



FALL 2021 SCHEDULE



-  **PHYSICAL AND SPORTING ACTIVITIES**
-  **CULTURAL ACTIVITIES**
-  **RECREATIONAL AND COMMUNITY ACTIVITIES**
-  **EVENTS**

i Version of September 27, 2021 - The schedule may be subject to last minute changes due to COVID-19 health measures. Check with activity organizers to confirm activity and schedule.

For any question, please contact the Recreation and Community Life Service:

agloisirs.lvc@sutton.ca or 450 538-2231 ext. 227

PHYSICAL AND SPORTING ACTIVITIES

SUTTON CURLING CLUB

Evening Leagues	\$	  (Members)	Weekly From October 24 to April 2
Thursday Afternoon League	\$	 (Members)	
Friday Morning League	\$	 (Members)	
Friday Evening League	\$	 (Members)	
Open Practice	\$	   (6-12 y/o) (Members and visitors)	From October 24 to April 2
Open House (introduction)	Free	ALL	October 24

PLEIN AIR SUTTON / MTB

Mountain Biking 40 km of cross-country and enduro mountain bike trails. There is something for everyone with beginner to expert trails.	\$16.52	  (16+ y/o)	From May to November 7 days / week
	\$11.30		
	Free		
Winter Hiking 12 km of easy family to intermediate-level hiking that takes you through mountainous winter wonders at a comfortable pace	\$7	  (16+ y/o)	From December to April 5-7 days / week
	\$4		
	Free		
Cross-country Skiing and Skating 15 km of classic skiing from advanced beginner to expert level and 4 km of beginner and intermediate skating	\$17	  (16+ y/o)	From December to April 5-7 days / week
	\$14		
	Free		

 Adults and seniors
  Teens (13-17 y/o)
  Young people (7-15 y/o)
  Children (0-6 y/o)

REGISTER NOW!

Sutton Curling Club

26 Pleasant Street
450 538-3226

Rental to the public on request (for all, members and visitors) from October 24 to April 2.

Mon	Tue	Wed	Thu	Fri	Sat/Sun
7 - 10 pm	7 - 10 pm	7 - 10 pm	7 - 11 pm		
			1:30 - 3:30 pm		
				9 - 11 am	
				7 - 10 pm	
					Sun 10 am - 12 pm
					Sun
Mon	Tue	Wed	Thu	Fri	Sat/Sun
9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm
9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm
9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm	9 am - 4:30 pm

\$ Fee-based activities


Plein Air Sutton / MTB

Summer: 671 Maple Street | Winter: 429 Maple Street
450 538-2545 ext. 234 or info@pleinairsutton.ca

Registration online or on site. See details at www.pleinairsutton.com.

PHYSICAL AND SPORTING ACTIVITIES

COOP GYM SANTÉ SUTTON

Intro to Boxing	FULL SESSION (ONE DAY/WEEK)		From September 23 to December 16 (Weekly)
Intermed Boxing	Members: \$200 Non-Members: \$236		From September 27 to December 14 (Weekly)
Spinning (videoconference)	À LA CARTE (PER DAY) Members: \$9 Non-Members: \$10.50	 	From September 28 to December 19
Posture and Tone	À LA CARTE (PER DAY) Members: \$18 Non-Members: \$21	  	Week of September 27 to Week of December 13
Pre-Ski			
Boot Camp			
Pilates			
TRX			
TRXpress			
Gentle Yoga			
Zumba Fitness	FULL SESSION \$169		From September 29 to December 15
Walking	Free	 	From September 28 to December 16

YOGA MEDITATION

Yoga meditation	\$15 per class		From September 16 to November 26
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 Adults and seniors  Online registration required before arriving at <https://coopgymsantesutton.com/en/courses>

REGISTER NOW!

Coop Gym Santé Sutton

50 Principale Street North

<https://coopgymsantesutton.com>

450 538-0313 or allo@coopgymsantesutton.com

Zumba Fitness

Registration for the full session required, online at <https://www.astrafitness.ca/forfaits/zumba-sutton>

Boxing

Registration for the full session required. Bandages available at the gym.
Intro to Boxing: Plan to purchase boxing gloves.
Inter Boxing: Intro to Boxing is a prerequisite.

Mon	Tue	Wed	Thu	Fri	Sat/Sun
5 - 6 pm			10:15 - 11:15 am		
6 - 7 pm	9 - 10 am				
	8 - 9 am		8 - 9 am		Sun 9 - 10 am
9 - 10 am					
10:15 - 11:15 am		10:15 - 11:15 am			
	8 - 8:30 am				
	10:15 - 11:15 am			10:15 - 11:15 am	
			9 - 10 am		Sat 9 - 10 am
		8 - 8:45 am			
				9 - 10 am	
		9 - 10 am			
	1 - 2 pm		1 - 2 pm		
Mon	Tue	Wed	Thu	Fri	Sat/Sun
			4 - 5:30 pm		

 10 and 15 classes card available

Walk

Registration online at <https://coopgymsantesutton.com/en>

Spinning

Registration by email at allo@coopgymsantesutton.com

Available in a virtual format, you must own a spinning bike or any other stationary bike training facility.

All other classes: Registration on site.












Yoga Meditation

Glen Sutton Community Hall
(Town Hall)

11 Principale Street South
Registration on site. Class given by
Richard Montpetit.

PHYSICAL AND SPORTING ACTIVITIES


PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

Club des Godasses PENS trails	Free	 (50+ y/o)	From September 1 to December 15
Leaving no Trace Behind Round Top	Free	ALL	From September 4 to October 16
Mountain Crossing Eastern Townships trail (from Echo Mountain at PENS)	Member: \$5 Non-Member: \$10	 	September 18
Hiking in the Moolight Round Top	Member: \$5 Non-Member: \$10	 	September 18 (other dates to be confirmed)
Big Fall Cleanup Round Top	Free	  (14+ y/o)	September 25
Hike 101 PENS' reception	Member: \$5 Non-Member: \$10	 	October 3 and 10
Moonlight Hike Dos d'Original	Member: \$5 Non-Member: \$10	 	October 23 (other dates to be confirmed)

BADMINTON

Open - Youth	À LA CARTE: \$5		From October 5 to December 14
Open - Double Adults	\$7.50 per night \$40 for the season		

ECSTATIC DANCE

Ecstatic Dance	\$15-25 in advance \$30 on-site		November 12 and December 10
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 Adults and seniors  Teens (13-17 y/o)  Young people (7-15 y/o)  Children (0-6 y/o)

REGISTER NOW!

Parc d'environnement naturel de Sutton (PENS)

<https://www.parc Sutton.com>
450 538-4085 or info@parcsutton.com
Registration on site for free activities.

Badminton

School gymnasium: 19 Highland Street
Registration by email at blainmarcandre@gmail.com.
The person in charge will provide the shuttlecocks.

Mon	Tue	Wed	Thu	Fri	Sat/Sun
		4 - 6 pm			
					Sun 10 am - 4 pm
					Sat 8:30 am - 4 pm
					Sat varies
					Sat 9 am - 4 pm
					Sun 9:30 - 11:30 am
					Sun varies
Mon	Tue	Wed	Thu	Fri	Sat/Sun
	6 - 7 pm				
	7 - 9 pm				
Lu	Ma	Me	Je	Ve	Sam/Dim
				7 - 11 pm	

Ecstatic Dance

Glen Sutton Community Hall (Town Hall)
11 Principale Street South
Registration by email at anton.a1@gmail.com. Class given by Antonio Asencio.
Payment in advance: the ticket price changes each week.
Payment on-site : if available; bring exact amount in cash.

CULTURAL ACTIVITIES

BALLET-THÉÂTRE SUTTON

CREATIVE DANCE I

Introduction to the pleasure of dance


\$150 / 13 classes

 (4 y/o)

CREATIVE DANCE II

Work on coordination, expression and musicality


\$195 / 13 classes

 (5-6 y/o)

BALLET I

Introduction to the classical technique

\$225: 1 class/week
\$395: 2 classes/week
13 weeks


 (7-8 y/o)

From September 12 to December 12

BALLET II

Advanced beginner level


\$275: 1 class/week
\$470: 2 classes/week
13 weeks

 (9+ y/o)
by placement

BALLET III

Intermediate level

\$325: 1 class/week
\$560: 2 classes/week
13 weeks

 (11+ y/o)
by placement

BALLET FOR ADULTS

With or without experience

\$295 / 12 classes



From September 17 to December 10

CONTEMPORARY DANCE

Exploration of movement and expression; beginner and advanced beginner level

\$325 / 13 classes

 (10+ y/o)

From September 14 to December 12

PIANO LESSONS

Private lessons for all levels

\$ depending on the length of the lesson
12 lessons

  (7+ y/o)

From September 13 to December 6

THEATER I

Theater games exploring movement, voice and improvisation

\$225 / 13 classes

 (7-8 y/o)

From September 16 to December 12

THEATER II

Exploration of acting technique through games, improvisation and preparation of a presentation

\$275 / 13 classes

 (9+ y/o)

From September 14 to December 12

FRIENDLY WRITING WORKSHOP

Friendly writing workshop (in French only)

\$192 / session



From October 8 to November 26

Mon	Tue	Wed	Thu	Fri	Sat/Sun
					Sun 9:30 - 10:15 am
					Sun 10:30 - 11:30 am
	3:30 - 4:30 pm				Sun 12:30 - 1:30 pm
			3:45 - 5 pm		Sun 1:45 - 3 pm
			4:30 - 6 pm		Sun 2:30 - 4 pm
				10 - 11:30 am	
	4:30 - 6 pm				
From 3:30 pm					
			3:30 - 4:30 pm		
	3:30 - 4:45 pm				
Mon	Tue	Wed	Thu	Fri	Sat/Sun
				9:45 - 11:45 am	

REGISTER NOW!

Ballet Théâtre Sutton

50 Principale Street North | 438 738-2558

<https://www.balletsutton.com>

Registration online or on site.

Friendly writing workshop (in French only)

Glen Sutton Community Hall (Town Hall)

11 Principale Street South








450 538-7358 or tigrelambin@gmail.com

Registration by email. Workshop led

by Diane Lambin.

Version October 19, 2021

RECREATIONAL AND COMMUNITY ACTIVITIES

SUTTON VOLUNTEER CENTRE			
BABY DROP-IN New parents, babies	Free	 	Every week (continuous)
TOY LIBRARY		  (0-5 y/o) Families	
CAFÉ 50+			
FOOD RESCUE TABLE Fresh and made items		ALL	Each week until mid-November
PRENATAL AND VACCINATION SERVICES		 (0-5 y/o)	(Continuous)
FOOD BANK		ALL	
MEALS ON WHEELS Home delivery	\$5 per meal	 (Seniors)	

 Adults and Seniors  Childrens (0-6 y/o)

Mon	Tue	Wed	Thu	Fri	Sat/Sun
				10 am - 12 pm	
		1 - 5 pm			
		1 - 5 pm			
	4 - 5 pm				
				3 rd Monday of the month 8 - 10 am	
				3 rd Friday of the month 1 - 4 pm	
11:30 am - 1 pm		11:30 am - 1 pm			Sat 11:30 am - 1 pm

REGISTER NOW!

Sutton Volunteer Centre

7 Academy Street

<https://cabsutton.com/en>

450 538-1919 or info@cabsutton.com

Baby Drop-in

Free entry. Schedule on [Facebook \(https://www.facebook.com/RessourcefamilleSutton\)](https://www.facebook.com/RessourcefamilleSutton).

Toy Library

Free entry. Possible to book an appointment at other moments.

Prenatal and Vaccination Services

Registration by phone with the CLSC at 450 266-4342 ext. 4.

Food Bank

Registration on site.

Emergency assistance possible at other times if needed. Call 450 538-1919.

Meals on Wheels

Registration by phone at 450 538-1919.

Café 50+

Olivet Church: 7 Maple Street


Registration by email at projets.cabsutton@gmail.com

Schedule on [Facebook \(https://www.facebook.com/RessourcefamilleSutton\)](https://www.facebook.com/RessourcefamilleSutton).


RECREATIONAL AND COMMUNITY ACTIVITIES

UNIVERSITY OF THE THIRD AGE, BROME-MISSISQUOI BRANCH


Cowansville Library, Pauline Martel Room, 608 South Street, Cowansville

GEOPOLITICAL AND ENVIRONMENTAL ISSUES (IN FRENCH ONLY)	 (50+ y/o)	\$110 (8 weeks)	From September 21 to November 9
THE EVOLUTION OF FOOD (IN FRENCH ONLY)		\$85 (4 weeks)	From October 18 to November 8
THE RIGHTS OF INDIGENOUS PEOPLES AND CANADIAN COLONIALISM (IN FRENCH ONLY)		\$95 (6 weeks)	From September 23 to October 28
MEN OF LETTERS TALK ABOUT THEIR LIVES: FÉLIX LECLERC, ÉMILE NELLIGAN, JACQUES BREL, HERGÉ, MOLIÈRE, JEAN DE LA FONTAINE (IN FRENCH ONLY)		\$95 (6 weeks)	From September 22 to November 3 (break on October 27)
PORTFOLIO MANAGEMENT (IN FRENCH ONLY)		\$85 (4 weeks)	From September 22 to October 13
KEEP FIT AFTER 50 (IN FRENCH ONLY)		\$140 + tx (10 weeks)	From September 24 to December 3

Princess Cinema, 141 Principale Street, Cowansville - Tickets to be purchased on site

BIDEN AU POUVOIR : FORCES, FAIBLESSES, AVENIR (IN FRENCH ONLY)	 (50+ y/o)	\$10 (cash only)	November 25
Speaker: Donald Cuccioletta			

BIBLIOTHÈQUE SUTTON LIBRARY

THE ART OF BRIDGE		Free	1 session in October
LA DICTÉE (IN FRENCH ONLY)	ALL		1 session in November

Mon	Tue	Wed	Thu	Fri	Sat/Sun
	9:30 am - 12 pm				
1:30 - 4 pm					
			9:30 am - 12 pm		
		9:30 am - 12 pm			
		1:30 - 4 pm			
				10 - 11:30 am	
			1:30 pm		
Mon	Tue	Wed	Thu	Fri	Sat/Sun

REGISTER NOW!

University of the Third Age, Brome-Missisquoi branch

<https://www.usherbrooke.ca/uta/prog/cantons/brm>

450 955-1164 or uta.brm@usherbrooke.ca

Registration online at www.usherbrooke.ca/uta/brome

Bibliothèque Sutton Library

7 Academy Street

450 538-0244

EVENTS

HÉRITAGE SUTTON

- 📍 Salle Alec et Gérard Pelletier: 4-c Maple Street
- ☎ 450 538 0486 or info@salleagpelletier.com
- 🌐 <https://salleagpelletier.com>
- ✍ Reservation required at 450 538-0486
- 💰 Free (voluntary contribution welcome)

PRESENTATION OF THE TALE *LIFE ON THE FARM*

- 👤 For everyone
- An invitation to time travel. Storyteller Claude Hamel will relate the story of life on a Sutton farm during the last century.

September 26
at 11 am in English
at 2 pm in French

SUTTON MUSEUM OF COMMUNICATIONS AND HISTORY

- 📍 32 Principale Street South
- ☎ 514 891-9560 or info@museedesutton.com
- 🌐 <http://museedesutton.blogspot.com>
- ✍ Tickets to be purchased on site

MONIQUE LEYRAC - *C'EST ICI QUE JE VEUX VIVRE!*

- 👤 For everyone

From September 6 to October 11
(Sat-Sun 12 - 5 pm)

SUTTON TOURISM

- 📍 Downtown
- ☎ 450 538-8455 or info@tourismesutton.ca
- 🌐 <https://suttontourism.ca>

CHRISTMAS MARKET

- 👤 For everyone

November 27-28
& December 4-5
(Sat-Sun)

ARTS SUTTON

- 📍 In the heart of Sutton
- ☎ 450 538 2563 or info@artssutton.com
- 🌐 <https://artssutton.com>

LES RENDEZ-VOUS ARTS SUTTON

- 👤 For everyone

September 18-19
10 am - 5 pm

ESPACE SUTTON

- 📍 Sentier Village-Montagne
- ☎ 450-538-8062 or espacesutton@gmail.com
- 🌐 www.espacesutton.com
- ✍ Tickets to be purchased on site or online (15% off when buying 3 tickets)

BALADE & MÉLODIE

- 👤 For everyone

Adults:
\$25
6-17 y/o:
\$10

Saturdays and Sundays
September 18-19
September 25-26
11 am - 12:15 pm
2:30 - 3:45 pm

MONT SUTTON

- 📍 671 Maple Street
- ☎ 1 866 538-2545 or sutton@montsutton.com
- 🌐 <https://montsutton.com/en>

AUTUMN ON MONT SUTTON

<https://montsutton.com/en/activity/fall-season-at-mont-sutton>

From September 11 to October 11

THE 100 À B7

<http://100b7.com/en>

September 26

MIND ON HEALTH CHALLENGE

<https://montsutton.com/en/activity/mind-on-health-challenge>

October 9-10

SUTTON IN BLUES (KAZOU PRODUCTIONS) ANNIKA CHAMBERS

October 16