



TOWN OF HUDSON
PARKS & RECREATION
ACTIVITY GUIDE



FALL 2016

Info: 450 458-6699 - www.ville.hudson.qc.ca



Hudson's Parks and Recreation Department is pleased to offer diverse programs for you and your family. Based at the Stephen F. Shaar Community Centre, these classes are the natural expression of what we feel are our shared values: a terrific appetite for life, curiosity about the arts, a passion for learning new skills, staying fit, connecting with others, and finding mind/body/spirit harmony.

We warmly encourage you to try something new, or re-register in your favourite programs.

This information guide should provide you with an outline of what we have to offer, however, you are welcome to get in touch with us about any questions or concerns.

Please note that in order to provide you with these special classes, specific registration deadlines this year must be strictly enforced. Registration is open now at our reception. *Each class carries a minimum number of participants.*

WE LOOK FORWARD TO SEEING YOU SOON.



HUDSON TOWN HALL

ADMINISTRATIVE SERVICES

481 Main, Hudson (Québec) J0P 1H0
Tel: 450 458-5347
Fax: 450 458-4922

OFFICE HOURS

8:30am - 4:30pm (Monday - Friday)

MEMBERS OF COUNCIL

Mayor	Ed Prévost	District	Area
Councillor	Robert Spencer	1	Como
Councillor	Ron Goldenberg	2	Hudson - East
Councillor	Nicole Durand	3	Hudson Center
Councillor	Barbara Robinson	4	Fairhaven
Councillor	Deborah Woodhead	5	Heights - East
Councillor	Natalie Best	6	West

MEETINGS

Regular meetings are held at 7:30pm on the first Monday of each month at the Stephen F. Shaar Community Centre. When the first Monday is a holiday, the meeting is held on the Tuesday or at another date set by resolution the month preceding the holiday. For meeting updates, please check the town web calendar www.ville.hudson.qc.ca

COMMUNITY CENTRE

STEPHEN F. SHAAR COMMUNITY CENTRE

394 Main, Hudson (Québec) J0P 1H0
Tel: 450 458-6699
Fax: 450 458-7764
Email: recreation@ville.hudson.qc.ca

OFFICE HOURS:

8:30am - 12:00pm &
1:00pm - 4:30pm (Monday - Friday)

NORMAL HOURS OF OPERATION:

8:30am - 11:00pm (Monday - Thursday)
8:30am - 2:00am (Friday)
9:00am - 2:00am (Saturday)
9:00am - 11:00pm (Sunday)



The Parks & Recreation Department will publish a program of its different activities and a revised list of the recreational organisations three times a year in April, August and December. Supplementary copies are available at the Stephen F. Shaar Community Centre, Hudson Town Hall and on the town website. www.ville.hudson.qc.ca

Please note that all our programs are open to residents and non-residents.

REGISTRATION

Stephen F. Shaar Community Centre 394 Main

**STARTING MONDAY, AUGUST 29TH
TO FRIDAY, SEPTEMBER 2ND
FROM 8:00AM TO 8:30PM**

NOTE: Please be ready to pay by cheque or debit.

***Dates & times for all courses are subject to change.
Minimum registration required for all programs.***

Thank You

REFUND POLICY

After the first 2 weeks of programs, refunds will be given only with a medical note. Refunded amounts will be calculated from the day of cancellation, and there will be a \$25.00 administration fee deducted from the refunded amount.

Please note there will be a \$25.00 fee for returned or cancelled cheques.

LOOKING FOR VOLUNTEERS

If you have time to spare, we are looking for volunteers for some of our activities such as Meals on Wheels cooks and community events.

For more information, please call the Hudson Parks and Recreation Department at 450 458-6699.

For Children & Youth up to 17 years of age

It has come to the attention of the Town of Hudson Council that many towns and municipalities offer reimbursement to citizens in order to motivate children ages 17 years and under to become more active and to discover and develop various skills and abilities. As such, the Town will issue reimbursement for some sport or leisure activities in the Town of Hudson.

Considering that Hudson Town Council is seeking to promote recreational activities and all the benefits they provide:

The Town of Hudson will reimburse 20% of course registration fees for young people who are 17 years of age or under, who live permanently in Hudson and who sign up for activities or courses not offered by the Town or one of its mandataries up to a maximum amount of \$100 per year, per child.

The annual subsidy period is established as being January 1st to December 31st. **(1)**

PROCEDURES

Upon presentation of an official receipt and proof of residence, citizens will be asked to fill out a form which will include all relevant information. The amount to be reimbursed will then be calculated on the information provided. Any receipt(s) attached to the form will be photocopied by the Town. The Town will reimburse citizens annually in the month of December. Only current-year receipts will be accepted and **November 30th** will be the deadline to submit reimbursement requests.

(1) Certain conditions apply:

- The activity or course must be offered by a non-profit organisation or by a reputable business.
- The reimbursement calculation will be based on the submitted receipt amount for registration fees only. Cost of materials (e.g., costumes, CD's, manuals, etc.), transportation or other related costs will not be eligible.
- Public activities are not covered (i.e., open skiing, cinema, etc.)
- Reimbursement will not be extended to sports or academic programs, or for specialized day camps.

This program is open to Hudson residents only.

The form is available on the town website www.ville.hudson.qc.ca



Your well-being is important to us. We are personally committed to helping you achieve your fitness goals by offering a wide variety of classes. **Join us today.**

FALL SCHEDULE

FITNESS & YOGA AT THE STEPHEN F. SHAAR COMMUNITY CENTRE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00am *B.A.M. FIT (Tina)	**8:30-9:30am Zumba (Josée)	9:00-10:00am Group Power (Tina)	9:00-10:00am 30/30 Axis / Transform (Tina)	8:30-9:30am Hatha Flow Yoga (Zoey) Starts Sept. 15	8:05-9:05am Zumba Senteo (Josée)
	10:30-11:30am Regenerative Yoga (Maureen)	10:15-11:15am Pilates (Zoey) Starts Sept. 13	10:15-11:15am Regenerative Yoga (Maureen)	9:30-10:30am Group Power (Tina)	9:05-10:30am No Boundaries Fitness (Tina)
				NEW! 4:00-5:00pm Youth Yoga 12+ (Barbara)	
				NEW! 5:30-6:30pm Kundalini Yoga (Barbara)	
	NEW! 3:15-4:00pm Teen Tone House (Tina)	6:50-7:50pm Boot Camp (Daniella)	7:00-8:00pm *B.A.M. FIT (Tina)	7:00-8:00pm Boot Camp (Daniella)	
		8:00-9:30pm Wellness Yoga (Maureen)			

(NO CLASSES OCTOBER 10 THANKSGIVING HOLIDAY)

*B.A.M. Fit classes not included in regular Fitness **Time subject to change

FALL FITNESS

15 Weeks (September 6 - December 18)

- 15 Classes **\$110** (Students & Seniors 60+ save 25%)
- 30 Classes **\$170**
- Unlimited **\$200**
- Drop-In **\$12**

GROUP POWER

Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



30/30:

AXIS - INTERVAL & CORE PROGRAM

A total body workout! This class alternates between cardio and intervals and muscular strength and endurance exercises. It is a simple yet effective routine guaranteed to get your blood pumping. Also a mixed level choreography based class with a focus on activating the deep core muscles!

INTERVAL & TRANSFORM

Fusion of yoga, Pilates & athletic conditioning.

NO BOUNDARIES FITNESS

No Boundaries Fitness classes incorporate both cardio and strength training all in a fun, one-hour workout that will push you to new limits of personal strength. Cross-FIT style training that will work you like never before!

B.A.M. FIT WITH TINA JOY

15 Weeks (September 7 - December 18)

1 X Week **\$150**

2 X Week **\$300**

(Must specify the day. Maximum participants 15)



facebook.com/bamfit.montreal

Tina Joy is the head coach and owner of **B.A.M. FIT (By Any Means Fitness)**, a small local fitness company that specializes in high intensity, mixed discipline and functional training. I am a certified personal trainer, group fitness instructor and small group speciality coach. As a cancer survivor I pride myself on not only teaching and practicing a healthy and active lifestyle, but I also believe fitness is about building a strong community and forming lasting friendships. I am blessed to have a very loyal and dedicated client-base in Hudson / St. Lazare and surrounding areas.

I am proud to offer a wide range of large and small group fitness classes out of the Stephen F. Shaar Community Centre, including: functional strength & interval training, specialty core & yoga fusion sessions, small group and cross training classes.

B.A.M. Fit is a high intensity, cross-training fitness program designed to challenge and push you to new limits to improve your physical well-being and cardiovascular fitness. Expect sweat and intensity. Expect fun and building friendships.

[Facebook.com/bamfit.montreal](https://facebook.com/bamfit.montreal)

Expect Results!



NEW! TEEN TONE HOUSE WITH TINA JOY**13 Weeks (September 12 - December 12)**Monday: 3:15 - 4:00pm 1 x Week **\$85.00** Ages:12-17

It's GAME TIME! Unleash your inner athlete and join the Teen Tone House training group where every individual has the capacity to be like the athlete they admire, and to train like them!!!

Teen tone house is the first-ever extreme, athletic-based group fitness class aimed at unleashing the inner athlete in everyone. Sessions are team-oriented, competitive, fun, and supportive, guaranteeing optimal fitness results. Teen tone house's goal is to bring sports conditioning and cross fit workouts to the mainstream and help teens improve their mental and physical health and become better overall athletes and people.

WELLNESS YOGA WITH MAUREEN YOUNG**15 Weeks (September 6 - December 13)**

Adults 1 X Week **\$165**
(Students & Seniors 60+ save 25%)

REGENERATIVE YOGA WITH MAUREEN YOUNG**14 Weeks (September 12 - December 14)**

1 X Week **\$90** - Senior 60+ 2 X Week **\$155** - Senior 60+
 1 X Week **\$115** - Adults 2 X Week **\$195** - Adults

HATHA FLOW YOGA WITH ZOEY TEDSTILL**14 Weeks (September 15 - December 15)**

1 X Week **\$130**
(Students & Seniors 60+ save 25%)

Hatha is quite a general term for yoga, but it will have a flow feel with the transitions from one pose to another also being important. The class will have a focus on movement with breath and correct alignment.



MANOIR GOLDEN FITNESS WITH MAUREEN YOUNG AT MANOIR CAVAGNAL

Monday & Friday 9:30 - 10:15am **FREE** to all seniors

NEW! KUNDALINI YOGA WITH BARBARA PINTO

14 Weeks (September 15 - December 15)

1 X Week **\$130**
(Students & Seniors 60+ save 25%)

NEW! YOUTH YOGA WITH BARBARA PINTO

14 Weeks (September 15 - December 15)

1 x Week **\$95.00** Ages:12-17

SENIORS PROGRAMS

HUDSON TRAVEL CLUB



Interested in going on day or overnight trips as a group?
Wouldn't it be nice to sit back and let someone else do the driving?

Membership: **\$10/year.**

Call or stop by the Community Centre for more information.

RENDEZ-VOUS - A MEETING OF MINDS AND IDEAS!

STARTING SEPTEMBER 13TH

Tuesday: 12:30pm - 3:00pm Drop in **\$5**

Refer to the Local Journal for information on upcoming topics. Takes place at the Stephen F. Shaar Community Centre once a month until May.

THOMAS MORE INSTITUTE - SENIORS PROGRAM COURSE

LOCATION: YOUTH CENTRE

9 Weeks (October 11 - December 6)

New topic: Family

Tuesday: 1:30pm - 3:00pm Cost: **\$15**



**KARATE - FOR ALL AGES
WITH SENSEI LORRAINE D'ARTOIS**

LOCATION: COMMUNITY CENTRE

14 Weeks (September 13 - December 13)

Classes will focus on the basics of Karate with an emphasis on etiquette, discipline, control, and a positive attitude.

Sensei Lorraine d'Artois, who has 40 years training in martial arts and 30 years of teaching experience, is a 4th degree black belt in Shorinjiryu and a 5th (yondan) degree black belt in Atarashii Naginata.

Additional costs for uniforms and some equipment will be discussed with the sensei.

Tuesday: 4:00 - 5:00pm
5:00 - 6:30pm

Ages: 4-6 years
Ages: 7-12
Ages: 13-17
Adults

Cost: **\$98**
Cost: **\$168**
Cost: **\$184**
Cost: **\$203**



**NAGINATA SPORT
WITH SENSEI LORRAINE D'ARTOIS**

LOCATION: COMMUNITY CENTRE

14 Weeks (September 14 - December 14)

Naginata is a fencing sport and martial art discipline of Japanese origin. It is practiced by men, women and children of all ages around the world. Training focuses on body movement and the skills required manipulating the seven-foot Naginata. Courses are taught by Sensei Lorraine d'Artois, 5th Dan.

Wednesday: 5:00 - 6:30pm

Children 8+
Adults

Cost: **\$168**
Cost: **\$203**



HUDSON YOUTH CENTRE

The Hudson Youth Centre inspires!

It's a place where youth and instructors passionate to share their skills with youth. Our centre offers personal & social development programs, art classes, theatre workshops, and music clinics.

Friday and Saturday nights, our youth leaders host activities and events. Local social groups (for adults or young people) also gather here for meetings and conferences.

OPENING HOURS:

Monday - Thursday:	8:30am - 2:30pm	Available for community groups & meetings.
	2:30pm - 7:00pm	Open for our youth activities & programs.
	7:00pm - 10:00pm	Available for community groups that serve youth.
Friday:	8:30am - 2:30pm	Available for community groups & meetings.
	2:30pm - 6:00pm	Open for our youth activities & programs.
	6:00pm - 11:00pm	Youth activities & events.
Saturday:	10:00am - 6:00pm	Youth Programs
	6:00pm - 11:00pm	Youth activities & events

Please inquire about space availability with the Community Centre office
450 458-6699.



PERSONAL DEVELOPMENT PROGRAMS

YOUTH IN ACTION - COMMUNITY LEADERSHIP

LOCATION: COMMUNITY CENTRE

8 Weeks (September 27 - November 15)

Tuesday: 3:00 - 4:00pm Ages: 13-17 Cost: **\$100**

Are you 13 - 17 years old and looking for ways to get involved in your community? Want to be a part of creating solutions to the issues you find important? Looking to learn about event planning and fundraising?

During our weekly workshops the “Youth in Action” program provides opportunities for youth to engage in a directed program rooted in the belief that youth have the ability to effect sustainable and vital community change.

Team Building and leadership skills workshops will lay the foundation for building a cohesive group who will identify relevant, local issues that impact youth in our community. The group will choose the issue(s) they wish to impact, and through reflecting on examples of successful projects from other communities & by drawing on personal experience and creativity, the group will design, organize and implement their initiative!

- Phase 1 Team Building and Leadership Development
- Phase 2 “Dream Big” Create, design and plan community change project
- Phase 3 Action & Implementation!
- Phase 4 Indoor Camp Out / Leadership Retreat
(Youth community needs assessment)

SKILLS/TOPICS

- Team Building Leadership Development
- Critical Thinking & Conflict Resolution
- Social Justice
- Creating Safe and Inclusive Spaces
- Resource mobilization
- Event/fundraising organization and planning

Minimum 12 participants.



PARENTING FROM THE HEART - WITH HEATHER MARKGRAF

LOCATION: YOUTH CENTRE

8 Weeks (October 5 - November 23)

Wednesday: 6:30 - 8:30pm Cost: **\$110**

A workshop based on Nonviolent Communication techniques and using the book "Respectful Parents, Respectful Kids, 7 Keys to Turn Family Conflict into Family Cooperation" by Suria Hart and Victoria Kindle Hodson.

CREATIVE MEDITATION - WITH SIAN NIA PALMER

LOCATION: YOUTH CENTRE

8 Weeks (September 26 - November 21)

(No class Monday, October 10th)

Monday: 3:00 - 4:00pm Cost: **\$80**

Embark on an 8-week journey of creative meditation and visualization. Together we will experience the profound benefit of meditation.... from relaxation to coping with stress... to peace of mind and total wellbeing. Get in touch with the integrity of your soul and inner being. Become efficient and effective with your capacity to meditate. Visualize for more fulfilling creative expression.

All you need is comfortable clothes, a journal and yourself!

Minimum 8 participants.



YOGA FOR YOUTH WITH MARK SMITH

LOCATION: YOUTH CENTRE

STARTING IN JANUARY 2017

Thursday: 3:15 - 4:15pm Ages: 12+



ENLIGHTEN UP - WITH SIAN NIA PALMER

LOCATION: YOUTH CENTRE

6 Weeks (September 29 - November 3)

Thursday: 4:30 - 6:30pm Cost: **\$60**

Einstein once said “Knowledge is experience, everything else is just information.” Together, through discussion, visualization and sharing, let us experience what it means to be a spiritual being having a human experience.

“The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it.” R. Fillmore.

In this 6 week course we will focus on:

1. Remembering who we are.
2. Our rights as human beings,
(exploring ourselves as energetic beings)
3. Deep connection.
4. Our story and group story.
Let’s make our own story!
5. Empowering our fabulous selves.
6. Group ceremony.
The life we choose to create.

TOASTMASTERS INTERNATIONAL YOUTH PROGRAM

LOCATION: YOUTH CENTRE

8 Weeks (October 1 - November 19)

Saturday: 10:00am - 12:00pm Cost: **\$40**

The Youth Leadership Program is an 8-week program. Specially designed by Toastmasters International, it introduces school-aged youths to the incredibly rewarding art of public speaking, and provides them with a platform to practice leadership skills.

- **Speak** with confidence in front of an audience
- **Listen** critically and effectively to what others are saying
- **Communicate** your thoughts and ideas
- **Lead** a group discussion and meeting



LIFE SKILLS FOR TEENS

PED DAY WORKSHOPS FOR STUDENTS GRADES 7 - 11

LOCATION: YOUTH CENTRE

This is a new series designed to give youth information and skills they need to pursue their interests. We have invited representatives from organizations such as, Carrefour Jeunesse d'Empoli and other local groups that specialize in supporting youth.

Time: 8:30am - 3:30pm Cost: **\$25** each

- Friday, September 23 - How to begin your financial life
- Friday, October 7 - How to market yourself, if you are a creative person (theatre, artist, crafter, photographer)
- Tuesday, November 1 - Information on how to become an entrepreneur
Available programs to support you.
- Friday, November 25 - Life skills - planning for life of your own.



OPEN ART MULTI MEDIA STUDIO

8 Weeks (September 24 - November 19)

(No class October 29th)



Our *Open Art Multi Media Studio* is a creative space for the artist in everyone. No experience required; you can drop-in after school to work on your own stuff, doodle, draw, paint and create with new, recycled or repurposed materials, and learn from an arts educator working in the studio, and artists in the community. You can join our ongoing projects, help start new ones, and try-out traditional and non-traditional materials every time you drop-in. Our *Open Art Studio* is an informal, dynamic place to be yourself and share with others to build community through art making. All materials are provided.

Open to adults and students 12+.

Saturday: 1:00 - 4:00pm

Cost: **\$100** for 8 open studio
Minimum 15 participants

Our first Open Art Hive Pop Up was a wonderful success watch our website for our next Friday night "Art Hive Pop Up". **All ages are welcome!**

ART EXHIBITION BY YOUTH IN THE HUDSON YOUTH CENTRE

The Hudson Youth Centre has a stunning, fully equipped Art Centre. Last season we welcomed many artists from our local schools to display their art. Each month we encourage youth to drop in with their art and we will showcase their work.

For more information, call Donna Karpman at 450 458-6699.

You can also post a message on the Hudson Youth Centre Facebook page.



MUSIC PROGRAM

BE WITH THE BAND

LOCATION: YOUTH CENTRE

10 Weeks (September 23 - November 25)

How much more fun would it be to play with the band? Local musicians from the band The Casuals, will be hosting / teaching the 10-week program. Come as you are, ready or no musical experience. All instruments welcome. An encouraging environment for aspiring, beginner musicians.

Friday: 7:00 - 9:00pm Cost: **\$100**

HUDSON YOUTH CENTRE CONCERTS

The Hudson Youth Centre has a long tradition of supporting local youth bands. In the Fall 2015, we hosted "Shindig" an outdoor concert featuring 5 local teen bands. More concerts coming soon.



YOUTH COLLECTIVE

LOCATION: YOUTH CENTRE

Friday & Saturday: 6:00 - 11:00pm Cost: **FREE**

Activities and events created and organized by our youth leaders. Jam nights, dinner parties, games, movies marathons, teen concerts, fundraising events and excursions into the great outdoors!

HALLOWEEN

This year's date is Saturday, October 29th, 2016. Call us right away and join in the fun planning of this exciting event.



STARTING ON SEPTEMBER 14TH, 2016

Mondays & Wednesdays: 7:30 - 10:00pm

Westwood Senior High School, 69 Cote St. Charles, Hudson.
Must be 16 years or older.



The Club welcomes players of all calibers, beginner to expert, from Hudson and neighboring municipalities. Open house on Monday, September 26th, **free admission**. Come play with us and find out why badminton is such a fun sport enjoyed by young and old alike.

For information call:

Denis D'Aoust: 514 233-2134

Michel Brisebois: 450 451-0746

NORDIC WALKING

Founded in Finland, Nordic walking is quickly becoming one of the most enjoyable, efficient and safest ways to train outdoors. Nordic walking uses 90% of muscles and consumes between 20-46% more calories than regular walking while toning the whole upper body. One mile of Nordic walking contracts your abdominal muscles 1,800 times and your back muscles 900 times! It is a versatile, low impact sport that can be done anywhere. People with back, neck and shoulder pain can strengthen and enforce their muscles by engaging in this sport. Nordic walking is easy to learn, fun and suitable for people of all ages and fitness levels.

Two-hour instructional course:

Saturday, September 10th 9:00 - 11:00am

Mount Pleasant School field Cost: **\$45.00**
(Hudson residents / poles provided)

Nordic Walking excursions on Saturday mornings in Hudson and surrounding area.

10 Weeks (September 17 - November 26)

9:00 - 11:00am Cost: **\$125.00**

SPECIAL: \$170.00 if taking both
Pole rental: \$30.00 for 10-week session
or \$90.00 to purchase.

Janice Burdon
I.N.W. A certified Nordic Walking
instructor since 2006
www.ultimatemotionfitness.ca
Contact: Janice Burdon 450 458-2531
or burdon4souls@live.ca
Deadline: September 3rd



COMING EVENTS

DATE	EVENT	PLACE	TIME
Sept. 17	Hudson Food Collective - Seeds & Harvest	Comm. Centre	4:00-8:00pm
Sept. 18	Terry Fox Run	Comm. Centre	11:00-3:00pm
Sept. 24 & 25	Studio Tour	Hudson area	10:00-4:30pm
Sept. 30, & Oct. 1 & 2	Hudson Artists Assoc. Fall Exhibition	Comm. Centre	10:00-5:00pm
Oct. 29	Halloween Party	Comm. Centre	1:00-5:00pm
Nov. 5	Royal Canadian Legion Remembrance Day Dinner	Comm. Centre	6:00pm
Nov. 6	Remembrance Day Parade	IGA-Legion	1:00pm
Nov. 11 & 12	Hudson Artists Assoc. Small Works Show	Comm. Centre	10:00-5:00pm
Nov. 26 & 27	Hudson Christmas Craft Fair	Comm. Centre	10:00-4:00pm
Dec. 2	SDC Merchants Market	Comm. Centre	3:00-9:00pm
Dec. 2	Festival of Lights	Comm. Centre	7:00pm
Dec. 3	Blessing of the Animals	Comm. Centre	10:00-4:00pm
Dec. 4	Hudson Santa Claus Parade	Westwood Sr. to Comm. Centre	1:00pm
Dec. 10	Breakfast with Santa	Comm. Centre	9:00am-12:00pm
Dec. 31	Hudson Legion New Year's Eve Party	Hudson Legion	9:00pm



HUDSON COMMUNITY ORGANIZATIONS

ARTIST & CRAFT GROUPS

Hudson Artists Association	John Goodger	john@goodger.org
Hudson Fine Craft	Carol Outram	450 458-0625
Hudson Potter's Collective	Jen Baumeister	450 458-4849
Lake of Two Mountains Artist Ass.	Rita Shellard	450 458-0527
Village Quilters	Marlise Horst	514 297-4016

HISTORICAL GROUPS

Greenwood Centre for Living History	Terry O'Shaughnessy	450 458-5396
Hudson Historical Society	Pat McCaffrey	450 458-5529
The History Garden	Elaine Steinberg thehistorygardemrcvs@gmail.com	

LOCAL LIBRARIES

Como Lending Library	Mary Whittal	450 458-5561
War Memorial Library	Donna Seaman & Liz Dawe	450 458-4814

MUSIC & PERFORMING ARTS

Contemporary Dance (Adults)	Kerwin Barrington	514 918-7534
Hudson Chamber Music Series	Anne Drake	450 458-5107
Hudson Classical Ballet (M.B.E.S.)	Sandy Ferguson	450 458-5155
Hudson Dance Centre	Sharon Weiner	450 458-4251
Hudson Film Society	Clint Ward www.hudsonfilmsociety.ca	416 884-4762
Hudson Music Club	Gail Marchand	450 455-8768
Hudson Music Festival	Linda Clouette	514 295-6017
	Blair Mackay	450 807-1179
Hudson Players Club	Diana Gausden	450 458-4220
Village Theatre	Kalina Skulska	450 458-2743

SOCIAL SUPPORT GROUPS

Alzheimer Society Suroit	Lorraine Hepworth Sauvé	450 373-0303
As Kneaded	Sherry Graham	450 458-3309
Carrefour Jeunesse Vaudreuil-Soulanges		450 455-3185
Community Cancer Support Group		450 458-2194
Employment Centre « Vision Travail »	Martine Leblanc	450 455-5150
Grannies Aid for Africa	Dolores Meade	450 458-3239
Hudson Masonic Lodge #98	John Manning	450 458-7271
Hudson Meals on Wheels	Lynn Kershaw	450 458-2659
Le Pont/Bridging Food Bank	Carol Laws	450 458-5318
Manoir Cavagnal	Nicole Durand	450 458-4810
NOVA - Hudson	Judy Teller	450 458-5727
Option Ressource Travail		450 377-4949
Palliative Care Residence	Julie Lambert	450 202-2202
Rotary Club Hudson/St-Lazare	David Warne	450 458-4032
Welcome Wagon	Rena Larouche	514 827-5751

ENVIRONMENTAL GROUP

Le Nichoir/Bird Rehabilitation Centre	Susan Wylie	450 458-2809
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HUDSON COMMUNITY ORGANIZATIONS

RECREATIONAL GROUPS

Air Cadets Squadron 867 Vaud-Dorion	cmdt.867aviation@cadets.gc.ca	
Association de Moto Tourisme		
Vaudreuil-Soulanges	Jacques Monette	514 453-8216
Astronomy Club - Lunatics	Pierre Tournay	450 458-7050
Beavers, Cubs, Scouts & Ventures	Michael Doran	450 458-5551
Centre Pre-Scolaire Hudson	Francine Felix	450 458-5972
Girl Guides of Canada	Esther Munster	450 455-0862
Helen Benson Memorial Bridge Club	Louise Deslauriers	450 458-1923
Hudson Duplicate Bridge Club	Eleanor Rainbow	450 458-2693
Hudson Garden Club	Lorrie Phelan	450 458-4032
Hudson Scrabble Club	Bob Corriveau	450 458-5981
Hudson Senior Travel Club	Denyse Garner	450 424-8816
Ladies Auxilliary of St-Thomas Church	Pauline Poirier	450 458-5668
Manoir Cavagnal Social Committee	Carla Schuilenberg	450 458-4735
Royal Canadian Legion	Peter Mansell	450 458-4882
St-James Church Women	Marilyn Pound	450 458-5127

SPORTS & FITNESS

Aristo-Fit	Elizabeth Nowak	514 914-5872
Baseball St-Lazare	Mark Moll	514 289-2277
Club Trio-Lacs (triathlon)		450 200-0772
Far West Lacrosse Association		514-774-9933
Gymini Gymnastics Club		450 455-3141
Hardy Rocks Curling	Barry Rowland	450 455-8241
Hudson Athletes Club	Kim Crossley	450 458-0762
Hudson Badminton Club	Denis D'Acoust	450 458 2901
Hudson Community Pool	Nancy Mitchell	450 458-6699
Hudson Junior Curling	Lisa Krebs	438 823-3375
Hudson Legion Curling Club	Glenn Ruitter	450 458-1829
Hudson Minor Hockey Association	Mike Fidele	514 241-4822
Hudson Mixed Softball League	Michel Carrière	450 424-2182
Hudson/Rigaud Old-timers Hockey Assoc.	Brian Penny	514 863-1902
Hudson Striker's Men's Soccer	Terry O'Shea	450 458-4049
Hudson /St-Lazare Skating Club		514 884-8609
Hudson/St-Lazare Soccer Club		450 510-0022
Les Gymnastes de l'Île	Ewa Rucka	450 425-0803
Naginata Sport - Martial Arts	Lorraine d'Artois	450 458-0207
Nordic Walking	Janice Burdon	450 458-2531
Ramblers Association (Hiking/Snowshoeing)	Terry Browitt	450 458-7131
St-Lazare Football Association	Anson Williams	514 773-0394
Trois Lacs Speed Skating Club	Josée Daoust	514 425-5349

To all Community Groups,

**If your organization is not listed, please send us your information
by email at recreation@ville.hudson.qc.ca**

Thank you



Info: 450 458-6699 - www.ville.hudson.qc.ca



Your Council has established a comprehensive emergency plan to deal with a major disaster, caused by a lengthy power blackout, an extreme storm involving snow, rain and wind, or a major accident/incident. The Fire Department, the Community Patrol, the Public Works Department, the Recreation Department, the Town Hall employees, and a Coordinator, (along with the S.Q.) form your **Emergency Measures Services**. The Town also has an automated call system.

Part of any emergency preparedness involves the citizens themselves taking precautionary measures to ensure their own well-being in the event of a disaster which may disrupt their daily lives. You should have an emergency plan, including a home escape plan & meeting place. You should be prepared to take care of yourself and your family for a minimum of **72 HOURS**. To that end, you should prepare an **EMERGENCY KIT** containing most of the following:

- **BATTERY-POWERED** or **WIND-UP RADIO**, with spare batteries
- **FLASHLIGHTS**, with spare batteries
- **BLANKETS** or **SLEEPING BAGS** (one per person)
- **WATER for 3 DAYS** - at least two liters per person per day
- **FOOD for 3 DAYS** - such as canned foods, energy bars, and dried foods
- **INFANT FORMULA**
- **MANUAL CAN OPENER**
- **FIRST-AID KIT**
- **CANDLES** and **MATCHES/LIGHTERS**
- **SET of KEYS** for the **CAR** and **HOUSE**
- **WHISTLE** (to attract attention)
- **SOME CASH** in **SMALL BILLS** and **CHANGE** for **PAYPHONES**
- **IMPORTANT PERSONAL DOCUMENTS** and **IDENTIFICATION**
- **PRESCRIPTION MEDICATIONS** and **MEDICAL EQUIPEMENT**
- **PERSONAL CARE** and **HYGIENE SUPPLIES**
- **MULTI PURPOSE TOOL WITH KNIFE**
- **DUST MASK**
- **PETS, PET FOOD & LEASH**

Plan, also, for your family's specific needs, such as extra provisions for:
***Babies and young children - diapers, etc.**

In the event of an emergency, listen to authorities and follow their directions. Your cooperation will make it easier to help everyone in need. It is to our mutual benefit if we are all well prepared for any emergency situation.

IMPORTANT TELEPHONE NUMBERS

EMERGENCY 911

POLICE 911

AMBULANCE 911

COMMUNITY PATROL 311

FIRE DEPT. (non-emergency) 450 458-4011

INFO SANTÉ 811

HUDSON TOWN HALL 450 458-5347

EMERGENCY SHELTER (Community Centre) 450 458-6699

POISON CONTROL CENTRE 1 800 463-5060

HUDSON MEDI-CENTRE 450 458-5393

NOVA 450 458-5727

PHARMACIST MARC RABBAT & MICHEL NAJM 450 458-4686

LAKESHORE GENERAL HOSPITAL 514 630-2225

HAWKESBURY DISTRICT HOSPITAL 1 613 632-1111

VALLEYFIELD GENERAL HOSPITAL 1 450 371-9920

C.L.S.C. Vaudreuil-Dorion 450 455-6171

C.L.S.C. Rigaud 450 451-6609

VAUDREUIL-SOULANGES
PALLIATIVE CARE RESIDENCE 450 202-2202

HYDRO QUEBEC 1 800 790-2424

BELL CANADA (Repairs) 611 (cellular)

(Residential) 310-2355

(Commercial) 310-7070

DOG CATCHER (R. Seymour) 450 455-3950

HUDSON ANIMAL HOSPITAL 450 458-5382

TRI-L KENNEL BOARDING 450 458-4788

LE NICOIR WILD BIRD REHABILITATION CENTRE 450 458-2809

RESOURCES

www.getprepared.ca (Public Safety Canada)

www.msp.gouv.qc.ca (Sécurité publique, Québec)

www.redcross.ca (Canadian Red Cross)

www.sja.ca (St. John Ambulance)

