

SENIORS' ACTIVITIES

NEW AT THE COMMUNITY CENTER!

We are happy to announce that the Community Centre will now have **additional hours** for **new** seniors activities.

- **BINGO MORNING** – Every second Wednesday of the month, from 10:00 a.m. to 11:00 a.m.
- **MOVIE MORNING** – Every fourth Wednesday of the month, from 10:00 a.m. to 12:00 p.m.

January dates:

- **January 14** – Bingo Morning
- **January 28** – Movie Morning



CALENDAR

Start your morning in a welcoming and relaxed atmosphere. A suggested activity is offered, but participation is optional. Feel free to join in, play board games, chat with friends, or simply enjoy good company at your own pace. Stay for a few minutes or the whole morning – you're always welcome.

Tuesday, January 6:

Bring your own board game

Bring a favourite game or join one already in progress.

Tuesday, January 13:

Trivia

Test your knowledge and have fun answering questions together.

Tuesday, January 20:

Sing-along

Enjoy singing familiar songs together – no experience needed.

Tuesday, January 27:

Show & Tell

Bring an object and share the story behind it.

Thursday, January 8:

Vision board making

Create a simple collage with images and words that inspire you.

Thursday, January 15:

Mindful Colouring

Relax and unwind with calming colouring pages at your own pace.

Thursday, January 22:

Story Circle

Share stories or listen to others in a relaxed group setting.

Thursday, January 29:

Celebrate January birthdays!



Contact:

services_loisirs@ville.hudson.qc.ca
450-458-5347, *3704

Hudson Community Center,
394 Main Road, Hudson, QC.