



# Celebrate the joy of movement!

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

- Tuesday, September 2nd to Friday, September 5th
- 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
- Minimum registration required for all programs

### 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.

Please note that, due to the 2025 municipal elections, some dates may be subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS		9 am – 10 am <b>PILATES</b> with Marla		9 am – 10 am <b>PILATES</b> with Marla	9 am – 10 am <b>*REGENERATIVE YOGA</b> with Maureen
	10:15 am – 11:15 am <b>20/20/20</b> with Marla	10:30 am – 11:30 am <b>*REGENERATIVE YOGA</b> with Maureen		10:30 am – 11:30 am <b>*REGENERATIVE YOGA</b> with Maureen	10:15 am – 11:15 am <b>20/20/20</b> with Marla
				12 pm – 1 pm <b>*CHAIR YOGA</b> with Maureen	
AFTERNOONS				1:30 pm – 2:30 pm <b>NEW COUNTRY LINE DANCING (BEGINNER)</b> with Marc	
	3 pm – 4 pm <b>*CHAIR YOGA</b> with Maureen			2:45 pm – 4:15 pm <b>LINE DANCING (ADVANCED)</b> with Marc	
		5 pm – 6 pm <b>*REGENERATIVE YOGA</b> with Maureen		5 pm – 6:30 pm <b>KARATE</b> with Luigi	

\*Participants must provide their own yoga mats

# FALL FITNESS:

## FALL FITNESS

### 14 WEEKS: SEPTEMBER 8 - DECEMBER 15

No class on Monday, October 13th

Drop-in fee: resident \$15, non-resident \$20

### 20/20/20 TRAINING WITH MARLA

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.

### 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.

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

## LINE DANCING WITH MARC MITCHELL

### 11 WEEKS: SEPTEMBER 11 - NOVEMBER 20

Come and enjoy a wide range of great music to well-explained dances. Line dancing for all. No partner needed.

**NEW: Country Line Dancing for ABSOLUTE BEGINNERS - FIRST 2 WEEKS ARE FREE OF CHARGE.**

Thursday 1:30 pm to 2:30 pm

RESIDENTS: \$70	60+: \$55	NON-RESIDENTS: \$95
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### INTERMEDIATE LINE DANCING

Thursday 2:45 pm to 4:15 pm

RESIDENTS: \$85	60+: \$65	NON-RESIDENTS: \$115
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## YOGA PROGRAM

### 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 8 - DECEMBER 15

No classes on Monday, October 13th

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

## KARATE FOR ALL AGES WITH SHIHAN LUIGI DI FILIPPO

### 10 WEEKS: SEPTEMBER 11 - NOVEMBER 27

Thursday 5 pm to 6:30 pm

No class on October 2nd and 16th.

- 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

## CULTURAL AND RECREATIONAL PROGRAMS

Do you have some ideas for recreational or cultural activities in town? We'd love to hear them! You can drop your suggestions in the suggestion box at the Community Centre reception desk or send them to us at [tech\\_loisirs@ville.hudson.qc.ca](mailto:tech_loisirs@ville.hudson.qc.ca). Let us know what you think!

### DRAWING EXPLORATION CLASS WITH ALLANA BENHAM

**6 WEEKS: OCTOBER 9 – NOVEMBER 13**

Thursday: 6:30 pm – 9 pm

Ages 12 and up, open to students & seniors with all levels of experience.

Materials included, students can bring their own materials

<b>RESIDENTS: \$360</b>	<b>STUDENTS and 60+: \$295</b>	<b>NON-RESIDENTS: \$480</b>
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#### Course description:

We will investigate the possibilities of pencil and drawing materials to work out compositions, describe form, and develop a sense of space and atmosphere in drawing. Historical drawings will inform our practice and we will examine different approaches to using drawing materials to create a range of effects.

### NEW – DAYTIME COURSE

**4 WEEKS: OCTOBER 9 – OCTOBER 30**

Thursday: 1 pm – 4 pm

Ages 12 and up, open to students & seniors with all levels of experience.

Materials included, students can bring their own materials

<b>RESIDENTS: \$240</b>	<b>STUDENTS and 60+: \$195</b>	<b>NON-RESIDENTS: \$320</b>
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#### Course description:

Learn how to achieve sensitive colour mixtures in acrylic paint. We will discuss colour palette and mixing techniques, value relationships, and colour harmony as we paint from observation and from photo references.

### 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!

**Tickets: \$10 - free for children under 12.**

On sale at the Community Centre 2 weeks before each event.

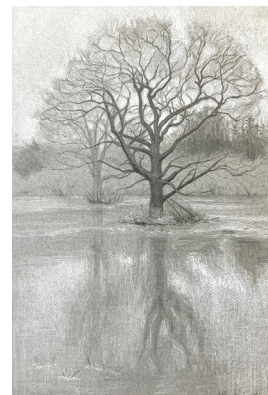
- Sunday, September 28th, 1 pm to 5 pm
- Sunday, November 30th, 1pm to 5 pm
- Sunday, December 28th, 1pm to 5 pm

### SENIORS' DROP-IN CENTRE LE SPOT 55+

Tuesdays & Thursdays 10 am to 12 pm at the Community Centre

\*Programming returns on September 2, 2025\*

Open to all! Join us for a variety of activities, card games, crafts, speakers, workshops, or just to enjoy a cup of coffee!



**Le SPOT**



## HUDSON TEEN CENTRE

The Hudson Teen Centre is now offering drop-in hours for pre-teens and teens. Chat with friends, enjoy video games, ping-pong, board games, foosball and more! Give your ideas and suggestions to the staff on the type of activities you'd like. Pick up the program at the Community Centre.

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

Teen hours: 7 pm – 10 pm (12 years +)



## TEEN CENTRE

September 12 September 26	October 10 October 24	November 7 November 21	December 5 December 19
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## THOMAS MORE INSTITUTE - SENIORS OUTREACH PROGRAM

10 WEEKS: SEPTEMBER 30 – DECEMBER 2

Tuesday: 1:30 pm – 3 pm

### Course description:

Exploring Personal Narratives - Reading Memoirs and Diaries

Part I of this 20-week course will take us on a journey through the intimate and reflective writings of memoirs and diaries. By reading excerpts of works from various authors and time periods, we will explore the art of personal storytelling. Selections will include writings by historical and contemporary figures, explorers, politicians, authors, and many others.

What is the difference between diaries and memoirs? What might prompt someone to write so personally? Do diaries written in the moment reveal more “truth” than memoirs written after the fact? Does our drive to make sense of our own lives encourage us to read that of others?

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

## 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. Only current-year receipts will be accepted. Applications for reimbursement must be submitted by no later than November 30th.

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/en](http://www.hudson.quebec/en) and click on the **ACTIVE YOUTH** quick link on the home page.



# UPCOMING EVENTS



## UPCOMING EVENTS

There is so much going on in Hudson... here are your Fall events!

More details on the Town of Hudson EVENTS calendar at [www.hudson.quebec/en](http://www.hudson.quebec/en)

### SEPTEMBER

- 01: "What we Choose to Remember", 7 pm, Hudson Village Theatre
- 05: Volunteer Appreciation Cocktail, 5 pm, Greenwood
- 07: Music in the Garden, 2 pm, Greenwood
- 07-13: War Memorial Library Book Sale
- 10: Cavagnal Scout Group Open House, 6:30 pm, Mt Pleasant Elementary School
- 13: Hudson Porchfest, 11 am, sites throughout the core of Hudson
- 15: Monday at the Movies – "I'm Still Here", 2 pm, 7:30 pm, Hudson Village Theatre
- 15: Le Birdie 5 fundraiser for Le Nichoir, Whitlock Golf and Country Club
- 17: Artistes Hudson Artists meeting and guest speaker/artist, 7 pm, Community Centre
- 20: Seniors Fair, 11 am, Community Centre
- 20: Treasures in the Kitchen, Greenwood
- 20-21: Vaudreuil-Soulanges Studio Tour, featuring several Hudson artists
- 24: Presentation by CAF Col. Colin Robertson, 7 pm, Community Centre
- 27: Culture Day
- 28: Community Dance, 1 pm, Community Centre
- 30: StoryFest season begins, more details to come



### OCTOBER

- 04: Annual "Bunker" Art Sale, 10 am, Community Centre
- 04: Greenwood knitting workshop, 1 pm, Greenwood
- 04: Benefit concert, Harmony for Hope, 7 pm, St Thomas Church
- 05-11: War Memorial Library Book Sale
- 05: Hudson Chamber Music Series, 4 pm, St James Church
- 08: The Great Escape, 6 pm, throughout Hudson
- 08: Artistes Hudson Artists meeting and guest speaker/artist, 7 pm, Community Centre
- 08 - 12: Tribute to The Highwaymen, Hudson Village Theatre
- 17 - 19: Artistes Hudson Artists Fall Annual Exhibition, Community Centre
- 18: Greenwood knitting workshop, 1 pm, Greenwood Centre for Living History
- 20: Monday at the Movies; 2 pm, 7:30 pm, Hudson Village Theatre
- 26: Storytime: Halloween, 3:30 pm, War Memorial Library
- 29: Étienne Bélanger; History of the Urban Fabric of Hudson, 7 pm, Community Centre
- 29 - Nov 2: The Night Witch, Hudson Village Theatre
- 30: Halloween festivities, Community Centre



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There is so much going on in Hudson... here are your Fall events!

More details on the Town of Hudson EVENTS calendar at [www.hudson.quebec/en](http://www.hudson.quebec/en)

### NOVEMBER

- 02-08: War Memorial Library Book Sale
- 03-14: Maison Libella Poinsettia Campaign, Centre du Jardin Vaudreuil-sur-le-Lac
- 09: Remembrance Day Parade, begins at the IGA at 12:45 pm
- 17: Monday at the Movies; 2 pm, 7:30 pm, Hudson Village Theatre
- 21-23: Hudson Holiday Market, Alibi Barn
- 22: Craft Fair, 10 am, Whitlock Golf Course
- 22-23: Christmas Craft Fair, Community Centre
- 26: Phillip Habib : History of the Lebanese Community in Hudson, 7pm, Community Centre
- 28-30: Hudson Holiday Market, Alibi Barn
- 29: Night of Lights and Santa Parade, more to follow!
- 30: Community Dance, 1 pm, Community Centre
- 30: Old Fashioned Christmas, Greenwood

### DECEMBER

- 05-07: Hudson Holiday Market, Alibi Barn
- 06: Breakfast with Santa, Community Centre. Reservations required.
- 06-07: Cavagnal Scout Christmas Tree and Wreath Sale, 4-Corners, 9 am – 4 pm
- 07: Old fashioned Christmas, Greenwood
- 07-13: War Memorial Library Book Sale
- 12: Greenwood Singers Christmas Concert & After Party, 7 pm, Greenwood
- 12 – Jan 4: Peter Pan, the Panto. Hudson Village Theatre
- 14: Storytime: Festive Season, 3:30 pm, War Memorial Library
- 15: Monday at the Movies; 2 pm, 7:30 pm, Hudson Village Theatre
- 20: Hudson Historical Society Christmas Party, 7 pm, HHS Museum
- 28: Community Dance, 1 pm, Community Centre

*Beautiful Hudson. Photograph: Karen Walker*

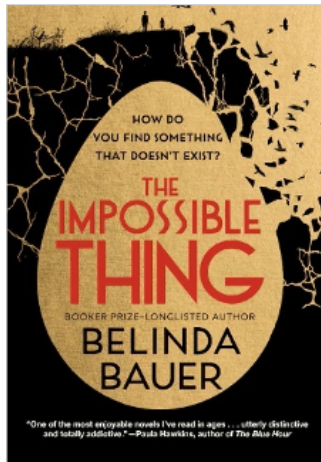




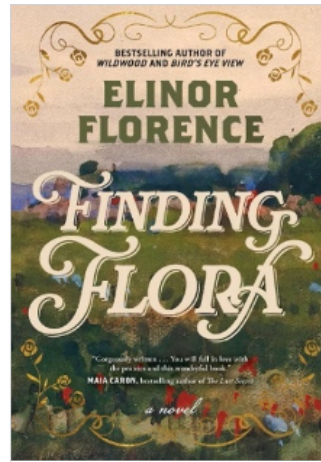
## FOR YOUR READING PLEASURE

The Como Lending Library is located at the Hudson Creative Hub at 273 Main Road, Hudson. Prior to becoming a centre for the appreciation of the arts, this building served as a hall for St. Mary's Church. The original hall was built in 1880, and from this time, it has housed a library for the benefit of the local community. To this day, almost consistently, this small library has been run by volunteers.

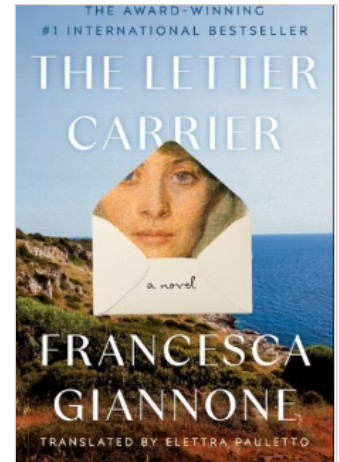
Please come by and see our collection—you will be pleasantly surprised. Opening Hours: Tuesdays and Saturdays - 10:30 - 12:30. At this time, we are happy to recommend these recently released or upcoming new books.



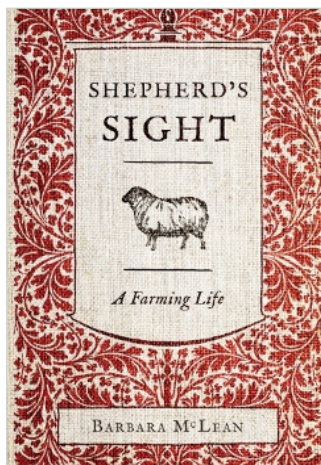
**The Impossible Thing by Belinda Baur (Welsh) Mystery**  
From Indigo Books: From the exceptionally original mind of CWA Gold Dagger Award winner and Booker longlisted author Belinda Bauer, a sweeping tale of obsession, greed, ambition, and a crime that has remained unsolved for a 100 years.



**Finding Flora by Elinor Florence**  
From Indigo Books: A rollicking historical novel set in turn-of-the-century Alberta about a young woman on the run from her abusive husband who uses a legal loophole to claim a homestead in the Wild West—perfect for fans of *Outlawed* and *The Giver of Stars*.



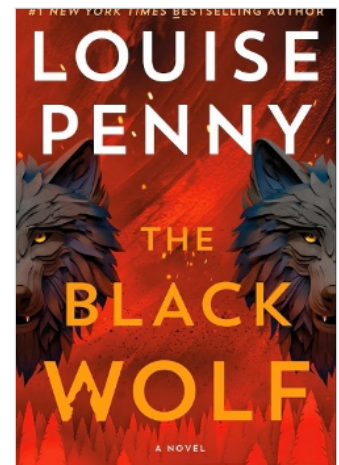
**The Letter Carrier by Francesca Giannone (Italian) Fiction**  
From Indigo Books: In this bestselling novel, *The Letter Carrier* shows how a little town in southern Italy might be just like every town—with women & men, husband & wives, fathers & sons, mothers & daughters, all trying to navigate the world while staying true to their hearts.



**Shepherd's Sight by Barbara McLean** From Indigo Books: For 50 years, Barbara McLean has tended a flock of Border Leicester sheep on her small Ontario farm. Now in her 70s, McLean faces a new problem: how much longer she can continue with the physically taxing work that is her central source of meaning and satisfaction.



**The Eights by Joanne Miller (English) Fiction** From Indigo Books: Following the unlikely friendship of four women in the first female class at Oxford, their unshakeable bond in the face of male contempt, and their coming of age in a world forever changed by World War I.



**The Black Wolf by Louise Penny (Canadian) - Mystery** - release date October 28, 2025  
From Indigo Books: The 20th mystery in the #1 New York Times-bestselling Armand Gamache series.