



Celebrate the joy of movement!

Hudson Fall Activities Registration at Stephen F. Shaar Community Centre, 394 Main Road, Hudson.

- Tuesday, September 3rd to Friday, September 6th
- Hours
Tuesday through Thursday: 8:30 a.m. to 12 p.m.
and 1 p.m. to 4:30 p.m. Friday: 8:30 a.m. to 12 p.m.
- Payment by cheque, cash, or debit only
- Minimum registration required for all programs.

The dates and times of all courses and other activities are subject to change or cancellation.

REFUND POLICY

- After the first 2 weeks of programs, refunds will be issued only upon presentation of a medical certificate.
- Refunded amounts will be calculated from the day of cancellation.
- A \$25 administration fee will be deducted from the refunded amount.
- A \$35 fee is charged for returned or cancelled cheques.

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS	20/20/20 10:15 – 11:15am (with Marla)	*REGENERATIVE YOGA 10:30am – 11:30am (with Maureen)		*REGENERATIVE YOGA 10:30am – 11:30am (with Maureen)	*REGENERATIVE YOGA 9:00am – 10:00am (with Maureen)
				CHAIR YOGA 12:00pm – 1:00pm (with Maureen)	20/20/20 10:15 – 11:15am (with Marla)
AFTERNOONS				LINE DANCING 3:30pm – 5:00pm (with Marc)	
	*CHAIR YOGA 3:00pm – 4:00pm (with Maureen)	*REGENERATIVE YOGA 5:00pm – 6:00pm (with Maureen)		KARATE 5:00pm – 6:30pm (with Luigi)	
EVENING		NEW PILATES 7:00pm – 8:00pm (with Marla)		NEW COUNTRY LINE DANCING 7:00pm – 8:30pm (with Marc)	

*Participants must provide their own yoga mats



HUDSON FALL ACTIVITIES



20/20/20 TRAINING WITH MARLA (ALL LEVELS OF FITNESS)

Three workouts in one! This class combines 20 minutes of cardio and 20 minutes of strength training, followed by 20 minutes of core/balance and stretching.

NEW PILATES WITH MARLA

Pilates is a form of low-impact exercise that aims to strengthen core muscles while improving postural alignment, flexibility and balance. All levels welcome. *Exercises will be modified according to ability.*

14 WEEKS: SEPTEMBER 9 – DECEMBER 16

No classes on Monday, October 14th
Drop-in fee: Resident \$15, Non-resident \$20

NUMBER OF CLASSES	RESIDENTS	RESIDENTS (60+)	NON-RESIDENTS
14 Classes	\$145	\$110	\$195
28 Classes	\$205	\$155	\$275
Unlimited	\$250	\$195	\$340

REGENERATIVE YOGA WITH MAUREEN

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

CHAIR YOGA WITH MAUREEN

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.

14 WEEKS: SEPTEMBER 9 – DECEMBER 16

No classes on Monday, October 14th
Participants must provide their own yoga mats
Drop-in fee: Resident \$15, Non-resident \$20

NUMBER OF CLASSES	RESIDENTS	RESIDENTS (60+)	NON-RESIDENTS	NON-RESIDENTS (60+)
14 Classes	\$145	\$110	\$195	\$150
28 Classes	\$205	\$155	\$275	\$210
Unlimited	\$250	\$195	\$340	\$265

LINE DANCING WITH MARC MITCHELL

11 WEEKS: SEPTEMBER 12 – NOVEMBER 21

Come and enjoy a wide range of great music to well explained dances. Line dancing for all. No partner needed.
Thursday 3:30 p.m. to 5 p.m.

RESIDENTS: \$85.00	NON-RESIDENTS: \$115.00
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NEW: COUNTRY LINE DANCING WITH MARC MITCHELL

11 WEEKS: SEPTEMBER 12 – NOVEMBER 21

Come and learn the basic steps and footwork of Country Line Dancing. Well-explained dances for beginners, light difficulty, so good for everyone. 100% Country music. No partner required and for all ages.
Thursday 7p.m. – 8:30 p.m.

RESIDENTS: \$85.00	NON-RESIDENTS: \$115.00
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KARATE FOR ALL AGES WITH SHIHAN LUIGI DI FILIPPO

10 WEEKS: SEPTEMBER 12 – DECEMBER 5

No classes October 3rd, 10th and 17th
Thursday 5 p.m. to 6:30 p.m.
* Uniforms, belts, and equipment purchases are the student's responsibility.

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.

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

NON O T A R E C R E R

SUBSIDIES AND FREE ACTIVITIES

For Children & Youth Up to 17 Years of Age

The Town of Hudson reimburses 20% of course registration fees for youth 17 years of age and under, who live permanently in Hudson and who sign up for activities or courses not offered by the Town of Hudson or one of its mandataries, up to maximum amount of \$100 per year, per child.

The annual subsidy period is January 1st to December 31st.

Procedure:

Upon presentation of an official receipt and proof of residence, residents will be asked to fill out a reimbursement request form. Any receipt(s) attached to the form will be photocopied by the Town. Residents will be reimbursed annually in the month of December. Only receipts for the current year are accepted and must be submitted no later than November 30th.

Certain Conditions Apply:

The activity or course must be offered by a non-profit organization or by a reputable business. The reimbursement calculation will be based on the submitted receipt amount for registration fees only. Cost of materials (e.g., costumes, CD's, manuals, etc.), transportation or other related costs will not be eligible. Public activities are not covered (i.e., open skiing, cinema, etc.)

Reimbursement does not cover sports or academic programs, or specialized day camps.

This program is open to Hudson residents only.

For more information, go to www.hudson.quebec and click on the ACTIVE YOUTH quick link on the home page.

ACCÈS-LOISIRS PROGRAM

The Vaudreuil-Soulanges “Accès-Loisirs” program aims to provide free spots for sports, cultural, and outdoor activities to low-income families. It is managed by the *Maison de la Famille Vaudreuil-Soulanges*

How to Access the Services

There are three registration periods each year: in September, January, and March. The September registration period runs from **September 14 to 17 from 9 am to 4 pm.**

To Register

You must present proof of income (either in person or by email) confidentially. You will need to create an account on the Sportplus platform:

<https://www.maisondelafamillevs.ca/services/acces-loisirs-vs/>

to receive all necessary information by email. If you need technical support, please refer to the section *Vous avez des questions?* at the bottom of the web page.

Examples of Documents to Provide

Income tax return (Notice of Assessment), pay stub, claim book (social assistance recipients), or any other document indicating your income.

Available activities depend on the spots left vacant or reserved by the partner organizations.

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	30 526 \$ or less
2 persons	38 003 \$ or less
3 persons	46 720\$ or less
4 persons	56 724 \$ or less
5 persons	64 336\$ or less
6 persons	72 560 \$ or less
7 persons or more	80 785 \$ 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 (2023)
- Claims booklet for income security recipients
- Proof of residence with address: driver's license, tax invoice or recent bill

NEW NUTRITION RECREATION



NEW PROGRAMS

NEW HUDSON COMMUNITY BABY GROUP

8 WEEKS: SEPTEMBER 9 to NOVEMBER 4 No classes Monday, October 14th

Join our NEW weekly Baby Group Class with local doula, Alix Myers.

Each session is tailored to empower parents/caregivers with knowledge and community support and will cover essential topics such as infant feeding, postpartum wellness, sleep strategies, and developmental milestones.

Monday 11:30 a.m. to 12:30 p.m. Cost: \$100

HUDSON TEEN CENTRE

The Hudson Teen Centre is now offering drop-in hours for pre-teens and teens.

Come hang out with friends, enjoy video games, ping-pong, board games, foosball and more, and give your ideas and suggestions to the staff on the type of activities you'd like.

Friday, September 13th

Pre-teen hours: 4:00pm – 7:00pm (9-12 years)

Friday, October 4th

Teen hours: 7:00pm – 10:00pm (12 years +)

Friday, November 1st

Friday, December 6th

COMMUNITY DANCE NIGHTS

Traditional dances, square sets, contradances. All dances are explained and called by Mr. Pierre Paul Savaria, accompanied by a fiddle player and pianist. Come and dance in a friendly and fun atmosphere. Open to all!

Friday, October 25th - 7pm Friday, December 20th - 7pm

TICKETS: \$10.00 - Free for children under 12

Available, October 1st, at the Hudson Community Centre (Beverages and snacks will be provided)

SENIORS PROGRAMS

SENIOR'S DROP-IN CENTRE LE SPOT 55+

Tuesdays & Thursdays 10 a.m. to 12 p.m. at the Community Centre

Join us for different activities, card games, arts & crafts, guest speakers and conversation.

THOMAS MORE INSTITUTE – Seniors Outreach Program

10 WEEKS: OCTOBER 1 – DECEMBER 3

Tuesday 1:30 p.m. to 3 p.m. at the Community Centre



Fall Program: Stories from the Seven Continents: Around the World in Twenty Days

"The purpose of a storyteller is not to tell you how to think, but to give you questions to think upon."

Brandon Sanderson

Humans are natural storytellers. Even before the written word, oral traditions existed. These early stories allowed knowledge and tradition to be passed on to future generations. While time and place change, some central meanings about our origins, society, remain. They also provide a window into other cultures.

What can we learn from the tales we read? Can stories give us a glimpse into the minds of those who came before and what makes some endure the test of time? What can we learn? In this course we will read from creation stories to modern day tales with much in between.

Join your fellow participants on this journey.

Register online on the Thomas More website: www.thomasmore.qc.ca

For more information, please contact the Seniors Program Coordinator Jennifer MacGregor directly at jmacgregor@thomasmore.qc.ca or (514) 935-9585.