



# Celebrate the joy of movement!

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

- Monday, January 5th to Friday, January 9<sup>th</sup>
- Hours: Monday 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS		9:00 – 10:00 <b>PILATES</b> Marla		9:00 – 10:00 <b>PILATES</b> Marla	9:00 - 10:00 <b>*REGENERATIVE YOGA</b> Maureen
	10:15 – 11:15 <b>20/20/20</b> Marla	10:30 - 11:30 <b>*REGENERATIVE YOGA</b> Maureen		10:30 - 11:30 <b>*REGENERATIVE YOGA</b> Maureen	10:15 – 11:15 <b>20/20/20</b> Marla
				12:00 – 1:00 <b>*CHAIR YOGA</b> Maureen	
AFTERNOONS				1:30 – 2:30 <b>COUNTRY LINE DANCING (BEGINNER)</b> Marc	
	3:00 – 4:00 <b>*CHAIR YOGA</b> Maureen			2:45 – 4:15 <b>LINE DANCING (ADVANCED)</b> Marc	
		5:00 – 6:00 <b>*REGENERATIVE YOGA</b> Maureen		5:00 – 6:30 <b>KARATE</b> Luigi	

\*Participants must provide their own yoga mats

# HUDSON WINTER ACTIVITIES

## WINTER FITNESS

**13 WEEKS: JANUARY 12 – APRIL 25**

No classes from March 2<sup>nd</sup> to 6<sup>th</sup> and from April 3<sup>rd</sup> to 12<sup>th</sup>

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	NON-RESIDENTS (60+)
13 Classes	\$153.79	\$115.31	\$180.18	\$144.17
Unlimited	\$276.82	\$207.56	\$324.32	\$259.51

## LINE DANCING

**WITH MARC MITCHELL**  
**JANUARY 15 – MARCH 19**

No class on Thursday, March 5<sup>th</sup>

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

**9 WEEKS**

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: \$70	60+: \$55	NON-RESIDENTS: \$95
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## YOGA PROGRAM

**14 WEEKS: JANUARY 12 – APRIL 27**

No classes from March 2<sup>nd</sup> to 6<sup>th</sup>, and on April 6<sup>th</sup>

Participants must provide their own yoga mats

Drop-in fee: Resident \$15, Non-resident \$20

## 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.

NUMBER OF CLASSES	RESIDENTS	RESIDENTS (60+)	NON-RESIDENTS	NON-RESIDENTS (60+)
14 Classes	\$165.62	\$124.18	\$194.04	\$155.26
Unlimited	\$298.12	\$223.52	\$349.27	\$279.47

## KARATE FOR ALL AGES

**WITH SHIHAN LUIGI DI FILIPPO**

**10 WEEKS: JANUARY 15 – MARCH 16**

No class on Thursday, March 5<sup>th</sup>

Thursdays, 5 pm to 6:30 pm

- 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 new 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!

## UPCOMING EVENTS

February 21, 2026: ShiverFest, March 21, 2026: St. Patrick's Day,  
April 04, 2026: Easter Egg Hunt

## DRAWING EXPLORATION CLASS WITH ALLANA BENHAM

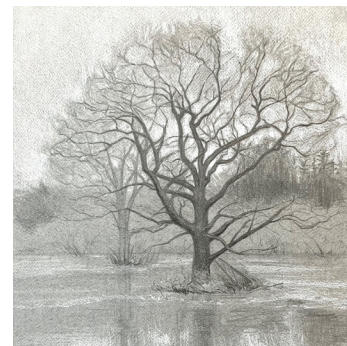
**6 WEEKS: JANUARY 29 – MARCH 12**

No class on March 5<sup>th</sup>

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.

## PAINTING EXPLORATION DAY CLASS WITH ALLANA BENHAM

**4 WEEKS: JANUARY 29, FEBRUARY 5, FEBRUARY 19, MARCH 12**

Thursday: 12:30 pm - 3:30 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: Colour Mixtures in Acrylic

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 for non-residents. Free for Hudson residents and children under 12.

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

- Saturday, February 14, 1 pm to 5 pm
- Saturday, March 21, 1pm to 5 pm
- Saturday, April 11, 1pm to 5 pm



## 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 +)



<b>January 9</b> <b>January 23</b>	<b>February 13</b> <b>February 27</b>	<b>March 13</b> <b>March 27</b>	<b>April 10</b> <b>April 24</b>
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## TEEN DANCE AT THE HUDSON COMMUNITY CENTRE!

Get ready for an awesome night of music, lights, and dancing! The Town of Hudson is proud to host a TEEN DANCE, in collaboration with Jeunesse 360! Come hang out with friends and make it a night to remember! Don't miss out — grab your friends and come dance the night away!

### Event Details:

- For Secondary 1, 2, and 3 students
- Where: Hudson Community Center, 394 Main Road
- When: January 23, from 8 pm to 11 pm
- Cost: \$2 at the door (cash only)
- Registration: Not required
- Student Card: Required for entry

## SPRING BREAK CAMP - for children aged 5 to 12

**Monday, March 2 to Friday, March 6, 2026**

Join our Spring Break Camp for a fun-filled week of games, sports, creative projects, and more! Safe, supervised, and full of laughter.

Daycare services offered from 7 am to 9 am and from 4 pm to 6 pm for an additional fee. Stay turned to the website for registration dates and fees @hudson.quebec

## SUMMER DAY CAMP

**Registration opens at the end of March, 2026**

Our Day Camp is the perfect place for kids to have fun, make new friends, and enjoy exciting activities all summer long! From sports and games to creative projects and outdoor adventures, there's something for everyone. Come join the fun!

The camp runs for 8 weeks, date and prices to be determined. For children ages 5–12 (must have turned 5 by September 2025).

## SUBSIDIES AND FREE ACTIVITIES

**For Children & Youth Up to 17 Years of Age**

The Town of Hudson reimburses 20% of registration fees for residents aged 17 and under who enroll in activities not offered by the Town or its mandataries, up to 100 dollars per child per year. The annual subsidy period is January 1st to December 31st.

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.



## ACCÈS-LOISIRS PROGRAM

The Vaudreuil-Soulanges “Accès-Loisirs” program aims to provide free spots for sports, cultural, and outdoor activities to low-income families.

### How to Access the Services

There are three registration periods each year:

September, January, and March.

January registration period runs from January 17 to 20 from 9 am to 4 pm.

### To Register

You must present proof of income, either in person or by email.

Go to: <https://www.maisondelafamillevs.ca/services/acces-loisirs-vs/> for more information.



## FREE LIBRARY MEMBERSHIP AT THE SAINT-LAZARE LIBRARY

Thanks to an agreement between Hudson and Saint-Lazare, Hudson residents benefit from a free membership at the Saint-Lazare library. Residents must present two proofs of residence:

- A driver's license or passport, AND
- The municipal tax bill or a utility bill issued within the last three months, providing the person's name and address.
- Parents must also provide a birth certificate for each child.

## SENIORS PROGRAMS

### SENIOR'S DROP-IN CENTRE LE SPOT 55+

Tuesdays & Thursday - 10 am to 12 pm at the Community Centre

No activities during the week of March 2 - March 6

Open to all!

Join us for a variety of activities, card games, crafts, guest speakers, workshops, or just to enjoy a cup of coffee. It's a place to connect, share good company, and make the most of your morning!

For more information: Email: [services\\_loisirs@ville.hudson.qc.ca](mailto:services_loisirs@ville.hudson.qc.ca) or 450-458-5347, ext 3704

## THOMAS MORE INSTITUTE –

### Seniors Outreach Program

10 WEEKS: JANUARY 20 – MARCH 31



Tuesday 1:30 pm to 3 pm at the Community Centre. No class on Tuesday, March 3

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?

Register online on the Thomas More website: [www.thomasmore.qc.ca](http://www.thomasmore.qc.ca)

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





## \*NEW COMPUTER WORKSHOPS

Computer workshops and personalized troubleshooting sessions offered by the organization *Communautique*. Open to adults aged 18 and over. You may bring your own computer, or the instructor can provide one if needed, upon request. Free!

Activity in French only. Translation may be available, to be confirmed in January.



## WORKSHOPS

**Mondays, 9 am to 12 pm**

- January 12:  
Module 1: How a computer works
- January 19:  
Module 2: Web searches and reliable sources of information
- January 26:  
Module 3: Using email
- February 2:  
Module 4: Making online transactions and protecting your identity
- February 16:  
Module 5: Social media
- February 23:  
Module 6: Using online services, including government services
- March 9:  
Module 7: Developing digital independence

Registration for these workshops takes place from Monday, January 5, to Friday, January 9, at the Community Center reception desk. **Only 10 spots are available.**

## FREE 30-MINUTE SUPPORT/TROUBLESHOOTING SESSION

Are you having trouble reading text on your phone? Need to download and send photos for an insurance claim but aren't sure how?

Bring your devices (phone, tablet, or laptop) and get personalized assistance.

A 30-minute support/troubleshooting session is offered by appointment only,

**Four time slots (from 1 pm to 3 pm) are available each week** on the same dates mentioned above.

To reserve your time slot::

- Email [tech\\_loisirs@ville.hudson.qc.ca](mailto:tech_loisirs@ville.hudson.qc.ca) or
- Call 450-458-5347, extension 3702



# WOMEN'S CIRCLE



## \*NEW WOMAN'S GROUP led by Carla Ruiz BEGINNING THIS MAY

**8 WEEKS: MAY 20 - JULY 22**

Wednesdays: 7 pm - 9 pm | Community Centre

Minimum 5 participants

<b>RESIDENTS: \$96</b>	<b>NON-RESIDENTS: \$129.60</b>
<b>RESIDENTS 60+: \$72</b>	<b>NON-RESIDENT 60+: \$97.20</b>

### DESCRIPTION

Each week will center around a theme designed to spark conversation, reflection, and mutual support. Sessions will combine open discussion, gentle guidance, and community sharing, creating a space where women can slow down, connect, and leave feeling recharged and inspired.



### Session Dates & Themes:

#### May 20<sup>th</sup>: The Power of Connection

Explore what community really means and how connection with other women can bring joy, strength, and balance.

#### May 27<sup>th</sup>: The Season I'm in

A conversation about life transitions: motherhood, career changes, aging, or rediscovering yourself, and how each season carries its own beauty.

#### June 3<sup>rd</sup>: The Words We Tell Ourselves

Discover the power of kind self-talk and how changing our words can change the way we feel.

#### June 10<sup>th</sup>: The Art of Taking Care of Me

We often care for everyone else first, this conversation reminds us that taking care of ourselves is not selfish, it's essential.

#### June 17<sup>th</sup>: The Stories We Share

A safe space for open sharing, what's something you've learned or overcome that shaped who you are today?

#### July 8<sup>th</sup>: Rediscovering Joy

Life can get serious, this week is about laughter, creativity, and finding joy in everyday moments.

#### July 15<sup>th</sup>: Women Supporting Women

Reflect on how we can lift each other up, both inside and outside the circle.

#### July 22<sup>nd</sup>: Reflection & Celebration

Celebrate connection, growth, and community.



## ARE YOU HOSTING AN EVENT?

### Celebrate in style at the Stephen F. Shaar Community Centre

Whether it's a birthday, wedding, baptism, seminar, or meeting, we have the perfect space for you.

#### Event Spaces

Main Hall – 60 ft × 40 ft | Teen Centre – 53 ft × 40 ft

#### Pricing

##### Main Hall

- Residents: \$50/hour (4-hour minimum) + \$350 refundable deposit
- Non-residents: \$100/hour (4-hour minimum) + \$350 refundable deposit

##### Teen Centre

- Residents: \$35/hour + \$250 refundable deposit
- Non-residents: \$45/hour + \$250 refundable deposit

#### Weddings

- Residents: \$750 + \$350 refundable deposit
- Non-residents: \$950 + \$350 refundable deposit
- Includes: Setup Friday 1:00 pm – 8:00 pm, rental Saturday 9:00 am – Sunday 2:00 am

#### What's Included

- Air conditioning
- Kitchen, microwave, refrigerator, freezer
- Wi-Fi
- Tables (30 rectangular, 19 round) and chairs
- Cloakroom
- Projector, screen, microphone and sound system
- Parking
- Water fountain
- Highchair (1)
- Restrooms with changing tables

**Exclusions:** Dishes, tablecloths, room setup/takedown/cleaning

#### Contact us:

Tel: 450 458 5347, extension 3703 | Email: [accueil\\_loisirs@ville.hudson.qc.ca](mailto:accueil_loisirs@ville.hudson.qc.ca)