

ACTIVITY GUIDE FALL 2026



Photo: Stephane Hogue

Hudson Physical Activities and Wellness Programming

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



Sessions with Maureen: September 21 - December 11

Sessions with Marla: September 21 - December 7

Registration Period: Starting September 14th*

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.

Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - 11:15 20/20/20 Marla	9:00 a.m. - 10:00 a.m. Pilates Marla		9:00 a.m. - 10:00 a.m. Pilates Marla	9:00 a.m. - 10:00 a.m. Regenerative Yoga** Maureen
11:30 a.m. - 12:30 a.m. FitSit (NEW!) Marla	10:30 a.m. - 11:30 a.m. Regenerative Yoga** Maureen		10:30 a.m. - 11:30 a.m. Regenerative Yoga** Maureen	10:15 a.m. - 11:15 a.m. 20/20/20 Marla
3:00 p.m. - 4:00 p.m. Chair Yoga** Maureen			12:00 p.m. - 1:00 p.m. Chair Yoga** Maureen	
	5:00 p.m. - 6:00 p.m. Regenerative Yoga** Maureen		5:00 p.m. - 6:30 p.m. Karate Luigi	

Minimum registration required for all programs.

No classes: Monday, September 28 (Federal Elections), Monday, October 5 (Federal Elections),

Monday, October 12 (Thanksgiving)

* Except Karate starting on September 1.

** Participants must provide their own yoga mats.

Pricing

Activity	Description	Resident	Resident 60+	Non-Resident
20/20/20	1x/Week: A workout combining 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching to improve overall fitness.	\$117.12	\$87.81	\$137.21
Pilates	1x/Week: A class focused on strengthening deep muscles, posture, flexibility, and balance.	\$117.12	\$87.81	\$137.21
	Unlimited - 11 Weeks	\$234.63	\$176.03	\$274.43
Chair Yoga	1x/Week: Adapted yoga practiced using a chair to improve mobility, balance, strength, and relaxation.	\$127.76	\$95.80	\$149.69
Yoga regenerative	1x/Week: Gentle yoga that promotes relaxation, recovery, and stress reduction through held poses.	\$127.76	\$95.80	\$149.69
	Unlimited - 12 Weeks	\$255.53	\$191.59	\$299.38
Fitsit	1x/week: A fitness activity that promotes flexibility, strength, and overall well-being.	\$117.12	\$87.81	\$137.21
1 visit	Applicable to the course of your choice.	\$15.00	-	\$20.25
Session: September 10 - November 12 (Registration begins September 1)		7-12 y/o	13-17 y/o	Adult
Karate	1x/week: Classes that promote discipline, coordination, fitness, and the learning of self-defense techniques.	\$180.00	R : \$200	R : \$220
		N-R : \$245	N-R : \$270	N-R : \$295

REFUND POLICY

Course refunds are calculated on a pro-rata basis and are subject to a \$25 administrative fee, unless a doctor's note is provided.

Pickleball Courts

End of Season: October 15 | Start of the 2027 season: May 15

	Date	Time	Location	Cost	Registration
Outdoor Pickleball Courts (2)	Mon-Sun	7:00 a.m. - 10:00 p.m.	Cambridge Park	Free	Online at PicklePlanner – Town of Hudson (hudson.quebec)

Note: Reservations are required and are subject to availability. Keep your key for the 2027 season!

Recreation



Youth Programming

Location: Stephen F. Shaar Community Center

Date & Time	Clientele	Cost	Registration
Teen Nights Come unwind after school! Meet up with your friends to relax, or join in on games, challenges, music, or other activities in a friendly and safe environment.			
September 11-18 October 9 & 23 November 6 & 20 December 4 & 11	Ages 9-12 (4:00 p.m. - 7:00 p.m.) Ages 13-17 (7:00 p.m. - 10:00 p.m.)	Free	No Registration
Family Workshop – Making a Magic Potion A spectacular science show where science looks like magic!			
September 20 9:00 a.m. – 10:00 a.m.	Families	\$15	September 8-15
Family Workshop – Introduction to Exotic Animals Discover fascinating exotic animals during an interactive presentation.			
September 20 10:30 a.m. – 11:30 a.m.	Families	\$15	September 8-15
Family Workshop – Kokobrik Minecraft Build a city inspired by Minecraft by taking on a collaborative challenge.			
October 25 9:00 a.m. – 11:00 a.m.	Families	\$15	October 1-15
Family Workshop – Monster Drawings (Manga and Comics) Create monsters and characters with a professional artist while learning the basics of visual storytelling.			
October 25 9:00 a.m. – 11:00 a.m.	Families	\$15	October 1-15
Halloween Trick-or-treating and a haunted house to celebrate Halloween with the family.			
October 31 5:00 p.m. – 8:00 p.m.	Ages 5-17	Free	No registration
Breakfast with Santa A family breakfast followed by arts and crafts and a photo with Santa Claus in a festive atmosphere.			
December 5 8:00 a.m. – 12:30 p.m.	Families	\$5/person	November 1-30

Registration for activities: Starting September 8 (unless otherwise noted) on Town website ([hudson.quebec](https://www.hudson.quebec.ca)) or in person at the Stephen F Shaar Community Centre.

Note: Space is limited. Registration is required for all workshops, except for **Teen Nights**.

Activities are for Hudson residents only.

Active Youth Policy

Eligibility: Hudson residents aged 17 and under. A 20% reimbursement of registration fees (maximum \$100 per child per year).

Eligible Activities: Sports activities offered by a nonprofit organization or a recognized business that are not the Town or its partners.

Applications must be submitted by November 30, with reimbursements issued in December. The **application form is available on the Town of Hudson website** by clicking the “Active Youth” quick link on the homepage.



Active Living 55+

Date & Time	Location	Cost	Registration
The Spot Coffee and conversation with board games in a friendly atmosphere.			
Tuesdays & Thursdays Sep. 8 – Dec. 15 10:00 a.m. – 12:00 p.m.	Stephen F. Shaar Community Center	Free	No registration
Presentation on Fall Prevention, Balance, and Safe Mobility This presentation covers practical strategies for maintaining independence in daily life.			
November 18 1:00 p.m. – 2:00 p.m.	Stephen F. Shaar Community Center	Free	November 2-13
Thomas More Institute Group reading and analysis of stories, fairy tales, and other literary works.			
September 29 to December 1 1:30 p.m. – 3:00 p.m.	Stephen F. Shaar Community Center	\$35	Online on the Thomas More Institute website (thomasmore.qc.ca)
Fall Outing Vineyard Fall outing featuring a guided tour, a wine tasting, and a snack pairing. Bus ride included.			
October 22 12:30 p.m. – 3:30 p.m.	Vignoble Côte de Vaudreuil	\$25	October 1-15
Shinrin Yoku-Dō Workshop Learn about the Japanese practice of forest bathing — to awaken the senses and foster a connection with nature.			
October 25 9:30 a.m. – 11:30 a.m.	Sandy Beach Nature Park	Free	October 1-15
Computer Workshops Computer workshops from Communautique. Learn to use your computer safely and remain independent online.			
November 4 to December 16 3:00 p.m. – 6:00 p.m.	Stephen F. Shaar Community Center	Free	October 1-30
Computer Support or Troubleshooting Sessions Personalized computer troubleshooting sessions by appointment, offered by Communautique.			
November 4 to December 16 2:30 p.m. – 3:00 p.m.	Stephen F. Shaar Community Center	Free	October 1-30
Christmas Dinner Community dinner with music and a festive atmosphere.			
December 12 5:00 p.m. – 9:00 p.m.	Stephen F. Shaar Community Center	\$15	November 1-30

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Note: Space is limited. Registration is required for the listed activities. Activities are for Hudson residents only.



Arts & Cultural Activities

For complete and up-to-date details on town and community programming please visit the municipal events calendar at hudson.quebec.ca.



Watercolor Workshops
with Gisèle Lapalme

This workshop is designed for both beginners and artists looking to refine their skills. Participants explore watercolor techniques, composition, and preparatory drawing, while developing their own style in a friendly atmosphere and at their own pace. Basic supplies are provided during the first class.

Dates & Times	Location	Cost	Registration
Sep. 15 — Nov. 3 1:15 p.m. – 3:45 p.m.	Stephen F. Shaar Community Center	Residents: \$260 Residents 60+: \$195 Non-residents: \$351	September 1-15



“Around the World” Series

Lectures on the culture, traditions, history, and cuisine of various countries.
Come discover :

1. **Italy**, presented by Giovanna Ten Broek
2. **Ireland**, presented by the Soulanges Irish Society
3. **Mexico**, presented by Academia Espanola Mistral

Dates & Times	Location	Cost	Registration
Italy , September 16 1:30 p.m. – 2:30 p.m.	Stephen F. Shaar Community Center	Free	September 1–15
Ireland , October 14 5:00 p.m – 7:00 p.m.			September 29 - October 13
Mexico , November 11 5:00 p.m. – 6:00 p.m.			October 27 -November 10



Volunteer Appreciation

Our annual 5 à 7 celebrating the dedicated volunteers who generously give their time to local organizations and help make our community stronger and more vibrant. **If you volunteer with a local organization, we invite you to join us! Please RSVP by September 20.**

Dates & Times	Location	Cost	RSVP
September 25 5:00 p.m. – 7:00 p.m.	Stephen F. Shaar Community Center	–	September 1-20



Les journées de la culture

WOW
Ça fait du bien!

Hudson's Journées de la culture invites residents of all ages to explore, create and celebrate together on Saturday, September 26 and Sunday, September 27.

This province-wide celebration brings arts and culture activities to everyone — and it's completely **free**!

Saturday, September 26

Event	Time	Location
Visual Arts/Comics and Storytelling with Raeven Geist-Deschamps	9:00 a.m. - 12:00 p.m.	Community Center
Theatre workshop with Hudson Players Club	1:00 p.m. - 5:00 p.m.	Community Center
Sun Prints with Marion Ellisalde	1:00 p.m. - 4:00 p.m.	Community Center
Puppet Show with Mary Vuorela	3:30 p.m. - 4:00 p.m.	Bibliothèque Hudson War Memorial Library
Community Dances avec Association Québécoise des loisirs folkloriques	6:00 p.m. - 10:00 p.m.	Community Center

Sunday, September 27

Watercolour workshop with Gisèle Lapalme	9:00 a.m. - 12:00 p.m.	Hudson Creative Hub
Puppet Show with Mary Vuorela	10:00 a.m. - 10:30 a.m.	War Memorial Library
Cyanotype Workshop with Stephanie Rault	1:00 p.m. - 5:00 p.m.	Benson Park (Rain - Hudson Creative Hub)
Freehand Henna Workshop with Indu Khaitan	1:00 p.m. - 5:00 p.m.	Hudson Creative Hub
Bollywood dance workshop with Kuljit Sodhi	6:00 p.m. - 10:00 p.m.	Hudson Creative Hub



Night of Lights & the Santa Claus Parade

Celebrate the start of the holiday season with a lighting ceremony, winter carols, hot chocolate, and the Santa Claus parade.

Saturday, November 28 | 5:00 p.m. - 9:00 p.m.

Town Hall & Main Road | This event is free!

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

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
Additional resources at www.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: www.hudson.quebec/en

A TOWN OF HUDSON publication

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