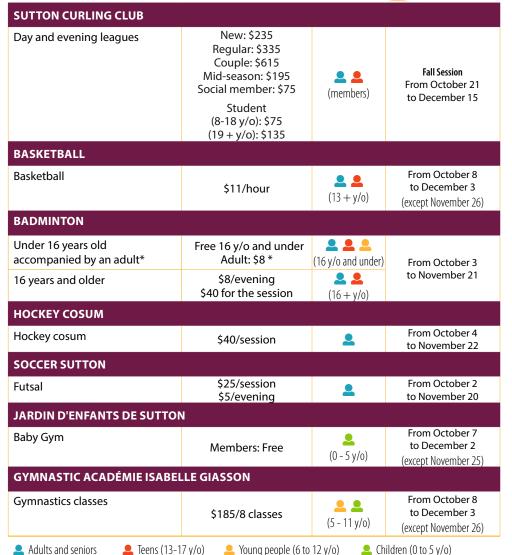


SPORTS ACTIVITIES





Sutton Curling Club

26 Pleasant Street, Sutton

579 534-8484 or info@curlingsuttonguebec.ca

Register before October 21, 2023. Matches generally last 90 minutes. Members may curl as often as they like in various weekly leagues (subject to space limitations).

Info: https://www.curlingsuttonguebec.ca/en





Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
day & evening	day & evening	day & evening	day & evening	day & evening	
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
					10 a.m 12 p.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	6 p.m 7 p.m.				
	7 p.m 9 p.m.				
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		7:45 p.m 9:30 p.m.			
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
7:30 p.m 9 p.m.					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 a.m 12 p.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
					3:30 p.m 5 p.m.

Gymnasium of Sutton School

19 Highland Street, Sutton

Basketball: 450 830-9465

 $Registration\ at\ \underline{ahoule fruitlegume@gmail.com}$

Badminton: Registration at blainmarcandre@gmail.com
The person in charge will provide the shuttlecocks.

*The accompanying adult can play until 9 p.m.

Hockey cosum: 450 531-6020

 $Registration\ at\ \underline{sam.gagne11@gmail.com}$

Soccer Sutton: 514 266-9229

Registration at jason@redcarpetweb.com

Baby Gym: Josiane Latreille at 438 936-1677 Gymnastic - Académie Isabelle Giasson Registration by phone at 450 919-1095, by email

at academieisabellegiasson@hotmail.com

SPORTS ACTIVITIES

COOP GYM SANTÉ SUTT	ON		
Boxing Spinning	FULL SESSION (ONE DAY/WEEK) Members: \$98 Non-Members: \$119 Students: \$78.75	2.2	From September 11 to November 2 (7 weeks)
Pre-Ski	FULL SESSION (ONE DAY/WEEK) Members: \$168		From September 18 to December 11 (12 weeks)
Gentle Gym 50+	Non-Members: \$204	•	From September 12 to November 28 (12 weeks)
Tango	FULL SESSION (ONE DAY/WEEK) Members: \$150 Non-Members: \$180	•	From September 14 to 19 October (6 weeks)
Nordic Walking	FULL SESSION (ONE DAY/WEEK) Members: \$25 Non-Members: \$50	. .	From 4 October to November 1 st (5 weeks)
Posture and Tone			
Postural Alignment	À LA CARTE (PER DAY)	• •	
Pilates	Members: \$18	5	From September 11 to December 17
Circuit Training	Non-Members: \$21	₽≣	
Gentle Yoga			
Walking	Free	•	From September 12 to December 17





[•] Online registration required before arriving at https://coopgymsantesutton.com/en/courses

REGISTER NOW!

Coop Gym Santé Sutton 50 Principale N. Street, Sutton

https://coopgymsantesutton.com/en 450 538-0313 or allo@coopgymsantesutton.com

Registration: on-site or by phone.

The prices indicated do not include tax.

Boxing

Bandages available at the gym. Plan to purchase boxing gloves.





Monday	Tuesday	Wednesday	Thursday	Friday
5:30 p.m 6:30 p.m.				
	5:30 p.m 6:30 p.m.		5:30 p.m 6:30 p.m.	
10:30 a.m 11:30 a.m. 4:15 p.m 5:15 p.m.		10:30 a.m 11:30 a.m.		
	11:15 a.m 12:15 p.m.			
			3:30 p.m 5 p.m.	
		1 p.m 2 p.m.		
	10 a.m 11 a.m.		10:30 a.m 11:30 a.m.	
		5:30 p.m 6:30 p.m.		
	4 p.m 5 p.m. (all levels)	9:15 a.m 10:15 a.m. (intermediate)		10:30 a.m 11:30 a.m. (all levels)
8 a.m 9 a.m.		8 a.m 9 a.m.		
9:15 a.m 10:15 a.m.				9:15 a.m 10:15 a.m.
	1 p.m 2:30 p.m.		1 p.m 2:30 p.m.	

Cards available: 10 classes (member: \$145, non-member: \$175) / 15 classes (member: \$210, non-member: \$255) / 20 classes (member: \$270, non-member: \$330)

Pilates Intermediate

Prerequisite: have been practising Pilates regularly for over a year and have demonstrated mastery of the basic exercises. The teacher reserves the right to refuse a participant who is not suitable for the intermediate level.

Walking

Prerequisite: walking at a pace of 5km/hour The meeting place will be posted the morning of the activity on the <u>Facebook page</u>.

Children (0 to 5 y/o)

SPORTS ACTIVITIES

PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)					
Club des Godasses PENS trails	Member: Free Non-Member: \$8	(in good shape)	All year long, weekly		
Hiking in the Moonlight	Member: \$10 Non-Member: \$15	. (in good shape)	September 30 and October 28		
PLEIN AIR SUTTON / MTB					
Mountain Biking	\$20/Day	•	From September 21		
For all levels. 44 km of cross-country and enduro mountain bike trails.	\$13/Day	. .	to 1 st or 2 ^e week of November		
Possibility of chairlift ride.	Free	•	(depending on weather)		
Hiking and snowshoeing	\$7/Day	•			
	\$4/Day	.			
	Free	≗ ≗	From December 1st		
Cross-country skiing	\$20/Day	.	to April		
	\$16.50/Day	🔔 (15 - 17 y/o)			
	Free	. (0 - 14 y/o)			
Fatbike	\$16.50/Day	.			
	\$12/Day	<u>.</u>	From December 1st to December 31st		
	Free		to becember 31		
FADOQ LES DEUX-MONTS					
Osteoporosis prevention exercises (OPE)	Member: \$10	2 (50 + y/o)	From September 11 to December 14		



Parc d'environnement naturel de Sutton (PENS)

800 Real Rd., Sutton

Adults and seniors

https://www.parcsutton.com/en

450 538-4085 or info@parcsutton.com

Club des Godasses: Registration by email at activites@parcsutton.com

You need to be fit enough to walk in the mountains over rocky and rooty paths, and be well equipped with walking shoes or boots, poles, a bottle of water, appropriate clothing depending on the weather and the time of year, crampons and a headlamp in winter.

Teens (13-17 y/o)
Young people (6 to 12 y/o)

Hiking in the Moonlight: Online registration, by email at activites@parcsutton.com or 450 538-2121. Headlamp mandatory.





<u> </u>			Y LLZ	7 7	77	
Monday		Wedn	esday		Satur	day
	8:30 a.m 11:30 a.m. (every second Monday)		4 p.m 6 p.m.			
					8 p.m 1	1 p.m.
Nonday T	uesday	Wednesday	Thursday	Fric	day	Sat/Sun
		9 a.m	- 5 p.m.			
		9 a.m. ·	- 4 p.m.			
Monday		Tuesday	Wednesda	ау	TI	nursday
9 a.m 10:15 a.m.		m 10:15 a.m. a.m 11:05 a.m.	9 a.m 10:15	a.m.		ı 10:15 a.m. .m 11:05 a.m.

Plein Air Sutton / MTB

450 538-6464 or dg@pleinairsutton.ca

Mountain Biking: 671 Maple Street, Sutton

Hiking, snowshoeing, Fatbike and cross-country skiing: 429 Maple

Street, Sutton

Registration online or on site.

See details at https://www.pleinairsutton.ca

Hiking, Snowshoeing, Fatbike and Cross-country skiing:

Season tickets available. Pre-sales from November 1st to 30.

Cross-country skiing, Moutain biking, Fatbike: Equipment rental available on site.

FADOQ les Deux-Monts

Sutton Town Hall - Council room 11 Principale S. Street, Sutton

Registration: francebrien@gmail.com

The session lasts 14 weeks. No activity on

October 9.

CULTURAL ACTIVITIES







BALLET-THÉÂTRE SUTTON				
CREATIVE DANCE	\$105/session	•	From September 17 to November 12	
FUNDAMENTALS OF DANCE	\$145/session	2.2	(8 weeks)	
BALLETI				
BALLET II	\$185: 1x/week \$315: 2x/week	<u>.</u>	From September 17	
BALLET III			to November 26 (10 weeks)	
BALLET IV	\$275: 1x/week \$465: 2x/week	2		
LES ARTS À LA MONTAGNE				
SCULPTURE DISCOVERY HIKES	\$12/day (6 - 17 y/o) \$18/day (18 + y/0) \$46/day (family)	All	From September 2 to October 15	
SUTTON MUNICIPAL AND SCHOOL	. LIBRARY			
HANVIÉTÉ, ÉVITER OU AFERONTERS (IN EDENCH ONLY)				

L'ANXIÉTÉ: ÉVITER OU AFFRONTER? (IN FRENCH ONLY)

With Emmanuel Lauzon

ATELIER - INTRO À LA CALLIGRAPHIE ITALIQUE (IN FRENCH ONLY)

With Luc Saucier

CONFÉRENCE VOYAGE - LES PLUS BELLES DESTINATIONS D'ITALIE (IN FRENCH ONLY)

With Daniel Charbonneau

ATELIER D'ÉCRITURE (IN FRENCH ONLY)

With Diane Lambin, Sutton writer and artist

BIBLIOTHÈQUE SUTTON LIBRARY

READING BY LOCAL AUTHORS

Adults and seniors



Young people (6 to 12 y/o)

Children (0 to 5 y/o)

REGISTER NOW!

Ballet Théâtre Sutton

Sutton Town Hall - Community room: 11 Principale Street South, Sutton Ballet I on Wednesday: 50 Principale Street North, Sutton

438 738-2558 or info.balletsutton@gmail.com Registration online at https://www.balletsutton.com

Les Arts à la montagne

Mont Sutton, 671 Maple Street, Sutton 450 538-2545 or https://montsutton.com

(Family: 2 adults + 2 children)









We	dnesday	1	Thursday	Sunday	
				9 a.m 9:45 a.m.	
				10 a.m 11 a.m.	
3:45 p	.m 4:45 p.m	1.		11:30 a.m 12:30 p.m.	
		3:30	p.m 4:30 p.m.	12:45 p.m 1:45 p.m.	
		3:30	p.m 4:30 p.m.	2 p.m 3 p.m.	
		4:30) p.m 6 p.m.	3:30 p.m 5 p.m.	
	Saturday - Sunday				
D	eparture at 1	:30 p.m. from the SUTT	ON tent located at the	Mont SUTTON reception.	
		September 27	Wednes	day from 7 p.m 8 p.m.	
_		September 30	Saturd	ay from 1 p.m 4 p.m.	
Free		November 6	ovember 6 Monday from 1 p.m 2:30 p.m.		
	•	From September 20 to November 22	Wednesday	s from 1:15 p.m 3:15 p.m.	
			Sunday		
Free	•	October 29 and November 26	2	p.m 3:30 p.m.	

Sutton Municipal and School Library

19 Highland Street, Sutton Registration: 450 538-5843 or bibliotheque@sutton.ca Registration for the writing workshop: 450 538-7358 or tigrelambin@gmail.com

Bibliothèque Sutton Library

7 Academy Street, Sutton 450 538-5452 or jolo.hawley@gmail.com

CULTURAL ACTIVITIES





SUTTON ART SCHOOL

VIBRATORY SWEAT SHIRT - GENTLE RELEASE OF THE SUBCONSCIOUS MIND

Emotion component: 5 workshops

REMEDIES AND FIRST-AID KIT

Introduction to medicinal plants

WOMEN'S CARE

Introduction to medicinal plants

MEDICINAL REMEDIES FOR A HEALTHY AUTUMN

Introduction to medicinal plants

ENERGETIC CLEANSING

BOTANICAL ILLUSTRATION IN WATERCOLOR

NATURAL PIGMENT-MAKING WORKSHOP

INTRODUCTION TO SPONTANEOUS CREATION

INTRODUCTION TO PLANT DYEING

Gathering the delicate colors of plants

MY OWN VASE!

An introduction to ceramics

ARTS SUTTON

EXHIBITION BY CHRISTIANE AINSLEY AND LUCIE DUVAL

Opening Sunday, September 24 at 2 p.m.

EXPO CONCOURS COLLECTIVE OF ARTISTS MEMBERS

Opening Sunday, November 19 at 2 p.m.

Adults and seniors

Teens (13-17 y/o)

Young people (6 to 12 y/o)

Children (0 to 5 y/o)

REGISTER NOW!

Sutton Art School

79 Principale Street South, Sutton

514 371-5822 or programmation@ecoleartsutton.ca

Online registration: https://ecoleartsutton.ca









			Saturday	Sunday
\$222+ tx (5 workshops) \$55+ tx (per workshop)	•	From September 10 to October 22		10 a.m 11:30 a.m.
\$70+ tx		October 14	9:30 a.m 12:30 p.m.	
\$75+ tx		October 14	1:30 p.m 4:30 p.m.	
\$70 L tv	_	October 15		9:30 a.m 12:30 p.m.
\$70+ tx		October 15		1:30 p.m 4:30 p.m.
\$100+ tx	. .		10 a.m.	
\$150+ tx	All	October 21	1 p.m 5 p.m.	
\$90+ tx	. .		1 p.m 5 p.m.	
\$100+ tx	• •	October 22		9:30 a.m 12:30 p.m.
\$60+ tx	2.2.	October 22		2 p.m.
			Thursday	to Sunday
Free	All	From September 21 to November 5	- 1 p.m 5 p.m.	
1166	All	From November 16 to December 17		

Arts Sutton

7 Academy Street, Sutton 450 538 2563 or info@artssutton.com https://artssutton.com

CULTURAL ACTIVITIES





	- 1,-	(S <u>\(\)</u>	
UKULÉLÉ BARYTON			
BEGINNER With Agnès Boisvert	\$50/session	(14 + y/o)	From October 16 to December 4 (8 classes)
LEVEL 2 With Agnès Boisvert	\$50/session	(14 + y/o)	From October 4 to November 22 (8 classes)
BOÎTE À CHANSON ACOUSTIQUE			
WITH AGNÈS BOISVERT AND TRISHA POPE Welcome to all, musicians and spectators.	Free	All	From September to November
LA SOCIÉTÉ DE CONCERT VIVARTÉ			
INAUGURAL CONCERT ON THE RESTORED PIANO With Mathieu Gaudet	\$40/regular \$100/patron	All	November 11

Young people (6 to 12 y/o)

Monday	Tuesday	Wednesday	Thursday	Friday

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 p.m - 8 p.m				
		6:30 p.m - 8 p.m		
Monday	Tuesday	Wednesday	Thursday	Friday
				Every last Fridays of the month 7 p.m - 9 p.m
		Saturday		
		3 p.m 5:30 p.m		

REGISTER NOW!

Teens (13-17 y/o)

Ukulélé baryton classes

Adults and seniors

Foyer Sutton, 50 Western Street, Sutton Registration: 579 488-7839 or agnes.boisvert@gmail.com **Beginner:** Plan to buy a baritone ukulele for the students. Suggestions for purchase will be offered and there will be the possibility of buying as a group.

Children (0 to 5 y/o)

Level 2: Prerequisite beginner level. If you know how to play the ukulele, you will need to audition with the teacher.

Boîte à chanson acoustique

Sutton Jonction community room 128 Mont Echo Rd., Sutton Registration: 579 488-7839 or agnes.boisvert@gmail.com

La société de concert Vivarté

514 266-1089 or gegrenier18@hotmail.com Glen Sutton Historical Church 1458 Vallée-Missisquoi Rd, Sutton Online ticketing: http://www.vivarte.ca

RECREATIONAL AND COMMUNITY ACTIVITIES



UNIVERSITY OF THE THIRD AGE, BROME-MISSISC	QUOI BRA	NCH	
L'HISTOIRE COLONIALE DES CANTONS-DE-L'EST Course by M. Laurent Busseau, historian	\$120/ session	(50 + y/o)	From September 29 to November 17
LA TRANSITION ÉNERGÉTIQUE Conference by M. Philippe Gauthier, M. Political science	\$5 (on site)	All	October 26
MARCHÉ SUTTON MARKET			
PUBLIC MARKET	Free	All	Every Saturdays to October 28
SUTTON VOLUNTEER CENTRE - CAB			
CAFÉ 50+		2 (50 + y/o)	From October 4 to November 29
TOY LIBRARY	Free	Families (0 - 5 y/o)	From October 5 to December 7
BABY DROP-IN Information: ressourcefamille@cabsutton.com	1100	. (0-2 y/o)	From October 6 to December 22
FOOD BANK Registration at 450 538-1919 or info@cabsutton.com		All	From October 16 to November 20
COLLECTIVE KITCHEN Registration by phone at 450 538-1919	\$	All	October 17 and November 21
PRENATAL AND VACCINATION SERVICES Registration by phone with the CLSC at 450 266-4342	Free	2 (0 - 5 y/o)	From October 20 to December 15
FADOQ LES DEUX-MONTS			
TIC (TECHNOLOGIES DE L'INFORMATION ET DE LA COMMUNICATION) Computer training and support workshops	Free	🚨 (seniors)	From September 11 au November 6
LINE DANCING	\$15/ session		From September 15 to December 18

Teens (13-17 y/o)
Young people (6 to 12 y/o)

	7	AR.		Wit-
Monday	Tuesday	Wednesday	Thursday	Friday
				9:30 a.m 12 p
			1:30 - 4 p.m.	
Saturday				
		9 a.m 1 p.m.		
Monday	Tuesday	Wednesday	Thursday	Friday

Monday	Tuesday	Wednesday	Thursday	Friday		
		2:30 p.m 4:30 p.m.				
			2 p.m 4:30 p.m.			
				9 a.m 11:30 a.m.		
3 rd Monday of the month 1 p.m 5 p.m.						
	1 p.m 4 p.m.					
				3 rd Friday of the month 8:30 a.m 12 p.m.		
Monday						
2 p.m 4 p.m.						

2 p.m. - 3:30 p.m.

REGISTER NOW!

University of the Third Age, (UTA) BM Sutton Town Hall - Council room

11 Principale S. Street, Sutton 450 263-7242 or <u>uta.brome.missisquoi@gmail.com</u> Registration online at: <u>https://www.usherbrooke.ca/uta/prog/estrie/brm</u>

All activities are in French only.

Adults and seniors

Marché Sutton Market

Children (0 to 5 y/o)

2 Curley Street, Sutton
Facebook Marché Sutton Market
To reserve your space as an exhibitor:
marchesuttonmarket@gmail.com

Fadoq les Deux-Monts

TIC: registration at denisepoca@yahoo.ca
Sutton Municipal and School Library
19 Highland Street, Sutton
Line dancing: registration on site

Grace Church, 52 Principale Street South, Sutton Information: <u>i7a7foley@hotmail.fr</u> or 450 538-5105

Sutton Volunteer Centre - CAB

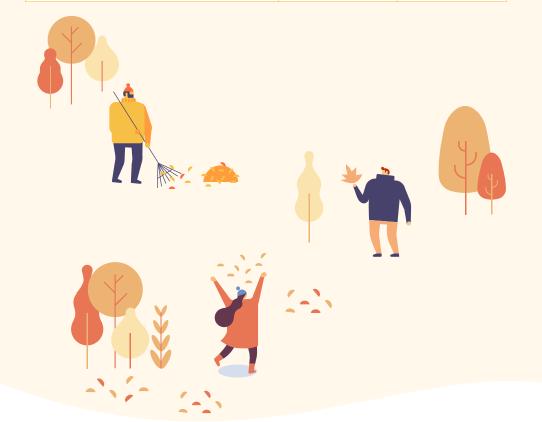
7 Maple Street, Sutton https://cabsutton.com/en 450 538-1919 or info@cabsutton.com

EVENTS



TOWN OF SUTTON

SUTTON CHRISTMAS MARKET		
Corporation de développement économique de Sutton (CDÉS)	From November 25	
 SITE OF THE FORMER FILTEX FACTORY Pine Street, Sutton 450-538-8455 or mdn@tourismesutton.ca 	to November 26 From December 2 to December 3 10 a.m 4 p.m.	Free All







LAUNCH OF THE VIRTUAL EXHIBITION :	SUTTON, VILLE FROM	ITALIÈRE			
Heritage Sutton Historical Society The exhibition will be available on the Virtual Museum of Canada website for worldwide distribution. SALLE ALEC ET GÉRARD PELLETIER (SAG) 4c Maple Street, Sutton heritagesutton.ca 450 538-3513 or heritagesutton@gmail.com	September 30 (In French) Octobre 1 st (In English) 5 p.m - 7 p.m	Donation 13 + y/o			
SUNDAYS JAZZ AT MONT SUTTON					
Sutton Jazz suttonjazz.com info@suttonjazz.com CHALET OF MONT SUTTON 671 Maple Street, Sutton	Every Sundays From September 17 to Octobre 15 1 p.m 3 p.m.	Free All			
OPEN DOORS - JOURNÉES DE LA CULTURE					
Sutton Art School	From 29 septembre to October 1st 12 p.m - 4 p.m	Free All			
LE PETIT SALON DU LIVRE					
Sutton Art School ② 79 Principale Street South, Sutton ② ecoleartsutton.ca ② 514-371-5822 or programmation@ecoleartsutton.ca	December 2 December 9 December 16 12 p.m - 5 p.m	AII			