenwood Centre for Living History	1-4pm
Sept 15	Greenwood's <i>Treasures in the Attic</i> <a href="http://www.greenwood-centre-hudson.org">www.greenwood-centre-hudson.org</a>	St James Church	10am-4pm
Sept 15-16, 22-23	Hudson & Region Studio Tour <a href="http://www.hudsonstudiotour.com">www.hudsonstudiotour.com</a>	Hudson and environs	

# 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
Hudson Museum	Rod Hodgson	514 895-0687
Friends of the History Garden		elainesteinberg@hotmail.com

## LOCAL LIBRARIES

Como Lending Library	Mary Whittall	450 218-2765
War Memorial Library	Donna Seaman	450 458-4814

## MUSIC & PERFORMING ARTS

Contemporary Dance (Adults)	Kerwin Barrington	514 918-7534
Everybody Improv	Mary Vuorela	514 971-9872
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 l'aiguillage		450 218-6418
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	Jean-François Thibert	450 202-2202
Rotary Club Hudson/St-Lazare	Louis-Philippe Lefrançois	514 953-3738
Welcome Wagon & New Babies	Melanie Gajdos	514 706-2795
		melgajdos@gmail.com

# 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.)	Terry Connolly	tconnolly@videotron.ca
Hudson Duplicate Bridge Club	Eleanor Rainbow	450 458-2693
Hudson Garden Club	Margaret Waller	waller.maggy@gmail.com
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.com
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		450 458-6699
Hudson Junior Curling	Jon Bazar	450 218-1200
Hudson Legion Curling Club	Glenn Ruiter	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	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](mailto:recreation@ville.hudson.qc.ca)

# 72 HOUR EMERGENCY KIT

## REGISTER FOR THE AUTOMATED EMERGENCY CALL SYSTEM.

Go to [www.hudson.quebec](http://www.hudson.quebec) and click on the



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
POLICE	911
AMBULANCE	911
COMMUNITY PATROL	311 or 514 219-5383
FIRE DEPT. (non-emergency)	450 458-4011
INFO SANTÉ	811
HUDSON TOWN HALL	450 458-5347
EMERGENCY SHELTER (Community Centre)	450 458-6699
POISON CONTROL CENTRE	1 800 463-5060
HUDSON MEDI-CENTRE	450 458-5393
NOVA	450 458-5727
PHARMACIST MARC RABBAT & MICHEL NAJM	450 458-4686
LAKESHORE GENERAL HOSPITAL	514 630-2225
HAWKESBURY DISTRICT HOSPITAL	1 613 632-1111
VALLEYFIELD GENERAL HOSPITAL	1 450 371-9920
C.L.S.C. Vaudreuil-Dorion	450 455-6171

C.L.S.C. Rigaud	450 451-6609
VAUDREUIL-SOULANGES	
PALLIATIVE CARE RESIDENCE	450 202-2202
HYDRO QUEBEC	1 800 790-2424
BELL CANADA (Repairs)	611 (cellular)
(Residential)	310-2355
(Commercial)	310-7070
DOG CATCHER (R. Seymour)	450 455-3950
HUDSON ANIMAL HOSPITAL	450 458-5382
TRI-L KENNEL BOARDING	450 458-4788
LE NICHOIR	
WILD BIRD REHABILITATION CENTRE	450 458-2809

### RESOURCES

[www.getprepared.ca](http://www.getprepared.ca) (Public Safety Canada)  
[www.msp.gouv.qc.ca](http://www.msp.gouv.qc.ca) (Sécurité publique, Québec)  
[www.redcross.ca](http://www.redcross.ca) (Canadian Red Cross)  
[www.sja.ca](http://www.sja.ca) (St. John Ambulance)