

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)	10:30 – 11:30am 20/20/20 TRAINING (Marla)
			12:00-1:00pm 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.



LINE DANCING
WITH MARC MITCHELL
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 Filippop

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:

www.airenfete.com (section Hudson)

Payment by credit card only.

Free activities for eligible families:



VAUDREUIL SOULANGES

ACCÈS-LOISIRS

PROGRAM

We offer **free** recreational activities in your region!

HOW DO I REGISTER ?

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 I PROVIDE ?


For each adult in the family, you must have :



Notice of assessment from provincial or federal government (2022)



Claims booklet for income security recipients



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



Complete our online application form at www.accesloisirsvs.ca

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

- 1 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.



Où?
parc Sandy Beach
Le Nichoir

Quand?
Sept - Jun
toutes les saisons
<https://www.hudsonforestplay.org/>



SCAN ME



Upcoming events

Ville de Hudson
Seniors for Seniors

SOUPER DANSANT



DINNER DANCE

January 27 janvier 2024

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 /
Doors open at 6:00pm

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

Réservez pour choix de menu
Reserve for menu choice

Billets en vente jusqu'au 15 janvier **\$40** Tickets on sale until January 15th \$40

au CENTRE COMMUNAUTAIRE et au SPOT at the COMMUNITY CENTRE and Le SPOT

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



Fête de Pâques

ET
*CHASSE AUX COCOS

Easter Party

AND
*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



festi neige

10 FÉVRIER, 2024

shiver fest

FEBRUARY 10, 2024



Fête familiale

Après le défilé

16 MARS MARCH 14 h-16 h

Family party

After the parade

CENTRE COMMUNAUTAIRE
Stephen F. Shaar
394 Main, Hudson

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

Le 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 [@Le Spot 55+](#)
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.quebec/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 Montréal 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
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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	EXTERNAL SERVICES	YOUTH SERVICES
<ul style="list-style-type: none"> Emergency Shelter Crisis intervention helpline Individual consultation Assessment of your needs Group workshops Reference available if necessary 	<ul style="list-style-type: none"> Individual consultation Telephone intervention Women's support group Reference available if necessary 	<ul style="list-style-type: none"> Mother-child consultations Individual consultations with children Parenting support External / internal services
<p align="center">ADMINISTRATION C.P. 115, Vaudreuil-Dorion (Québec) J7V 5W1 • Phone : 450.424.6077 • Email : info@hebergementlapasserelle.com WEBSITE: www.hlapasserelle.com • FACEBOOK: www.facebook.com/hlapasserelle</p>		



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 vaudreuil@visiontravail.ca or by phone at 450-455-5150. Our team is waiting for you!

