



The Government of Canada is proud to pay tribute to the seniors who have helped build our country and continue to make valuable contributions to Canadian communities, workplaces and society.

National Seniors Day (October 1) is an occasion for all Canadians to appreciate and celebrate seniors. There are lots of ways for individuals, community groups, schools, employers and families to celebrate National Seniors Day—whether you are participating in an event or simply meeting a senior for coffee.

All Canadians are encouraged to connect with seniors and recognize them for the important role they play in our lives, our society and our economy. Go on Twitter, using the hashtag **#SayThanks**. As well, you are encouraged to visit and “like” our Seniors in Canada Facebook page, an engaging space for seniors, families and communities to receive the latest information about Government of Canada initiatives that benefit seniors.

Come to the Sutton town hall and pick up a copy of the new municipal Family and Seniors Policy which provides a guide to the various measures planned over the next three years.

SUTTON EN SANTÉ 2017!

We invite you to attend the annual Activity Day at the Coop Gym Santé Sutton, located at 50 Principale Nord on **Saturday, September 30 starting at 9 a.m.** to learn more about developing healthy lifestyles. Adults and children will enjoy a variety of activities.

You'll be able to meet our therapists and trainers and try out various types of training (Spinning, TRX), classes (Zumba) and stretching (E.L.D.O.A.). You can also find out about the Shaolin Wuji school. At 10 a.m., join the Grade 5 students from École de Sutton School for a 1km or 2km walk/run. Listen to mini conferences on health, stop by information booths, and sample great food. This will be a “healthfull” day to experience in the company of friends and family!

Don't miss the closing event, a conference given by Lyne Bessette at 7 p.m. at Sutton School. Lyne, born in Knowlton, is six-time Canadian road bike and cyclo-cross champion and represented Canada at the 2000 and 2004 Olympics. Tickets are \$20 on sale at Coop Gym Santé Sutton.

Information: 450 538-0313

SHARE YOUR TRUE LOVES!

HERITAGE TREASURES

Culture Days take place from September 29 to October 1, 2017. This year's theme focuses on our cultural heritage. At the regional launch of the event, we will unveil Brome-Missisquoi's 21 heritage treasures. Vote for what best represents Sutton among the characters, buildings and places listed on the town's website **no later than September 17**.

Read about Sutton's program: journeesdelaculture.qc.ca.

EXCEPTIONAL LANDSCAPES

In collaboration with the MRC and the Quebec ministry of culture and communications, the town has undertaken an initiative to highlight Sutton's landscapes. Landscape studies covering the Sutton area were carried out in the early 2000s. Did roads with exceptional landscapes get overlooked perhaps? Maybe views have disappeared because of reforestation? Help us fill in the list by sharing your unforgettable views **no later than September 17**.

Here is the list of roads mentioned in the studies:

- | | |
|---|--------------------------|
| ▶▶ Routes 139 & 215 | ▶▶ Maple |
| ▶▶ Alderbrooke | ▶▶ Mc Cullough |
| ▶▶ De la Falaise | ▶▶ Mont-Écho |
| ▶▶ Dufur | ▶▶ Old Notch / Schweizer |
| ▶▶ Eastman | ▶▶ Perkins |
| ▶▶ Élie | ▶▶ Pinnacle Ouest |
| ▶▶ Jordan | ▶▶ Rosenberry |
| ▶▶ Macey / Robinson (Alderbrooke marsh) | ▶▶ Scenic |
| | ▶▶ Vallée-Missisquoi |

Maps and files on the website indicate where the scenic spots are located:

FLOOR HOCKEY

Friendly floor hockey games - Wednesday evenings from 7:30 p.m. to 9:45 p.m. at the gymnasium of the Sutton School. Registration required.

- Fall session: September to December
- Winter session: January to April

Information and registration: Samuel Gagné at 450 531-6020.

BALLET JAZZ SUTTON

Contemporary / hip-hop / ballet / boys' group - Evening dance classes for children aged 4 to 18 years.

Information: www.facebook.com/ballet.jazzsutton.

L'ÉCOLE DE BALLET CLASSIQUE SUTTON

Presents recreational and intensive classical Ballet Programs for all ages and levels. Classes start on September 18, 2017.

Registration for 2017-2018 classes is available online at:

fb.com/BalletClassiqueSutton

Information: 450 531-3315 or balletsutton@gmail.com

BADMINTON

Friendly games of badminton in the Sutton School gymnasium on Mondays from 7 p.m. to 9 p.m. for adults only (15 and over).

For children under 15 years, communicate with Chantale Favreau.

- Fall session: September to December
- Winter session: January to April

Information and registration: Chantale Favreau at 450 538-2570.

KARATÉ KYOKUSHIN - SUTTON

There's nothing better than taking part in a parent-child activity! Join our family karate school (children 5 years and +), alone or with your family!

Beginning: September 16, 2017 for a period of 12 weeks

When: Saturday mornings from 9 a.m. to 10 a.m.

Where: Gymnasium, Sutton School

Cost: \$140/person, includes kimono

Registration: August 26 and 27, 2017 from 10 a.m. to noon at the Sutton town hall, located at 11 Principale south, Council Room.

Information: Alain Veilleux at 579 488-3058.

CPR TRAINING FOR ALL

SATURDAY, OCTOBER 28, 2017 OR SATURDAY, DECEMBER 9, 2017 - 9 A.M. TO 3 P.M.

Theoretical and practical training on choking and CPR techniques to be used on adults, children and infants, and demonstration of AED (Automatic External Defibrillator). Certificates issued by the Heart and Stroke Foundation of Quebec.

Cost: CPR / AED (6 hrs) • \$65 + taxes • (certificates valid for 2 years)

OTHER CERTIFICATIONS AVAILABLE:

Child care (8 hrs)	\$85 + taxes (certificates valid for 3 years / Anaphylactic shock included)
Anaphylactic shock	\$65 + taxes (CPR / AED prerequisites) + \$10 (certificates valid for 3 years)

Marie-Jasmine Fortier at 450 775-9253 or 450 920-0809 • distributionprovert@yahoo.ca • www.distributionprovert.com

UTA – BROME-MISSISQUOI – AUTUMN 2017

The *Université du troisième âge* (UTA) of the University of Sherbrooke's faculty of education offers courses in the Brome-Missisquoi region for seniors. Here is the list of courses to be offered in Sutton in the fall of 2017 (courses are given in French).

Where: Sutton town hall, Council Room, 11 Principale south

UTA 274 APPRENTISSAGE DE LA TABLETTE ANDROÏD

André Sactouris, B. specialist in industrial relations

Fridays from 1:30 p.m. to 4 p.m.

From October 20, 2017 to November 24, 2017 – No class on November 10, 2017

Maximum number of students : 15

UTA 315 APPRENTISSAGE DE LA TABLETTE APPLE

André Sactouris, B. specialist in industrial relations

Fridays, 1:30 p.m. to 4 p.m.

From September 15, 2017 to October 13, 2017

Maximum number of students : 15

UTA 687 UNE APPROCHE HISTORIQUE DE LA CRISE SYRIENNE

Marc Abou Abdallah, Ph.D. ancient history and semitic philology

Thursdays from 2 p.m. to 4:30 p.m.

From September 21, 2017 to November 16, 2017 – No class on October 26, 2017

Information: societetempslibre@gmail.com • Website: www.usherbrooke.ca/uta

Responsible for programming: Suzanne Riendeau Clément at 450 955-1164

Responsible for registration: Pierre Guy at 450 920-0744

SUTTON VOLUNTEER CENTRE

A non-profit organization providing Sutton and Abercorn residents with the following community services:

- Homework Assistance
- Free community Newsletter
- Food Bank
- *Ressource famille Sutton* (Family Resources)
- Collective Kitchen
- Senior Outreach Services
- Meals on Wheels

450 538-1919 • www.cabsutton.com

SUTTON YOUTH CENTRE

The Youth Centre is a community organization designed to offer a complementary living environment outside of family and school life for youth from 10 to 17 years old. The counsellors develop significant trust relationships with youth to encourage them to get involved in the community and to organize projects designed to help them become discerning, active and responsible citizens.

450 538-7494 • mdj.le.spot.sutton@gmail.com
www.mdjsutton.org