# **Activities**

# WINTER FITNESS REGISTRATION

Stephen F. Shaar Community Centre 394 Main Road, Hudson

- Wednesday, January 3rd to Friday, January 5th.
- Hours:
  - Wednesday and Thursday, 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m.
  - Friday, 8:30 a.m. to 12:00 p.m.
- Payment by cheque, cash, or debit only.
- Minimum registration required for all programs.
- Classes, dates, times, and activities are subject to change or cancellation.

### **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.
- A \$25.00 administration fee will be deducted from the refunded amount.
- A \$35.00 fee is charged for returned or cancelled cheques.

### WINTER SCHEDULE

Classes are held at the Stephen F. Shaar Community Centre, 394 Main Road, Hudson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00-10:00am REGENERATIVE YOGA (Maureen)
12:00 – 1:00pm 20/20/20 TRAINING (Marla)	10:30-11:30am REGENERATIVE YOGA (Maureen)		10:30-11:30am REGENERATIVE YOGA (Maureen) 12:00-1:00pm	10:30 – 11:30am 20/20/20 TRAINING (Marla)
			CHAIR YOGA (Maureen)	
3:00 – 4:00 CHAIR YOGA (Maureen)	5:00 – 6:00 REGENERATIVE YOGA (Maureen)		2:00 – 3:30pm LINE DANCING (Marc)	
			5:00-6:30pm **KARATE (Luigi)	

Participants must provide their own yoga mats

# **WINTER FITNESS**

# 14 weeks: January 8 - April 12

RESIDENTS	Adults	60+	NON-RESIDENTS	
14 classes (1 x week)	\$145	\$110	14 classes (1 x week)	\$195
28 classes (2 x week)	\$205	\$155	28 classes (2 x week)	\$275

# REGENERATIVE YOGA & CHAIR YOGA 13 weeks: January 15 - April 12

RESIDENTS	60+	Adults	
13 classes (1 x week)	\$105	13 classes	\$135
26 classes (2 x week)	\$145	26 classes	\$195
Unlimited	\$180	Unlimited	\$235
NON-RESIDENTS	60+	Adults	
13 classes (1 x week)	\$145	13 classes	\$185
26 classes (2 x week)	\$195	26 classes	\$265
Unlimited	\$245	Unlimited	\$315



Regenerative Yoga

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

### Chair Yoga

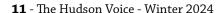
This regenerative chair yoga class works all the joints and muscles, building strength and expanding range of motion from a seated or standing position. This class is designed for people who cannot get down on the floor.



10 weeks: January 25 - March 28 Thursdays 1:30 p.m. to 3 p.m.

Residents: \$70

Non-Residents: \$95



# **Activities**

### KARATE FOR ALL AGES

With Shihan Luigi Di Filipppo

12 weeks : January 18 - April 11 Thursday 5:00 p.m. to 6:30 p.m.

\*Uniforms, belts, and equipment purchases are the student's responsibility.

AGES	RESIDENTS	NON-RESIDENTS
7-12	\$180	\$245
13-17	\$200	\$270
Adults	\$220	\$295

**Shihan Luigi Di Filippo**, a 6th degree black belt (Rokudan), has been studying and teaching martial arts for over 35 years.

- He is known for his energy and technical skills.
- Classes emphasize traditional Okinawan martial arts principles of etiquette, discipline, confidence, and fitness.
- The goal is to develop students that are well rounded and positive individuals.



# **MARCH BREAK**

for children 5 to 12 years old



## MARCH 4 to MARCH 8, 2024

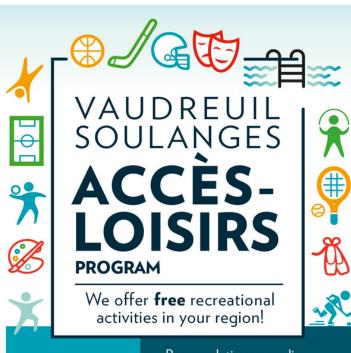
Stephen F. Shaar Community Centre, 394 Main Road, Hudson

### **Pricing:**

\$25 per child per day (residents) \$40 per day (non-residents) Daycare services offered from 7 am to 9 am and from 4 pm to 6 pm for an additional fee.

**REGISTER ONLINE** beginning JANUARY 27, 2024 at: <a href="https://www.airenfete.com">www.airenfete.com</a> (section Hudson)
Payment by credit card only.

# Free activities for eligible families:



HOW DO I

By completing our online application form at www.accesloisirsvs.ca or by making an appointment during the registration period.

# WHO IS ELIGIBLE

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

Number of people	Family income
1 person living alone	29 380 \$ or less
2 persons	36 576 \$ or less
3 persons	44 966 \$ or less
4 persons	54 594 \$ or less
5 persons	61 920 \$ or less
6 persons	69 835 \$ or less
7 persons or more	77 751 \$ or less

Source: Statistic Canada Income Threshold for regions of 500,000 population.

# WHAT MUST ?

For each adult in the family, you must have :



Claims booklet for income security recipients



Proof of residence with address: driver's license, tax invoice or recent bill



### **REGISTRATION PERIODS 2024**

Winter: January 13 to 16, 2024

Spring-Summer : March 23 to 26, 2024

Fall : September 14 to 17, 2024

#### **3 WAYS TO REGISTER**

Online at www.accesloisirsvs.ca

2 By phone at 450 217-2177 ext 1 (Saturday, January 13, March 23 and September 14 between 9 a.m. and noon)

3 By scheduling a registration appointment in person\*, by contacting 450 217-2177 ext 1

# Club de jeu de la forêt d'Hudson Join Hudson Forest Play!

Un espace sécurisé permettant aux enfants de 3 à 6 ans de se connecter avec la nature, avec eux-mêmes et avec les autres à travers des histoires, des jeux, des compétences et des jeux.

A safe space for children ages 3-6 to build connections with nature, self and others through stories, games, skills, and play.



# **Upcoming events**

Ville de Hudson Seniors for Seniors

### SOUPER DANSANT



### **DINNER DANCE**

Centre communautaire **HUDSON Community Centre** 

Info:lespot55plus@gmail.com

Mettant en vedette/ **Featuring** 

### VINTAGE WINE

Groupe LIVE Band!

Prix de présence - Door prizes - Bar

Les portes ouvriront à 18h de Doors open at 6:00pm

### Souper servi à 19h Dinner served at 7:00pm

Réservez pour choix de menu Reserve for menu choice

# January 27 janvier 2024

jusqu'au 15 janvier \$40

until Januar

au CENTRE COMMUNAUTAIRE

at the COMMUNITY CE

Pré-vente seulement - paiement comptant Pre-sale only - cash payment

Fête de Pâques

\*CHASSE AUX COCOS

# **Easter Party**

\*EASTER EGG HUNT

30 MARS 2023 · 13H00 - 15H00

CENTRE COMMUNAUTAIRE STEPHEN F. SHAAR 394 RUE MAIN, HUDSON

\*INSCRIPTION RÉQUIS, PLUS DE DÉTAILS À SUIVRE \*REGISTRATION REQUIRED, MORE DETAILS TO COME



# **Activities for seniors**

Bienvenue!
Centre
social

Pour tous les 55+

Les mardi et jeudi matins

10h00 - 12h00

Centre communautaire Stephen F. Shaar 394, Main Sous-sol SPOT



Info: lespot55plus@gmail.com

FACEBOOK: Le SPOT 55+

Hudson - St-Lazare - Vaudreuil - Rigaud

Welcome!
Social
Centre

For all 55+

Tuesday and Thursday mornings

10:00 - 12:00

Stephen F. Shaar Community Centre 394 Main Lower level **Le Spot 55+** offers a wide range of activities including, invited speakers, monthly movie showings, sing-alongs, trivia challenges, workshops, day trips, and more!

There is always something happening at The SPOT.

Follow on Facebook <u>@Le Spot 55+</u> Sign up for the email newsletter at www.hudson.quebec/en/services/ customer-service/



### THOMAS MORE INSTITUTE

10 weeks: January 23 – April 12 (no class on March 5th) Tuesdays from 1:30 p.m. to 3:00 p.m. Cost: \$20.00 per term Stephen F. Shaar Community Centre, 394 Main Road, Hudson

From Potter to Potter and Grimm to Disney; Exploring the Relationship between Children's Literature and Childhood

We all have memories associated with childhood, moments which shape our identity. Many of us remember being read to or reading to our children and grandchildren. This reading often involved stories, folk tales, or family anecdotes. But what is the relationship between stories and our younger years?

Throughout this course we will ponder the following questions: When did the modern notion of childhood first develop? Does children's literature present an authentic representation of childhood? How does children's literature reflect the times in which it was written? How do the characters conform to preconceived notions and stereotypes?

Join us for an exploration of what it means to be a child.

Contact: 514-935-9585 or,

Email: jmacgregor@thomasmore.qc.ca

Registration online at the Thomas More website:

www.thomasmore.qc.ca.

### **2024 SPEAKERS SERIES**

An initiative of the Hudson Seniors Committee, this series is geared towards seniors, their children, and caregivers.

Presentations take place monthly from 7 pm to 8:30 pm on Wednesday evenings at the Stephen F. Shaar Community Centre.

**January 17**: Nutrition (English)

 with Gwen Giberson from Que de Bonnes Choses

**February 14**: Active Living (English)

• with Glen Ruiter and Friends

**March 13**: Wills and Mandates (French) **March 20**: Wills and Mandates (English)

• with notaries Trott and Lamontagne

**April 10**: Safety and Well-Being (French) **April 17**: Safety and Well-Being (English)

 with representatives from the Grand Rassemblement des Aînés de Vaudreuil et Soulanges.

### RESOURCES FOR SENIORS - Detailed descriptions at

### www.hudson.guebec/en/parks-and-recreation/services-to-seniors

Alzheimer Society Suroît

• 1-877-773-0303

Elder Abuse Help Line

• 1 888 489-ABUS (2287)

Grand Rassemblement des Aînés de Vaudreuil et Soulanges

• 450-424-0111

L'Appui - Caregiver support helpline

• 1 855 852-7784

Montérégie West Community Network

• 1-450-691-1444

Le Tournant

• 450 371-4090

Meals on Wheels

• 514-781-1194

NOVA Hudson

• 450-458-5727

**Programme Pair for seniors** 

• 450-455-3331

Suicide Prevention hotline

• 1 866 APPELLE (277-3553)

Tel-Aînés

• 514 353-2463 or 1 877 353-2460



Since 1996, **La Passerelle Womens Shelter** offers accommodation and support services to women and children victims of domestic violence in the Vaudreuil-Soulanges area.

## **EXTERNAL YOUTH SERVICE AVAILABLE: 450-424-6010**

### **SERVICES OFFERED:**

#### **INTERNAL SERVICES** YOUTH SERVICES **EXTERNAL SERVICES** Individual consultation Mother-child consultations **Emergency Shelter** Crisis intervention helpline Telephone intervention Individual consultations with children Individual consultation Women's support group Parenting support Assessment of your needs Reference available if necessary External / internal services Group workshops Reference available if necessary

#### **ADMINISTRATION**

C.P. 115, Vaudreuil-Dorion (Québec) J7V 5W1 • Phone : 450.424.6077 • Email : <u>info@hebergementlapasserelle.com</u> WEBSITE: <u>www.hlapasserelle.com</u> • FACEBOOK: www.facebook.com/hlapasserelle



### **VISION TRAVAIL**

is a service center whose primary mandate is to support job seekers in their search for employment. Our qualified counsellors offer you personalized professional support corresponding to your needs.

- Job search techniques
- · Professional advice, resume and cover letter writing
- Exploration of the hidden market and computerized tools
- Preparation for the job interview
- Assistance in integrating into the workplace
- Friendly, warm, and caring atmosphere.

At Vision Travail, services are free and accessible to everyone aged 40, 50, 60 or more who wishes to find a job corresponding to their values and skills. Put the odds on your side and take two minutes to contact us by email at <a href="mailto:vaudreuil@visiontravail.ca">vaudreuil@visiontravail.ca</a> or by phone at 450-455-5150. Our team is waiting for you!

