

THE HUDSON VOICE



VOLUME 22
SPRING/SUMMER
2026

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DISTRICT 3 HUDSON CENTRE is currently vacant.
 See page 3 for more information on the May 3 Municipal Bi-Election.

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Cover photo of a pileated woodpecker family by Hudson resident Stéphane Hogue. The shot was taken in our local Clarke Sydenham Nature Reserve, which is just behind Le Nichoir.

Here are a few facts about these fascinating birds:

They are now the largest woodpecker species in North America. They mate for life once they find a partner and both parents help in feeding the young by regurgitation of insects, fruits, and nuts.



MUNICIPAL NEWS



Photo: Sofia Fuga

DECEMBER 2025

The Town completed an ecological land acquisition through the federal Ecological Gifts Program, made possible by a generous donation from Susan Hoelscher. This 1.5-hectare parcel, signed on December 16, protects a section of the cattail marsh in Como Gardens, an area of significant ecological value. This donation was facilitated with the expertise of Nature-Action Québec mandated for this purpose in the fall of 2023.



From left to right: Collective Agreement signing with UEVH Vice-President Tim Hiscox, UEVH President Carl Seguin, Mayor Chloe Hutchison, Director General Vanessa Roach

FEBRUARY 2026

On February 24, 2026, the Town officially signed a new collective agreement for its employees. Covering an eight-year period, the agreement is retroactive to October 28, 2022, and will remain in effect until December 31, 2030. It marks the conclusion of four years of negotiations and reflects a shared commitment to stability and collaboration in the workplace.

MARCH 2026

Assistant Town Clerk, Renée Huneault, signed the formal transfer of title of 7 lots to the Town “This is land that generations of Hudson

residents have walked and cherished for many years and generations. Now it is formally and undeniably ours, to be held in the public trust, protected in perpetual conservation” (Chloe Hutchison, Mayor). See page 8 for photo and full story.

In February and March 2026, Council reaffirmed its commitment to local organizations by awarding \$90,000 in grants to 21 community, cultural, and paraprofessional organizations. These contributions help strengthen a wide range of initiatives that bring residents together, enrich cultural life, and support valuable services across the municipality.

MUNICIPAL BY-ELECTION

District #3 - Hudson Centre - May 3, 2026

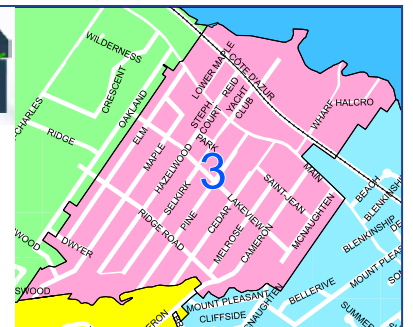
Residents of District 3 (Hudson-Centre) are reminded that a municipal by-election will take place on May 3, 2026. Voting is a simple way to have a say in decisions that affect your day-to-day life in the community. If you're eligible, we encourage you to take a few minutes to cast your ballot and be part of the process.

Only residents of District 3 may vote in this by-election.

Advance poll: Sunday, April 26, 2026, from noon to 8 pm,
Stephen F. Shaar Community Centre, 394 Main Road

Polling day: Sunday, May 3, 2026, from 10 am to 8 pm,
Stephen F. Shaar Community Centre, 394 Main Road

The list of candidates can be found here (or use the QR code to the right):
www.electionsquebec.qc.ca/en/vote/candidates/municipal/MUN_71100/17966/



REMINDEERS

FREE LIBRARY MEMBERSHIP AT THE SAINT-LAZARE LIBRARY

Hudson residents can enjoy a free membership at the Saint-Lazare Library, thanks to a partnership between Hudson and Saint-Lazare. To sign up, residents need to provide two proof-of-residency documents and a birth certificate for their child.

For more details, visit: hudson.quebec/en

PLANNING A GARAGE SALE THIS SUMMER? HERE'S WHAT YOU NEED TO KNOW

A permit is not required to hold a garage sale. Garage sales can ONLY be held on the following dates:

- The weekend of la *Journée des patriotes* (Victoria Day weekend): May 16-17-18,
- The weekend of the first Saturday in June; June 6-7,
- Labour Day weekend; September 5-6-7, and
- The weekend of the last Saturday in September: September 26-27.

Residents are invited to include their garage sale on the on-line map which will be publicized through the Town's communication channels. Access [the online registration form](#) to sign up.



PARKING PASSES

Parking passes are now required to park at the Stephen F. Shaar Community Centre, Jack-Layton Park and in designated areas on Beach Street, from May 1 to October 31.

Residents of Hudson can apply for a resident parking pass online on the Town of Hudson website (hudson.quebec/en). The pass is valid until the licence plate changes. If you have a new licence plate, you must apply for a new parking pass.



PROTECT OUR SEWERS: ONLY FLUSH THE 3 P'S!

Flushing anything other than pee, poop, and (toilet) paper can damage the municipal sewer system. Wipes (even "flushable" ones), paper towels, and hygiene products clog pumps, causing costly repairs and sewage backups. Remember to always think before you flush!

FLUSH RESPONSIBLY

DO NOT FLUSH THE FOLLOWING:

Grooming Items

Facial wipes, tissue, cotton swabs & balls, pads, makeup sponges, sheet masks, dental floss, teeth whitening strips, hair, & hair weaves



Baby Care / Sanitary Items

Baby wipes, diapers, sanitary pads, tampons, condoms, toilet paper tubes, packaging



Household Items

Cleaning wipes, paper towels, rags, cooking oil, grease, fats, motor oil, medicines, syringes, bandages, trash, cat litter, charcoal, & food items



Look for the "Do Not Flush" symbol



If a wipes package has this symbol, please dispose of it in the trash, not the toilet.

Just because things are small enough to flush doesn't mean you should. When in doubt, throw it out!

NOTABLE DATES

MAY

- 01 Parking passes required to park at Jack Layton Park and the Community Centre (pg 4)
- 01 Early bird registration for day camp (pg 16)
- 04 Branch collection. Register before 4 pm, April 26
- 04-08 Registration for Spring/Summer Activities (pg 14)
- 06 Beginning of combined green waste collection (leaves, garden waste + compost)
- 09 Hudson Roots and Shoots event, 9 am – 12 pm at Town Hall
- 15 Opening of pickleball courts for the season
- 15 Bulky item pickup. Register before 4 pm, May 12
- 16-17 First garage sale. Register before 4 pm, May 11
- 18 Town offices closed for la Journée des patriotes
- 23 Community Shredding event (pg 26)
- 24 Early registration for Hudson residents for the Community Pool (pg 18)
- 26 Town Council meeting, 7 pm, Community Centre
- 30 Coffee with the Mayor, 10 am, Halcro Cottage
- 31 Pool registration open to all (pg 18)
- 31 End of early registration for day camp

JUNE

- 05 End of early registration for the pool
- 06-07 Second garage sale. Register before 4 pm, June 1
- 15 Branch collection. Register before 4 pm, June 8
- 19 Bulky item pickup. Register before 4 pm, June 16
- 23 Town Council meeting, 7 pm, Community Centre
- 24 Town offices closed
- 24 Opening of kayak and SUP rentals for the season (pg 17)
- 27 Coffee with the Mayor, 10 am, Halcro Cottage

JULY

- 01 Canada Day festivities
- 01 Town offices closed
- 13 Recycling surplus collection
- 17 Bulky item pickup. Register before 4 pm, July 14
- 28 Town Council meeting, 7 pm, Community Centre

AUGUST

- 01 Coffee with the Mayor, 10 am, Halcro Cottage
- 21 Bulky item pickup. Register before 4 pm, August 18
- 25 Town Council meeting, 7 pm, Community Centre
- 29 Coffee with the Mayor, 10 am, Halcro Cottage
- 29 Ciné-piano, 8 pm, Jack Layton Park

SEPTEMBER

- 05-06 Third garage sale. Register before 4 pm, August 31
- 07 Town offices closed
- 18 Bulky item pickup. Register before 4 pm, Sept 15
- 22 Town Council meeting, 7 pm, Community Centre
- 25 Volunteer Appreciation event
- 26 Coffee with the Mayor
- 26-27 Culture Days in Hudson
- 26-27 Last garage sale. Register before 4 pm, Sept 22

See pages 26-27 for a complete listing of upcoming events

VOLUNTEER FOR TOWN EVENTS!

Volunteering offers an exceptional opportunity to make a positive contribution to the community, acquire new skills, meet new people, plus, it's fun!

Interested? Contact us at tech_loisirs@ville.hudson.qc.ca or 450-458-5347 ext. 3702.

WE'RE HERE TO SERVE YOU!

4 ways to stay up to date:

1. Town of Hudson website: hudson.quebec/en
2. Hudson This Week email newsletter
3. Town of Hudson Facebook page: @Town of Hudson - Ville d'Hudson
4. The Automated Calling System; receive emergency messages such as flooding, boil water advisories, and other pertinent information.

Do you have a QUESTION, a CONCERN, or a SERVICE REQUEST?

3 ways to get in touch with us:

1. Register a service request from the Town of Hudson website: hudson.quebec/en
2. Email us at info@ville.hudson.qc.ca
3. Call us at 450-458-5347



A LOOK BACK AT RECENT EVENTS



Night of Lights, Santa Claus Parade, Breakfast with Santa



Shiverfest



St Patrick's Parade and Party, Easter Party





LAWN WATERING

Treated drinking (potable) water is a valuable resource and its use is restricted year-round. Hudson’s By-law 723 governs the use of drinking water from the municipal system.

Here are key points from the by-law:

PROHIBITED:

- Using potable water to wash driveways.
- Allowing water to flow into the street or onto neighbouring properties.

PERMITTED:

- Filling your pool or spa between 8 pm and 6 am
- Watering your gardens, flower boxes, planters, borders, trees, and shrubs at any time, as long as you use a hose with an automatic shut-off device.
- Washing your car at any time, as long as you use a wash pail or a hand-held hose with a self-closing nozzle.
- Washing your patio or exterior walls between April 1 and May 15.
- Requesting a special permit to water a newly installed lawn (except between July 1 and August 31).

Lawn Watering Restrictions: Watering times vary depending on your address and the type of watering system you use:

- Automatic watering systems are allowed to water your lawn from 2 am to 4 am on the day corresponding to your address (see table below).
- Mechanical watering systems can water your lawn from 8 pm to 10 pm on the day corresponding to your address (see table below).

Watering Schedule by Address:

Civic number ends in:	Watering Day
0 or 1	Monday
2 or 3	Tuesday
4 or 5	Wednesday
6 or 7	Thursday
8 or 9	Friday

USE OF PESTICIDES

If you are considering spraying pesticides on your land, note that By-law 739 on the control of pesticides prohibits their use throughout the territory except for certain exceptions such as cases of infestation, security, public health, or prevention reasons. Anyone wishing to use pesticides on their land must apply for a permit and ensure that the conditions outlined in Bylaw 739 are met, otherwise they are liable to penalties. More information at hudson.quebec/en.

USE OF LOUD EQUIPMENT

A reminder that construction work or the use of loud equipment such as chainsaws can only be carried out during the following hours:

Monday to Friday: 7 am to 8 pm | Saturday, Sunday, and legal holidays: 9 am to 4 pm



A COMMUNITY TREASURE ACQUIRED FOR PROTECTION

A public presentation was held at the Community Centre on February 19, 2026 to share an update on the purchase and conservation of the site locally known as Sandy Beach. The results of a public survey related to the CMM Trame Verte et Bleue grant were presented, followed by an opportunity for residents to comment and ask questions.

Some raised concerns about access to the site and how the Town would protect its sensitive ecosystem. Others mentioned worries about parking, overcrowding, noise, and ongoing costs. There was also a suggestion to consider renaming the site to better reflect its conservation focus.

The official signing of the deed of sale took place on March 18. The conservation site now totals 56 acres and helps to secure one of the region's most important ecological corridors.



From left to right: Director General Vanessa Roach, Mayor Chloe Hutchison, Assistant Town Clerk Renée Huneault, Notary Marie-Josée Blais, and Environment Division Head Sofia Fuga

The Town awarded a contract to Nature-Action Québec to produce a Conservation and Management Plan specifically for the site. The Plan differs from the townwide Natural Areas Conservation Plan as it will serve to guide the administration through the creation and proper maintenance of the site for the upcoming 5 years. It will outline what precise actions must be taken to help reduce visitor impact on the sensitive ecosystem. It will help the Town find the appropriate tools to conserve the area. A major component of the Plan is the public consultation process, which will ensure that residents can contribute. A public survey, the first step in this process will take place in the spring.

In March, a team of certified arborists trimmed dangerous branches and cut down dead and dangerous trees along the paths to help keep walkers safe. Although the trails are regularly surveyed by the Town's Environment team, please feel free to let us know if you see any issues.

TREE AND CANOPY CONSERVATION

Like in many towns, a certificate of authorization is required to cut down a tree on private land in Hudson. More specifically, a request for a certificate of authorization must be made to cut down any tree measuring more than 10 centimetres in diameter at 1.3 metres from the ground.

The Town is continuing its effort to remove dead and dangerous ash trees from public lands. In the fall of 2025, 220 dead ash trees were cut down on public lands. In the first quarter of 2026, another 135 dead and dangerous ash trees were cut down. When possible, the debris is left on site to decompose and create habitat.

If you are the owner of dead and dangerous trees, don't wait for a falling branch or trunk to cause property damage or worse, an accident. Request a permit and have them removed as soon as possible.



Photo: Yannick Michaud

ENVIRONMENTAL SUBSIDIES

The Town of Hudson offers subsidies for the purchase of many items that promote the adoption of sustainable practices. If you need to replace your lawnmower, for example, consider purchasing the sustainable option.

A subsidy is offered for the following items:

- Cloth diapers
- Electric leaf blowers
- Electric lawnmowers
- Electric edge trimmers
- Spare batteries for this equipment
- Lawnmower mulching blades
- WaterSense certified toilets
- WaterSense certified shower heads
- Back yard composters
- Rain collection barrels
- Electric vehicle charging stations

Read the [Environmental Subsidy Policy](#) for the details and fill out the [form](#) to apply.

EMERGENCY PREPAREDNESS WEEK

MAY 3-9, 2026

BE PREPARED. KNOW YOUR RISKS.

Emergency Preparedness Week (EP Week) is a national awareness initiative and an opportunity for you to take action to ensure you're prepared to protect yourself, your family and your community during an emergency. This year, the theme is **Be Prepared. Know Your Risks.** We encourage you to understand the risks in our area and learn what actions you can take to protect yourself and your household.

By taking a few simple steps, you can become better prepared to face a range of emergencies – anytime, anywhere.

It is important to:

- Know the risks – Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare
- Make a plan – It will help you and your family know what to do
- Get an emergency kit – During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours in an emergency

Experience has shown that individual preparedness goes a long way to help people cope better – both during and after a major disaster. Get an emergency kit now – it can make a world of difference.

Take our quiz for a chance to win an emergency kit! The quiz is open until 11 pm, May 31, 2026. The draw will be held on June 1, 2026.

Scan the QR code
to take [the quiz](#)



FIRE PREVENTION

FIRE PREVENTION HOME VISITS BEGIN MAY 1

The Town's annual fire prevention and home safety visit program will begin on May 1 (weather permitting) and typically runs through November.

As part of this initiative, two firefighters will visit residential homes to help ensure that essential fire safety measures are in place and to provide residents with important safety information.

WHAT FIREFIGHTERS WILL CHECK

During each visit, firefighters will verify that basic fire safety standards are being met, including:

- At least **one functioning smoke detector on every level**, including basements
- **Regular battery replacement** (a good reminder is to change batteries when clocks change in the spring and fall)
- **Smoke detectors that are no more than 10 years old**

ADDITIONAL SAFETY INFORMATION

Firefighters will also provide guidance on important safety considerations, such as:

- **Installing a carbon monoxide (CO) detector if your home has risk factors** (e.g., attached garage, fuel-burning appliances, oil furnace)
- **Identifying residents with reduced mobility** who may require assistance during an evacuation
- **Noting the use of medical oxygen in the home**
- **Developing and practicing a home evacuation plan**, including a designated outdoor meeting point for all occupants

VISIT SCHEDULE

Our goal is to have one-on-one conversations with residents whenever possible.

- **First visit:** Weekdays between **9:00 am and 5:00 pm**
- **Second visit (if needed):** **Evenings (5:00 pm – 8:00 pm) or weekends (10:00 am – 5:00 pm)**, depending on personnel availability
- If evening/weekend visits are not possible, a second attempt will be made during daytime hours

If no contact is made after two visits, a door hanger will be left with instructions to complete and return the information by email or by dropping it off at the fire station mailbox at 529 Main Road.

AREAS COVERED IN 2026

This year, visits will take place in Sectors 1 and 3:

- **Sector 1:** From Harwood to Main Road, west of Mount Victoria
- **Sector 3:** From Harwood to Viviry Creek, between Côte Saint-Charles and Olympic



Photo: MaddyLane Photography

HUDSON'S COMMUNITY SWIMMING POOL CELEBRATES 40+ YEARS AS A SPLASHING SUCCESS!



By Julie Gedeon, writer, teacher, dog-owner and proud Hudson resident.

Being told someone has gone swimmin' is a common occurrence when calling on friends come June. Whether trying to set up a children's playdate or dinner out with retired pals, there's a good chance everyone is keeping cool at the Hudson Community Swimming Pool.

The pool – like so many other elements that make Hudson special – is the result of Hudsonites seizing and building upon opportunities. Gay Elliott, then Hudson's Recreation Director hired by the Y through a town agreement, found out from MP Hal Herbert about potential Ottawa funding to build a pool. *"Having grown up swimming in the Lake of Two Mountains, I wanted to ensure that all Hudson kids had some place to swim all summer,"* says the lifelong Hudsonite.

She presented the information to the Hudson Recreation Association whose volunteers ran various sporting events. HRA members Elio Sasso and Bruce MacCoubrey pursued Elliott's lead and discovered that \$250,000 was available, if land was provided.

"Eileen Shaar – Stephen F. Shaar's mother – was a school board commissioner and determined to see a community pool built in Hudson," Sasso recalls. *"She was instrumental in the town being able to purchase the land behind École Primaire Saint-Thomas from the school board for one dollar."*

MacCoubrey, Sasso and Elliott visited several municipal pools to assess options. *"The engineer hired to approve our project wanted us to go with an ordinary rectangular pool, but we insisted on an L-shape with a diving area in addition to the 25-metre length to swim,"* Sasso recounts.

They opted for a brand-new technology that involved pneumatically spraying cement into a sturdier steel caging rather than pouring it into wooden or metal forms.

Sasso took the short drive from his Lake Motors business to visit the pool site daily, while MacCoubrey dealt with engineering matters in Montreal. Within months of the first shovel turn, the pool was ready for its scheduled July opening!

Their involvement did not end there. For the next 15 years, Sasso and MacCoubrey took charge of the pool's management with the help of volunteers and hired lifeguards. *"That's one of the most gratifying aspects for me: all the summer jobs generated for teens in our community,"* MacCoubrey says.

Sasso handled registrations and pool maintenance in addition to running his business. *"We never had a deficit,"* he notes, adding that he kept an emergency surplus. *"The lifeguards sometimes complained about me keeping the water too cool, but I told them to suck it up,"* he laughs.

Sasso and MacCoubrey handed over management to the Town of Hudson in 1995, but not before Sasso used some of the surplus to give everything a fresh coat of paint and updated equipment. *"With \$35,000 still left over, I made the executive decision to donate it towards building what would later be named the Stephen F. Shaar Community Centre."*

Eileen is no doubt pleased!



REVVING UP FOR SUMMER: THE HUDSON AUTO SHOW RETURNS THIS AUGUST

By John Sheridan

The Hudson Auto Show will return to St. Thomas Park this summer on Saturday, August 15, bringing with it an entertaining mix of vintage vehicles, exotic cars, live music, and family-friendly activities.

Organizer and Hudson resident Joseph Eletr has been running the event since 2016. Originally held along the streets of Hudson, the show moved to St. Thomas Park two years ago, allowing for more space and a broader range of activities.



“This year we’re hoping for a big turnout,” says Joseph. “We’ll have two bands—a 16-piece orchestra led by local musician Michael Feher, as well as another local group, the Borderline Bloop Band. For kids, the Hot Wheels racing tent will be back. They can race cars and they get to keep the cars they race—it was a big hit last year.” Joseph is also hoping to bring in additional attractions, including local Hudson food vendors.

Visitors can expect a wide variety of vehicles, from antique and classic cars to Ferraris, muscle cars, and newer specialty models. *“I’m part of the Hudson Antique Car Club (H.A.C.K.). Bob Marshall, founder of H.A.C.K and many of the members are a great help with the Auto Show.”* adds Joseph. *“We get a great mix—local club members, individual collectors, and visiting groups. The Ferrari Club from Montreal comes every year with up to 20 cars, along with muscle car groups, newer performance vehicles, and vintage models.”*

Volunteers Make It Happen

The event is free and designed to appeal not only to car enthusiasts, but also to families and visitors of all ages. Volunteers play a crucial role in making the day run smoothly—helping with registration, guiding traffic, directing cars to display areas, and assisting with setup and cleanup.

No car expertise is required, and even a few hours can make a difference. As Joseph says, *“We rely on volunteers—it couldn’t happen without them!”*

Interested in volunteering? Send a message via the Hudson Auto Show Facebook page or email HUDSONAUTOSHOW@gmail.com.

Photos: MaddyLane Photography



SPOTLIGHT ON OUR LOCAL SCHOOLS

HAPPY SPRING FROM THE WESTWOOD WILDCATS!

By Catherine Hogan

The students of Westwood have been busy in many areas this winter and showing off their Wildcat pride! We've had trips, and guest speakers, and many exciting activities happening throughout the school!

February kicked off Black History month at Westwood. Students contributed daily inspirational quotes to our morning announcements and grade 9 and 11 students were treated to exceptional presentations by Inspiration Republic.

Although February was cold and snowy, this made perfect conditions for our three annual ski trips to Mont Ste Anne, Mont Sutton and Mont Tremblant. Also hitting the road were our Grade 10 students, who headed to Ottawa and had a special visit with our Member of Parliament, Peter Shiefke.

Valentine's Day was celebrated in spirit with a school-wide "Find Your Match Game" organized by the grade 11 leadership class. The day was filled with sugar and love as students sent Crush to their Crushes and visited our very popular Marry Your Friend booth. Later in the month students showed off new Westwood merch for Pink Shirt Day. Shirts were sold and kindness was spread through Staff Appreciation week and our Term 2 pep rally, where students got to play games and compete for their grade level in fun and funny challenges.

In late February eleven of our students and their chaperone, teacher Linda Sanders, ventured to Peru for the International Development Project. Students did a homestay in Maray, Peru where they built sinks and resurfaced the walls of the community medicenter. The trip was capped off with a 21km trek through Cocoa Canyon. A wonderful experience was had by all.

As usual, the Wildcats were front and center at the Hudson St. Patrick's Day parade where they carried the banners for the parade dignitaries. This has become an annual event and the smiles and cheer was palpable this year due to the beautiful weather on parade day!

March 27 will be our annual Grad's Night Out event where grads will be celebrated and treated to a Hypnotist show. We were very thankful to receive over forty raffle prizes from the local businesses around Hudson and St. Lazare which makes this event even more exciting for grads!

Over in the library our Battle of the Books team took first place at the Regional Battle of the Books competition and will continue on to compete at the school board level later in the month.

Our sports teams continue to excel with our boys basketball team completing their season undefeated, and winning a silver medal in the RSEQ Championships. On the girls side our volleyball team has been practicing all winter for their trip to the provincial championships happening later in April.

As the weather improves our focus turns to the upcoming school play, A Murder Mystery, directed by Sian Phillips and involving students from grades 9 through 11. The play comes to Westwood on April 30 and May 1st and promises to be another excellent show!

If you'd like to know What's Happening at Westwood, or to get information on our many events, check out our social media pages to keep up to date on all the Wildcat happenings!



SPRING/SUMMER FITNESS & YOGA GROUP CLASS REGISTRATION

at the Stephen F. Shaar Community Centre, 394 Main Road, Hudson



- Registration Period: Monday, April 4 to Friday, May 8
- Hours: Monday through Thursday:
8:30 am to 12 pm and 1 pm to 4:30 pm
Friday: 8:30 am to 12 pm
- 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

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

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

*Participants must provide their own yoga mats

SPRING AND SUMMER FITNESS AND YOGA COURSES

FITNESS — 12 WEEKS: MAY 11– JULY 31

No classes – Monday May 18

No classes from June 29 to July 3

Drop-in fee: Resident \$15, Non-resident \$20.25

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 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.

	12 Classes	Unlimited
Residents	\$141.96	\$255.53
Residents (60+)	\$106.44	\$191.59
Non-Residents	\$166.32	\$299.37
Non-Residents (60+)	\$133.08	\$239.55

YOGA — 12 WEEKS: MAY 11 – AUGUST 21

No classes – Monday May 18

No classes from June 1 to June 19

Participants must provide their own yoga mats | Drop-in fee: Resident \$15, Non-resident \$20.25

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.

	12 Classes	Unlimited
Residents	\$141.96	\$255.53
Residents (60+)	\$106.44	\$191.59
Non-Residents	\$166.32	\$299.37
Non-Residents (60+)	\$133.08	\$239.55

LINE DANCING WITH MARC MITCHELL MAY 14 – JUNE 25

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

COUNTRY LINE DANCING FOR BEGINNERS

Thursday 1:30 pm to 2:30 pm

Residents	\$54.45
Residents (60+)	\$42.80
Non-Residents	\$73.90

INTERMEDIATE LINE DANCING

Thursday 2:45 pm to 4:15 pm

Residents	\$54.45
Residents (60+)	\$42.80
Non-Residents	\$73.90

KARATE FOR ALL AGES WITH SHIHAN LUIGI DI FILIPPO 10 WEEKS: MAY 14 – JULY 16

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.

	Ages 7-12	Ages 13-17	Adults
Residents	\$180.00	\$200.00	\$220.00
Non-Residents	\$245.00	\$270.00	\$295.00

TOWN OF HUDSON



2026

SUMMER DAY CAMP

ACTIVITIES

- Arts & crafts
- Recreational games
- Team games
- Songs & movement
- Stories and storytelling
- Swimming



22 JUN - 14 AUG, 2026



Contact: admin@hudsonforestplay.org



Website: www.hudsonforestplay.org



DAY CAMP 2026

JUNE 22 - AUGUST 14 (8 Weeks)

Stephen F. Shaar Community Centre, 394 Main Road

For children ages 5 to 12 (who have completed kindergarten)

Registration begins April 1, 2026

A summer filled with sports, games, creative activities, and outdoor adventures!

Day Camp Hours: 9 am to 4 pm

Extended care: 7 am to 9 am and 4 pm to 6 pm (\$10/day)

Registration begins April 1, 2026: hudsonforestplay.org

Discounted rate until May 31

Info: admin@hudsonforestplay.org or www.hudsonforestplay.org

Fees	By May 31	After May 31
Resident	\$100/week	\$150/week
Resident 8 weeks (bundle)	\$680	\$1020
Non-Resident	\$150/week	\$200/week
Non-Resident 8 weeks (bundle)	\$1020	\$1360
Day care	\$50/week	\$50/week

COUNSELLOR IN TRAINING (CIT) PROGRAM

Ages 13 to 16 (must have completed Grade 7)

Would you like to become a camp counsellor one day? The **Counsellor In Training** program is a great way to start! Participants will gain hands-on experience at day camp by helping run games, activities, and special events, while developing leadership, teamwork, and communication skills.

This program is free, but spots are limited to 20 participants per week, so early registration is recommended.

Registration now open: hudsonforestplay.org

Questions? Email: services_loisirs@ville.hudson.qc.ca

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Outdoor Pickleball

Cambridge Park | 2 courts

9 am – 10 pm | May 15 – October 15

- 🔑 Access is free and limited to residents only
- 🔑 Court keys are available at the Community Centre with proof of residence
- 🔑 Lost your key? The replacement fee is \$25

Reservations:

- 🔑 Reserve your court online here: villehudson.pickleplanner.com/
- 🔑 Reservations can be made up to 7 days in advance
- 🔑 Maximum of one reservation per day and three per week



Kayak & SUP Rentals

Jack Layton Park | June 24 – September 7

Hours: Wed–Fri 12 pm–7 pm

Sat–Sun 10:30 am–6 pm

Discover the joys of kayaking and stand-up paddleboarding (SUP) on the waterfront in Hudson!

Exclusive for Residents:

Free from Wednesday through Friday

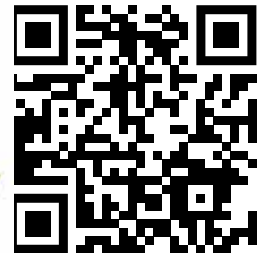
New for 2026:

- 🔑 Kayaking for Beginners
- 🔑 River Excursion (dinner included)
- 🔑 Season Passes

Visit www.decouvertnaturekayak.com for more details

Requirements:

- 🔑 Ages 4–9: tandem kayak accompanied by a parent
- 🔑 Ages 10–14: single kayak with supervision
- 🔑 Ages 16 and up: self-guided rental



2026 Pricing (Taxes and Life Jacket Included)

Equipment	1 h 30	3 h	Day
Single kayak	\$25	\$35	\$55
SUP	\$25	\$35	\$55
Double kayak	\$35	\$50	\$70

HUDSON COMMUNITY POOL SUMMER 2026

Pre-season: June 8 – June 19 | Regular season: June 22 – August 14
393 A Main Road, Hudson

(DATES, CLASSES, AND PRICES ARE SUBJECT TO CHANGE)

Get ready for a fun-filled summer featuring activities and themed events, Olympic-style swimming lessons, synchronized swimming and diving lessons, aqua-fitness classes, swimming, diving, synchronized swimming, and water polo teams, team leader programs, a team of lifeguards, and much more! It's the PERFECT place to spend the summer with your family!

EARLY REGISTRATION

Stephen F. Shaar Community Centre, 394 Main Road, Hudson

Swimming Lessons, Programs, Bronze Cross, Free Swim Membership

FOR HUDSON RESIDENTS
(proof of residence required)

Opens Sunday, May 24, 2026
(9:00 am – 12:00 pm)

**FOR
NON-RESIDENTS**

Opens Sunday, May 31, 2026
(9:00 am – 12:00 pm)

Office hours:

Monday–Thursday: 8:30 am – 12:00 pm and 1:00 pm – 4:30 pm,
Friday 8:30 am – 12:00 pm

A 15% late registration fee will be applied to registrations received after June 5, 2026.

Access to the Pool

Type	Residents	Non-Residents
Child	\$3.00	\$4.05
Adult (18+)	\$5.00	\$6.75
10-visit pass	\$30.00	\$40.50

Free Swim Membership

Type	Residents	Non-Residents
Family	\$120.00	\$162.00
Adult (18+)	\$60.00	\$81.00
Teenager	\$45.00	\$60.75
Adult (60+)	\$45.00	\$60.75

Additional fee per child:
\$5 (residents) / \$6.75 (non-residents)

All Included Membership

(Swimming lessons, programs and free swim included)

Type	Residents	Non-Residents
Family	\$350.00	\$472.50
Parent-Child	\$260.00	\$351.00
Teenager	\$165.00	\$222.75
Adult (18+)	\$220.00	\$297.00
Adult Couple	\$290.00	\$391.50
Adult (60+)	\$85.00	\$114.75
Adult Couple (60+)	\$125.00	\$168.75

Additional fee per child:
\$5 (residents) / \$6.75 (non-residents)

RECREATION ZONE



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. Let us know what you think!

DRAWING EXPLORATION CLASS WITH ALLANA BENHAM

4 WEEKS: MAY 14 – JUNE 4

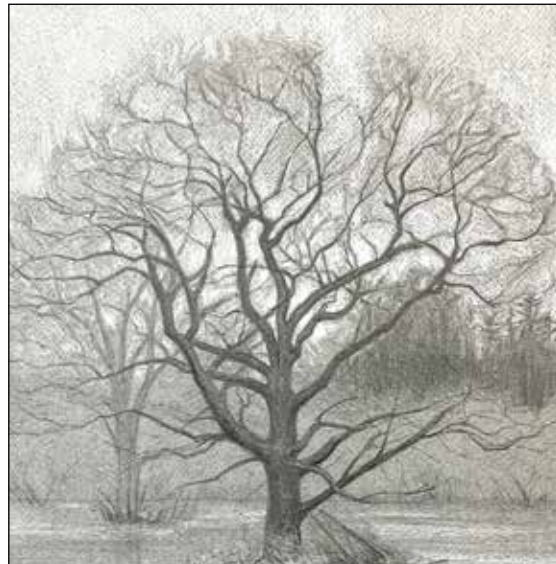
Teen Centre (Basement)

Thursday: 6:30 pm – 9 pm

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

Materials included, students can bring their own materials.

Residents	\$240
Students and 60+	\$195
Non-Residents	\$320



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 examine different approaches to using drawing materials to create a range of effects.

YOUTH PROGRAM 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 monthly program at the Community Centre.

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

Teen hours: 7 pm – 10 pm (13 years +)

Friday, May 8
Friday, July 17

Friday, May 22
Friday, July 31

Friday, June 5
Friday, August 7

Friday, June 26
Friday, August 14



GLOW IN THE DARK PARTY

July 17 | 7 PM – 10 PM

Celebrate summer with a glowing night of music, games, and snacks! Wear neon or bright colours that glow under the lights and enjoy a fun night with friends.

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LE SPOT 55+

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

Join us on Tuesdays and Thursdays to connect, share good company, and make the most of your morning!

On June 18, we'll be hosting a kick off party to launch the summer series for residents aged 55+, including weekly meetups at Jack Layton Park, community picnics, and a speaker series.

Details available at the Community Centre.

The regular program will resume on September 8, 2026.

Movie Mornings

Join us for free movie mornings, held the fourth Wednesday of every month from 10 am to 12 pm. Enjoy a great film and a friendly moment together at the Community Centre. Stop by on Tuesdays or Thursdays between 10 am and 12 pm to vote for next month's movie!

Dates: **Wednesdays, April 22, May 27** | Time: 10 am - 12 pm

Bingo

Join us for free bingo, held every second Wednesday of the month from 10 to 11 am at the Community Centre. A fun and friendly way to gather, play a classic game, and enjoy time together. Prizes include gift cards from local businesses.

Dates: **Wednesdays, April 10, May 8, June 12** | Time: 10 am - 11 am

For more information: services_loisirs@ville.hudson.qc.ca | 450-458-5347 (3704)

WOMEN'S DISCUSSION GROUP with Carla Ruiz

Each week will focus on a theme designed to spark conversation, reflection, and mutual support. The sessions will combine open discussions, expert advice, and community exchanges, creating a space where women can slow down, build connections, and leave feeling refreshed and inspired.

Dates: **Wednesdays, 7 to 9 pm at the Community Centre**

Participants: Minimum of 5

Registration: April 4-8

	Standard Rate	60+ Rate
Residents	\$96.00	\$72.00
Non-Residents	\$129.60	\$97.20

Here is an overview of the topics on offer. Activities and guest speakers will further enrich the experience.

- **Week 1 (May 20): The Power of Connection** — exploring community and the strength of bonds between women.
- **Week 2 (May 27): The Season I'm In** — reflecting on life transitions and their beauty.
- **Week 3 (June 3): The Words We Share** — understanding the impact of words on our well-being.
- **Week 4 (June 10): The Art of Self-Care** — a reminder of the importance of personal well-being.
- **Week 5 (June 17): The Stories We Share** — sharing experiences and life stories.
- **Week 6 (July 8): Rediscovering Joy** — emphasizing joy, creativity, and laughter.
- **Week 7 (July 15): Women Supporting Women** — reflecting on mutual support and solidarity.
- **Week 8 (July 22): Reflection and Celebration** — celebrating connections, growth, and community.

RECREATION



ROOM RENTAL - STEPHEN F. SHAAR COMMUNITY CENTRE

The Stephen F. Shaar Community Centre is the perfect place to celebrate your birthday, wedding reception, seminar, or meeting.

PRICING

Main Hall

- Residents: \$50/hour (4-hour minimum) + \$350 refundable deposit
- Non-residents: \$100/hour (4-hour minimum) + \$350 refundable deposit
- Included: Air conditioning, commercial kitchen, microwave, fridge-freezer, Wi-Fi, tables & chairs, coat check, projector & screen, microphone & audio system, parking, water cooler, high chair, restrooms with changing tables

Secondary Hall (Basement)

- Dimensions: 53ft x 40 ft
- Residents: \$35/hour + \$250 refundable deposit
- Non-residents: \$45/hour + \$250 refundable deposit
- Included: Air conditioning, microwave, mini-fridge, Wi-Fi, TV, projector, foosball, ping-pong, sofas

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, same amenities as main room

Exclusions: Tableware, tablecloths, cooking utensils and appliances, setup/dismantling/cleaning.

Setup/dismantling/cleaning: The renter is responsible for these tasks, which must be performed during the rental period.

Contact us:

Tel: 450 458 5347, extension 3703 | Email: accueil_loisirs@ville.hudson.qc.ca



ST-LAZARE HUDSON SOCCER CLUB 2026

The St-Lazare Hudson Soccer Club, the Hawks, is pleased to contribute to the athletic development of young athletes ages 4 and up. We have the resources, coaching staff, and administrative personnel needed to provide your child with a healthy, enriching, and exciting soccer experience for the 2026 summer season.

Programs for all tastes and skill levels: from recreational to competitive players.

The club also offers a summer soccer camp and high-performance camps.

- ⚽ Ages 4 and up
- ⚽ Residents and non-residents
- ⚽ Bilingual
- ⚽ Required equipment: sportswear, running shoes, and shin guards

Registration

- ⚽ Required
- ⚽ Available online until June 1, 2026—act fast, as spots are limited and available on a first-come, first-served basis; some programs may close before June 1.

Information – Schedule and Cost

St-Lazare Hudson Soccer Club - info@slhsoccer.com - www.slhsoccer.com

Facebook: facebook.com/slhsoccer Instagram: [hawks_stlazare_hudson](https://instagram.com/hawks_stlazare_hudson)



ATOM 2020-2019-2018 (FLAG) | MOSQUITO 2017-2016
 PEEWEE 2015-2014 | BANTAM 2013-2012 | MIDGET 2011-2010-2009

SAINT-LAZARE FOOTBALL ASSOCIATION

The Saint Lazare Stallions Football Association is a non-profit organization dedicated to bringing together players, coaches, volunteers, and partners each year to provide a structured and dynamic environment for the development of community-based amateur football.

- 🏈 Programs for ages 6 and up
- 🏈 Co-ed flag and tackle football
- 🏈 Certified coaches
- 🏈 Bilingual clinics

Season runs from May to October, games start in August

Residents of Vaudreuil-Soulanges and Southwest Territories:

Saint-Lazare, Hudson, Vaudreuil-Dorion, Pointe-des-Cascades, Valleyfield, Rigaud, Les Coteaux, Les Cèdres, Coteau-du-Lac, Saint-Clet, Saint-Zotique, Rivière-Beaudette, Beauharnois, Notre-Dame-de-l'Île-Perrot, and other municipalities.

*Excludes Pincourt, Île-Perrot, Châteauguay, Kahnawake, and Léry.

- 🏈 All equipment is provided except mouth guard, girdle and cleats
- 🏈 **Registration is required online:**

<https://www.stallionsfootball.ca/inscriptions>

Facebook: [facebook.com/stlazarestallions](https://www.facebook.com/stlazarestallions)

Google Business Profile: <https://share.google/w72gQiTZffsOIupsh>

Youtube: <https://www.youtube.com/@St-LazareStallions>





SUMMER READING

FOR YOUR READING PLEASURE

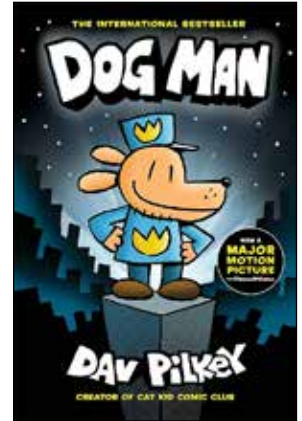
Comics were once seen as kid-focused, but the rise of the graphic novel in the 1980s changed everything. Moving beyond superheroes, creators embraced deeper, more mature storytelling. Today, graphic novels are a powerful and widely respected art form. Here are some of the best-selling graphic novels of all time.



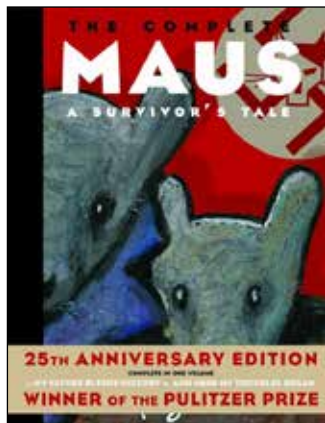
Watchmen by Alan Moore and Dave Gibbons is set in an alternate 1980s America where superheroes exist. When a former vigilante is murdered, an investigation uncovers a far-reaching conspiracy. The story explores power, morality, and the psychological cost of heroism in a dark, complex world.



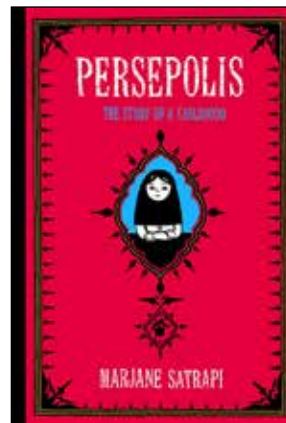
Smile by Raina Telgemeier follows a young girl navigating middle school after a dental injury leaves her needing years of orthodontic treatment. Blending humor and honesty, it explores self-image, friendships, and growing up, capturing the awkward, challenging, and often funny moments of adolescence.



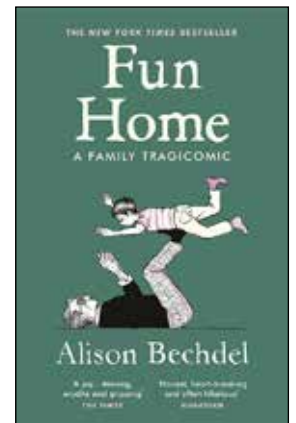
Dog Man by Dav Pilkey follows a half-dog, half-human police officer who fights crime while trying to stay out of trouble himself. With humor and action, the story explores friendship, loyalty, and doing the right thing, all through a playful and energetic comic style.



Maus: A Survivor's Tale by Art Spiegelman recounts the experiences of Holocaust survivor Vladek Spiegelman, as told to his son. Moving between wartime Poland and present-day New York, the narrative explores survival, memory, trauma, and the complex, strained relationship between father and son.



Persepolis: The Story of a Childhood by Marjane Satrapi is a memoir of growing up in Iran during the Islamic Revolution. Through a child's perspective, it explores war, political upheaval, identity, and resilience, tracing Satrapi's journey from innocence to awareness in a rapidly changing world.



Fun Home: A Family Tragicomic by Alison Bechdel is a graphic memoir exploring her relationship with her father, a closeted gay man. Blending personal reflection with literary references, it examines identity, family secrets, and the complexities of memory in the wake of his sudden death.



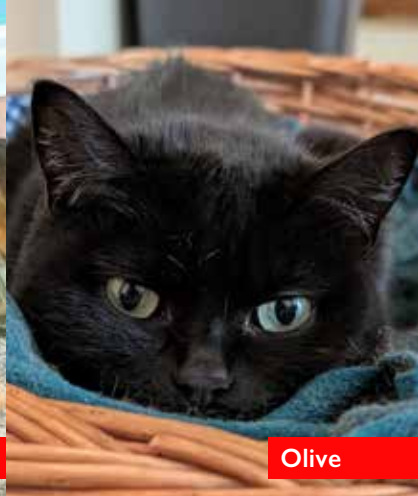
Winston



Will



Shep



Olive



Romy & Friend



Roxie



Marcel



Mylo



Misha



Scout



Henry



Nala & Taska



TimBit

UPCOMING EVENTS

APRIL

- 20-26: Hudson Film Festival, multiple screenings, multiple venues
- 23: Board Games Night, 6-7:30 pm, War Memorial Library
- 25: Market – Primavera En Gallo 10 am – 4 pm, Hudson Creative Hub
- 26: Nature, caught in the act - Photo exhibition, 2-4 pm, Hudson Creative Hub
- 27: Greenwood's StoryFest - Author Eliza Reid, 7:30 pm at the Community Centre
- 28: Hudson Garden Club AGM, 7 pm, Hudson Yacht Club

MAY

- 02: Scarecrow-making workshop, 1 – 4 pm, Heartbeet Community Farm
- 02: World Migratory Bird Day, 10 am – 2 pm, Le Nichoir
- 03-09: Book Sale, War Memorial Library
- 07: Board Games Night, 6-7:30 pm, War Memorial Library
- 08: Taking Your Space: A Workshop with Sandra Bouza, 10-11:30 am, Hudson Creative Hub
- 08: Parlez moi: The Greenwood singers spring concert, 7 pm, St Mary's Church
- 08: Sandra Bouza Live in Concert, 8 – 10 pm, Hudson Creative Hub
- 09: Hudson Roots and Shoots Event, 9 am-12 pm, Town Hall
- 13-24: Hurry Hard, matinées and evenings, Hudson Village Theatre
- 16: Plant Sale and Beyond fundraiser for Grannies Aid for Africa, 10-noon, Cardinal Brewing
- 16-17: First Garage Sale of the season
- 19: "Peonies and their Perfect Partners" by Céline Arseneault, 7:30 pm, St James Church
- 19: Greenwood's StoryFest - Author Lesley Chesterman, 7:30 pm, at the Community Centre
- 21: Board Games Night, 6-7:30 pm, War Memorial Library
- 21: When Music Leaves a Mark: Protest Songs! 7-9 pm Kingfisher Pub
- 23: Hudson Garden Club Spring Plant Sale, 9:30 am – until quantities last, Cardinal Brewing
- 23: Community Shredding Event, 9 am – 1 pm, Public Works Garage
- 23: 30th Anniversary Celebration for Le Pont Bridging, 1-4 pm at the Community Centre
- 24: Grand Opening Day at Greenwood – 30th Anniversary, 10 am - 4 pm, Greenwood Centre
- 30: Songwriter Spotlight Series – Women in Music, 2 pm, Hudson Creative Hub
- 31: British Car Show, 9 am, St Thomas Park

JUNE

- 04: Board Games Night, 6-7:30 pm, War Memorial Library
- 06-07: Garage Sale #2
- 07: Judy Hung and the OSJVS (Orchestre symphonique des jeunes de Vaudreuil-Soulanges), 2 pm, Greenwood
- 07-13: Book Sale, War Memorial Library
- 13: Workshop: Poetry Portal – Writing Through the Senses with Kat Charles, 10 am – 4 pm, Hudson Creative Hub
- 13: Kat Chapman – Music on the Lawn, 2 pm, Greenwood Centre for Living History
- 14: Café on the Porch, 10:30 am, Greenwood Centre for Living History
- 16: Floral Arranging Demonstration with Maritsa Kastamoulas of Oh Fleurs! 7:30 pm, St. James Church
- 27: Doggy Day Afternoon - 1 – 4 pm Greenwood Centre

UPCOMING EVENTS

JULY

- 01: Canada Day Festivities and Fireworks, noon - 10 pm, Benson and Jack Layton Parks
- 04: Original Art Sale, 3 pm, Greenwood Centre for Living History
- 06-11: Book Sale, War Memorial Library
- 08-19: The Rules of Playing Risk, matinées and evenings, Hudson Village Theatre
- 12: Heartbeet Farm BBQ, 6 pm, Heartbeet Community Farm
- 12: Traditional Tea, two sittings - 11 am and 2 pm, Greenwood Centre for Living History
- 17-19: Illume Festival, various locations
- 25: Fierté Hudson Pride, 12 pm – 10 pm, Alibi Barn
- 25: Pesto Fest workshop & tastings, 1-4 pm, Heartbeet Community Farm
- 26: Lullaby of Broadway (Singalong), 2 pm, Greenwood Centre for Living History
- 30-Aug 2: Hudson Music Festival, various locations
- 30-Aug 9: Hudson Players Club Shakespeare by the Lake presents Richard III, 7 pm, Jack Layton Park

AUGUST

- 02: Mario Starnino, Jazz Trio – Music on the Lawn, 2 pm, Greenwood Centre for Living History
- 03-08: Book Sale, War Memorial Library
- 15: Hudson Auto Show, 9 am, St Thomas Park
- 19-30: Last of the Red Hot Lovers, matinées and evenings, Hudson Village Theatre
- 22: Songwriter Spotlight Series - Duos & Collaborations, 2 pm, Hudson Creative Hub
- 29: Ciné-Piano, 8 pm, Jack Layton Park
- 30: Art and Collectibles Sale, 10 am - 4 pm, Community Centre

SEPTEMBER

- 05-06: Garage Sale #3
- 06-12: Book Sale, War Memorial Library
- 13: Harvest Dinner, 6 pm, Heartbeet Community Farm
- 12: Hudson Porchfest, 11 am, multiple locations
- 15: Hudson Garden Club Talk: “Nifty Native Plants” by Sean James, 7:30 pm, St. James Church
- 21: Monday at the Movies, 2 pm & 7 pm, Hudson Village Theatre
- 25: Volunteer Appreciation event, 5-7 pm, Community Centre
- 26-27: Culture Days in Hudson, various locations
- 26-27: Last garage sale of the year

It's Festival Season!

Browse our online calendar for upcoming events and activities: [hudson.quebec/en](https://www.hudson.quebec/en)



Directory

Helpful Numbers

Hudson Community Patrol:	514-219-5383	811 Info-Santé	
911 Emergency		211 Health and Social Services information	
311 Non life-threatening emergencies		988 Suicide crisis line	
Town Hall	450-458-5347	SQ Vaudreuil	450-424-1212

Community Resources

Food Bank

Le Pont Bridging Hudson	450-458-5318
CAB L'Actuel	450-455-3331

Legal

Legal aid	450-370-3064
Collectif de défense des droit	1-800-567-8080
Québec human rights commission	1-800-361-6477

Medical transport

L'Actuel	450-455-3331
CAB Soulanges	450-265-3134
OVPAC	450-371-5400

Sexual aggression & harassment

Elder abuse help line	1-888-489-2287
La Passerelle	450-424-6010
CALACS la Vigie	450-371-4222
SOS Conjugal violence	1-800-363-9010
Via l'anse	450-370-3200

Shelter

L'Aiguillage	450-218-6418
L'Antichambre (for ages 12-17)	450-373-9887
L'Arc-en-ciel Vaudreuil-Soulanges	450-424-7006
Temporary shelter for families	450-371-9617
An initiative of the Hudson Seniors Committee	

Help Lines

Anxiety, depression, bi-polar	1-866-738-4873
Caregiver support	1-855-852-7784
Crisis & suicide prevention	1-833-371-4090
Drugs: help & referral	1-800-265-2626
Gambling: help & referral	514-527-0140
Gender & sexual diversity	1-888-505-1010
Kids Help Phone	1-800-668-6868 / text 686868
Parents help line	1-800-361-5085
Tel-Aide	514-935-1101
Tel-jeunes	1-800-263-2266 / text 514-600-1002
Youth protection	514-935-6196
Single-parent and blended families:	450-373-4047
Additional resources at www.211qc.ca/en	

Health Resources

CLSC Vaudreuil	450-455-6171
CLSC Rigaud	450-451-6609
GMF Hudson Medicentre	450-458-5393
Hawkesbury Hospital	1-613-632-1111
Lakeshore Hospital	514-630-2225
Mental Health Clinic	438-951-7371
NOVA Hudson	450-458-5727
Pharmacy	450-458-4686
Poison control	1-800-453-5060
Polyclinique Médicale Vaudreuil	450-455-9301
Trois Lacs Medical Center	450-455-3322
Valleyfield Hospital	450-371-9920

Clothing and furniture thrift shops

Boutique and Maison NOVA	450-202-6682
CAB L'Actuel	450-455-3331
CAB Soulanges	450-265-3134
Carrefour de l'espoir Saint-Michel	450-218-3100
La Source d'Entraide	450-455-8000
Moisson Sud-Ouest	450-377-8537
War Memorial Library (the Bunker)	450-458-4814

Additional resources

Alzheimer Society	450-455-3373
Carrefour bienveillance 50+	450-424-0111
Crisis centre: Le Tournant	450-371-4090
Dorion Dream Centre	450-455-4532
Front-line addiction services	450-455-6171
John Abbot College Dental clinic	514-457-5010
La Moisson Center for Women	514-453-8720
Legion Housing Association	450-458-4810
LGBTQ2+ V-S	514-434-7998
Meals on Wheels	514-781-1194
Prenatal and young family centre	450-424-7867
Psychosocial intervention centre	450-377-3126
Respite le Zéphir	450-370-8804
Single-parent and blended families	450-373-4047
Vision Travail - Employment Guidance for 40+	1-844-660-8474
Additional resources at 211qc.ca/en	

Subscribe to the WEEKLY NEWSLETTER

...And keep informed about all Hudson community events and services... There's so much going on!
To subscribe to go: hudson.quebec/en

A TOWN OF HUDSON publication

Spring 2026

Contact us: 450-458-5347

info@ville.hudson.qc.ca

TOWN HALL

481 Main Road,
Hudson, Quebec J0P 1H0
hudson.quebec/en

