

# WINTER Schedule



© Tristan Corbeil-Lapointe,  
artist of Production Cirkaz

# 2026



# WOULD YOU LIKE TO GET INVOLVED IN THE COMMUNITY?

Would you like to meet new people?

Do you have time to dedicate to Sutton organizations?

Click here or scan the QR code to find out about volunteer opportunities.



Parc environnement naturel de Sutton

# CONTENTS

<b>VOLONTEER</b>	<b>2</b>
<b>SPORTS AND PHYSICAL ACTIVITIES</b>	<b>4</b>
<b>CULTURAL ACTIVITIES</b>	<b>10</b>
<b>RECREATIONNAL AND COMMUNITY ACTIVITES</b>	<b>16</b>
<b>EVENTS</b>	<b>18</b>



Tristan Corbeil-Lapointe



Tristan Corbeil-Lapointe

Information as of January 14, 2026. The schedule may be subject to last minute changes. Check with activity organizers to confirm activity and schedule. For any question, please contact the Recreation, Community Life and Culture Department : [agculture.lvc@sutton.ca](mailto:agculture.lvc@sutton.ca) or 450 538-2290, option 4.

# SPORTS AND PHYSICAL ACTIVITIES



SUTTON ELEMENTARY SCHOOL GYMNASIUM			
<b>BABY GYM</b>	Free for members of the organization		January 17 to April 25
<b>GYMNASTICS</b>	\$280		March 15 to May 17
<b>BADMINTON</b>	Free	From 16 y/o	January 13 to May 26
	Evening: \$8 Session: \$55		
<b>CHILDREN'S INDOOR FUTSAL/ SOCCER</b>	\$30		January 12 to June 8
<b>ADULT'S INDOOR FUTSAL/ SOCCER</b>	Evening: \$5 Session: \$30		
SUTTON CURLING CLUB			
<b>CURLING</b>	<b>Season: \$355</b> <b>Alf a season: \$190</b>		January 5 to March 31
FADOQ LES DEUX MONTS SUTTON & ABERCORN			
<b>EXERCICES EPO: to prevent osteoporosis (2 times a week)</b>	Session: \$15		January 12 to May 1 <sup>st</sup>

Senior Adults 13 - 17 y/o 6 - 12 y/o 0 - 5 y/o

## REGISTER!

**Sutton Elementary School Gymnasium**  
19, Highland Street, Sutton

**GYMNASTICS**  
Registration by e-mail  
[academieisabellegiasson@hotmail.com](mailto:academieisabellegiasson@hotmail.com)

**BADMINTON**  
Registration by e-mail  
[blainmarcandre@gmail.com](mailto:blainmarcandre@gmail.com)

**BABY GYM**  
Fill out the membership form on website  
[www.villagefamillessutton.org/en](http://www.villagefamillessutton.org/en)

**INDOOR FUTSAL**  
Register using this form  
[www.docs.google.com/forms/d/e/1FAIpQLScneULiOUJgkag\\_RddMxn80hKXGrZMyF76qz6Wdr9OAv\\_BjYQ/viewform](http://www.docs.google.com/forms/d/e/1FAIpQLScneULiOUJgkag_RddMxn80hKXGrZMyF76qz6Wdr9OAv_BjYQ/viewform)

**CHILDREN'S OUTDOOR SOCCER**  
Registration for **summer soccer leagues** will begin on **February 14th**.

More information coming soon on the Facebook page  
[www.facebook.com/p/Soccer-Sutton-100083577270152/](http://www.facebook.com/p/Soccer-Sutton-100083577270152/)

**Price:**  
U6: \$95  
U8, U10, U12, U14: \$140  
Uniform: \$50

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:30 a.m. - 12 p.m.	
						3:30 p.m. - 5 p.m.
	6 p.m. - 7 p.m.					
	7 p.m. - 9 p.m.					
6:30 p.m. - 7:30 p.m.						
7:45 p.m. - 9:30 p.m.						
Start times vary from league to league. See the calendar on the website <a href="http://www.curlingsuttonquebec.ca/en">www.curlingsuttonquebec.ca/en</a> or contact us at <a href="mailto:info@curlingsuttonquebec.ca">info@curlingsuttonquebec.ca</a> for more information.						
9:30 a.m. - 10:45 a.m.		9:30 a.m. - 10:45 a.m.				
	9:30 a.m. - 10:30 a.m.		9:30 a.m. - 10:30 a.m.			
	10:40 a.m. - 11:30 a.m.		10:40 a.m. - 11:30 a.m.			

**Sutton Curling Club**  
26, Pleasant Street, Sutton

Registration online  
[www.curlingsuttonquebec.ca/en](http://www.curlingsuttonquebec.ca/en)

**FADOQ les Deux Monts Sutton & Abercorn**  
Council Room, Sutton Town Hall  
11, Principale South Street, Sutton



# SPORTS AND PHYSICAL ACTIVITIES



PLEIN AIR SUTTON / MTB			
<b>CROSS-COUNTRY SKIING</b>	0 - 14 y/o: Free 15 - 17 y/o: \$18 Adults and Senior: \$23		Depending on snow conditions
<b>WINTER HIKING AND SNOWSHOEING</b>	0 - 14 y/o: Free 15 - 17 y/o: \$6 Adults and Senior: \$8		
<b>FATBIKE</b>	0 - 14 y/o: Free 15 - 17 y/o: \$15 Adults and Senior: \$19		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Everyday From 9 a.m. to 4:30 p.m.						

PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)			
<b>NATURE NERDING WINTER WALK</b>	Free for children Social pricing: from \$20 to \$40	From 8 y/o	January 24
<b>WINTER NIGHT HIKE</b>	Member: \$7 Non-Member: \$15		January 31
<b>WINTER ADVENTURE DISCOVERY PED DAY</b>	Social pricing from \$30 to \$60	6 - 10 y/o	February 6
<b>WINTER LIGHTS</b>	Free		February 14
<b>SNAIL TRAIL WALKING CLUB</b>			January 7, February 4 and March 4
<b>WESTWOOD CIRCUIT (family activity) Animal Tracks and Traces</b>			February 21
<b>WESTWOOD CIRCUIT One Hundred Winters: Trees on the Trail and Community Art</b>		From 16 y/o	March 28

					9:30 a.m. - 11:30 a.m.	
					6:30 p.m. - 10:30 p.m.	
					9 a.m. - 4 p.m.	
					4 p.m. - 6 p.m.	
		10 a.m. - 12 p.m.				
					10 a.m. - 12 p.m.	
					10 a.m. - 12 p.m.	

Senior 
 Adults 
 13 - 17 y/o 
 6 - 12 y/o 
 0 - 5 y/o

## REGISTER!

**Plein air Sutton / MTB**  
429, Maple Street, Sutton  
[info@pleinairsutton.ca](mailto:info@pleinairsutton.ca)  
450 538-6464

On site or online registration  
[www.pleinairsutton.ca/en/](http://www.pleinairsutton.ca/en/)

**Parc d'environnement naturel de Sutton (PENS)**  
800, Réal Road (altitude 520), Sutton  
[www.parcsutton.com/en/activite@parcsutton.com](http://www.parcsutton.com/en/activite@parcsutton.com)  
450 538-4085

**NATURE NERDING WINTER WALK**  
Registration online  
[www.parcsutton.com/activites/balades-nature](http://www.parcsutton.com/activites/balades-nature)

Registration deadline: January 22

**WINTER NIGHT HIKE**  
Departure from the reception desk  
Registration online  
[www.parcsutton.com/activites/randonnees-au-clair-de-lune](http://www.parcsutton.com/activites/randonnees-au-clair-de-lune)

Registration deadline: January 29

**WINTER ADVENTURE DISCOVERY PED DAY**  
Registration online  
[www.parcsutton.com/activites/nature-et-decouvertes](http://www.parcsutton.com/activites/nature-et-decouvertes)

Registration deadline: February 2

**WINTER LIGHTS**  
19, Highland Street, Sutton  
Departure at Sutton Primary School  
in the Village-Montagne Trail

No registration required

**SNAIL TRAIL WALKING CLUB**  
Registration by e-mail  
[activites@parcsutton.com](mailto:activites@parcsutton.com)

**CIRCUIT WESTWOOD**  
In the wooded area of the Westwood Circuit  
[www.parcsutton.com/activites/nos-activites](http://www.parcsutton.com/activites/nos-activites)

For more information on the Westwood Circuit  
[www.sutton.ca/en/a-future-community-and-family-trail-takes-shape-in-sutton/](http://www.sutton.ca/en/a-future-community-and-family-trail-takes-shape-in-sutton/)

# SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON			
<b>FREE TRAINING</b> Four times a week	<p><b>One class</b> Member: \$18 Non-Member: \$21</p> <p><b>Access card</b> 10 classes Member: \$155 Non-Member: \$185</p> <p>15 classes Member: \$225 Non-Member: \$270</p> <p>20 classes Member: \$290 Non-Member: \$350</p> <p><b>Monthly subscription</b> (1, 3, 6 or 12 months)</p>		January 5 to March 30
<b>FREE TRAINING</b> Once a week			
<b>PILATES</b>			January 12 to March 31
<b>POSTURE TONING</b>			
<b>GENTLE YOGA</b>			
<b>SPINNING</b>	Free	January 12 to March 30	
		January 14 to March 25	
<b>PRE-GOLF</b>		February 23 to April 13	
		February 25 to April 25	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m. - 1 p.m.	6 a.m. - 1 p.m.	6 a.m. - 1 p.m.	6 a.m. - 1 p.m.		
4 p.m. - 7 p.m.	4 p.m. - 7 p.m.	4 p.m. - 7 p.m.	4 p.m. - 7 p.m.		
				8 a.m. - 1 p.m.	
					8:30 a.m. - 12:30 p.m.
8:30 a.m. - 9:30 a.m.					
	4 p.m. - 5 p.m.				
			2:30 p.m. - 3:30 p.m.		
9:45 a.m. - 10:45 a.m.					
	2:30 p.m. - 3:30 p.m.				
1:15 p.m. - 2:15 p.m.					
8 a.m. - 9 a.m.					
5 p.m. - 6 p.m.					
		8 a.m. - 9 a.m.			
		5 p.m. - 6 p.m.			
2 p.m. - 3 p.m.					
		2 p.m. - 3 p.m.			

Senior 
 Adults 
 13 - 17 y/o 
 6 - 12 y/o 
 0 - 5 y/o

## REGISTER!

**Coop Gym Santé Sutton**  
 50, Principale North Street, Sutton  
[www.coopgymsantesutton.com/en/](http://www.coopgymsantesutton.com/en/)

Registration online, by phone, on the Fliip app,  
 by email and in person if space is available  
[allo@coopgymsantesutton.com](mailto:allo@coopgymsantesutton.com)  
 450 538-0313



# SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON			
<b>LA TOTALE</b>	<b>One class</b> <b>Member:</b> \$18 <b>Non-Member:</b> \$21  <b>Access card</b> 10 classes <b>Member:</b> \$155 <b>Non-Member:</b> \$185  15 classes <b>Member:</b> \$225 <b>Non-Member:</b> \$270  20 classes <b>Member:</b> \$290 <b>Non-Member:</b> \$350  <b>Monthly subscription</b> (1, 3, 6 or 12 months)		January 13 to March 31
<b>L'INTÉGRALE</b> (TRX bodyweight training)			January 17 to March 28
<b>WEIGHT TRAINING</b>			January 7 to February 25
<b>50+ FITNESS FADOQ</b>	<b>Monthly subscription</b> (1, 3, 6 or 12 months)		January 13 to March 31
<b>WALKING/RESOLUTION RUN</b> Distance between 2.5 and 5 km			January 1 <sup>st</sup>
<b>RUNNING CLUB</b> (three times a week)			Free
<b>POWER WALKING CLUB</b> (twice a week)			January 6 to March 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8 a.m. - 9 a.m.					
					10:15 a.m. - 11:15 a.m.	
					9 a.m. - 10 a.m.	
		5:30 p.m. - 6:30 p.m.				
	1:15 p.m. - 2:15 p.m.					
			1:15 p.m. - 2:15 p.m.			
			10 a.m. - 12 p.m.			
8 a.m. - 9 a.m.		8 a.m. - 9 a.m.		8 a.m. - 9 a.m.		
	1:30 p.m. - 3:30 p.m.		1:30 p.m. - 3:30 p.m.			

Senior 
 Adults 
 13 - 17 y/o 
 6 - 12 y/o 
 0 - 5 y/o

## REGISTER!

**Coop Gym Santé Sutton**  
 50, Principale North Street, Sutton  
[www.coopgymsantesutton.com/en/](http://www.coopgymsantesutton.com/en/)

Registration online, by phone, on the Fliip app,  
 by email and in person if space is available  
[allo@coopgymsantesutton.com](mailto:allo@coopgymsantesutton.com)  
 450 538-0313



© Tristan Corbeil-Lapointe

# CULTURAL ACTIVITIES



## BALLET-THÉÂTRE SUTTON → Kids and Teenagers's

<b>CREATIVE DANCE</b>	\$165		February 7 to May 9
<b>FUNDAMENTALS OF DANCE</b>	\$225		February 7 to May 9
<b>CONTEMPORARY DANCE I</b>	\$345		January 29 to June 6
<b>CONTEMPORARY DANCE II</b>	\$425		January 29 to June 6
<b>THEATER TROUPE</b>	Free		February 10 to June 6
<b>BALLET I</b>	\$345		January 24 to June 6
<b>BALLET I/II (Saturday or Tuesday)</b>			January 27 to June 6
<b>INTENSIVE BALLET I (2 classes per week)</b>	\$585		January 24 to June 6
<b>BALLET II</b>	\$345		
<b>INTENSIVE BALLET II (2 classes per week)</b>	\$585		January 24 to June 6
<b>BALLET III</b>	\$345		
<b>BALLET III/IV (Wednesday or Saturday)</b>	\$345		January 28 to June 6
<b>INTENSIVE BALLET III (2 classes per week)</b>	\$585		
<b>BALLET IV</b>	\$345		January 24 to June 6
<b>INTENSIVE BALLET IV (2 classes per week)</b>	\$585		
<b>BALLET V</b>	\$485		January 28 to June 6
<b>Ballet V/VI (Wednesday or Saturday)</b>	\$425		
<b>INTENSIVE BALLET V (2 classes per week)</b>	\$765		January 24 to June 6
<b>BALLET VI</b>	\$485		
<b>INTENSIVE BALLET VI (2 classes per week)</b>	\$765		January 28 to June 6
<b>POINTE CLASS</b>	\$155		

## BALLET-THÉÂTRE SUTTON → Adults

<b>BALLET FIT : CORPS DE BALLET</b>	<b>Cours à la carte</b> <b>6 classes: \$150</b> <b>10 classes: \$270</b> <b>12 classes: \$375</b> <b>18 classes: \$450</b>		January 20 to June 2
<b>CONTEMPORARY DANCE</b>			January 22 to June 4
<b>DANCE WITH BABY</b>			January 21 to June 3
<b>INTRODUCTION TO BALLET</b>			January 22 to June 4
<b>BALLET LEVEL I</b>			January 21 to June 3
<b>BALLET LEVEL II</b>			January 20 to June 2
<b>INTRODUCTION TO BALLET / BALLET LEVEL I (mixed group)</b>			

Senior Adults 13 - 17 y/o 6 - 12 y/o 0 - 5 y/o

## REGISTER!

### Ballet-théâtre Sutton

50, Principale North Street, #204, Sutton  
438 738-2558

[info.balletsutton@gmail.com](mailto:info.balletsutton@gmail.com)

Registration online

[www.balletsutton.com](http://www.balletsutton.com)

**CREATIVE DANCE**  
**FUNDAMENTALS OF DANCE**  
**THEATER TROUPE**

Community Hall, Sutton Town Hall  
11, Principale South Street, Sutton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9 a.m. - 9:45 a.m.
					10 a.m. - 11 a.m.
			3:45 p.m. - 4:45 p.m.		
			4:45 p.m. - 6 p.m.		
		4:45 p.m. - 6:15 p.m.			
					9 a.m. - 10 a.m.
	3:45 p.m. - 4:45 p.m.				
	3:45 p.m. - 4:45 p.m.				9 a.m. - 10 a.m.
					10:15 a.m. - 11:15 a.m.
	3:45 p.m. - 4:45 p.m.				10:45 a.m. - 11:15 a.m.
					11:30 a.m. - 12:30 p.m.
		3:45 p.m. - 4:45 p.m.			
		3:45 p.m. - 4:45 p.m.			11:30 a.m. - 12:30 p.m.
					12:45 p.m. - 1:45 p.m.
		3:45 p.m. - 4:45 p.m.			12:45 p.m. - 1:45 p.m.
					2:15 p.m. - 3:45 p.m.
		4:45 p.m. - 6 p.m.			
		4:45 p.m. - 6 p.m.			2:15 p.m. - 3:45 p.m.
					4 p.m. - 5:30 p.m.
		4:45 p.m. - 6 p.m.			2:15 p.m. - 3:45 p.m.
		6 p.m. - 6:30 p.m.			
	8:30 a.m. - 9:30 a.m.				
	9:30 a.m. - 10:45 a.m.				
	8:30 a.m. - 9:30 a.m.				
		10:15 a.m. - 11:30 a.m.			
			8:30 a.m. - 10 a.m.		
		8:30 a.m. - 10 a.m.			
	6:30 p.m. - 8 p.m.				



# CULTURAL ACTIVITIES



BALLET-THÉÂTRE SUTTON → Adapted / Seniors				
<b>BALLET FIT: BARRE 60 Y/O +</b>	<b>Cours à la carte</b> 6 classes: \$150 10 classes: \$270 12 classes: \$375 18 classes: \$450		January 20 to June 2	
<b>BALLET FIT: ADAPTED / ON A CHAIR</b>			January 21 to June 3	
<b>GENTLE DANCE</b>			January 22 to June 4	
BIBLIOTHÈQUE SUTTON LIBRARY				
<b>WORD CAFE</b>	Free		From January 5	
ARTS SUTTON				
<b>ANNUAL GENERAL MEETING</b>	Free		January 11	
<b>ANNE BOLDUC EXHIBITION AND MEMBER EXHIBITION</b> in the Claire-Léger space			January 22 to February 22	
<b>MEMBERS' EXHIBITION</b>			March 5 to April 16	
D'ARTS ET DE RÊVES				
<b>JEREMIE NIEL: L'HABITUDE DES RUINES</b>	Free		February 20	
<b>SARAH DELL'AVA: TEMPLUM</b>			March 20	
SUTTON MUNICIPAL AND SCHOOL LIBRARY				
<b>COLLAGE AND POETRY WORKSHOP</b> (in French)	<b>Resident:</b> \$88 <b>Non-resident:</b> \$160		January 21 to March 11	
<b>BOOK LAUNCH:</b> With Love, Tam	<b>Resident:</b> Free <b>Non-resident:</b> \$11		January 22	
<b>CONFERENCE:</b> Parlons bois			January 29	
<b>UKULELE LESSON LEVEL 1</b>	<b>Resident:</b> \$110 <b>Non-resident:</b> \$200		February 2 to April 20	
<b>UKULELE SESSION "CLUB FORMAT"</b>	<b>Resident:</b> \$132 <b>Non-resident:</b> \$240		February 4 to April 29	
<b>WATERCOLOR GREETING CARD WORKSHOP</b>	<b>Resident:</b> Free <b>Non-resident:</b> \$11			February 12
<b>ZINE WORKSHOP</b>			15 y/o +	February 21
<b>CONFERENCE:</b> Nous sommes des montagnes				March 28
<b>CONFERENCE:</b> Odeurs et saveurs du potager				March 19

Senior 
 Adults 
 13 - 17 y/o 
 6 - 12 y/o 
 0 - 5 y/o

## REGISTER!

### Ballet-théâtre Sutton

50, Principale North Street, #204, Sutton  
438 738-2558  
[info.balletsutton@gmail.com](mailto:info.balletsutton@gmail.com)

Registration online  
[www.balletsutton.com](http://www.balletsutton.com)

### Bibliothèque Sutton Library

7, Academy Street, Sutton  
[biblio.sutton@gmail.com](mailto:biblio.sutton@gmail.com)  
No registration required

### Arts Sutton

7, Academy Street, Sutton  
[www.artssutton.com/en/](http://www.artssutton.com/en/)  
[info@artssutton.com](mailto:info@artssutton.com)  
450 538-2563  
No registration required



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11 a.m. - 12:15 p.m.					
		11:45 a.m. - 12:45 p.m.				
			10:15 a.m. - 11:30 a.m.			
						Once a month 3 p.m. - 4:30 p.m.
						10 a.m. - 12 p.m.
			1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.
			1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.
				5 p.m. - 7 p.m.		
				5 p.m. - 7 p.m.		
		12:45 p.m. - 2:45 p.m.				
			1 p.m. - 4 p.m.			
			1 p.m. - 4 p.m.			
7 p.m. - 8:30 p.m.						
		7 p.m. - 8:15 p.m.				
			1 p.m. - 4 p.m.			
					1 p.m. - 4 p.m.	
					1 p.m. - 2:15 p.m.	
			1 p.m. - 3 p.m.			

### D'Arts et de rêves

57, Principale North Street, Sutton  
450 531-5707  
[www.dartsetdereves.org/en/](http://www.dartsetdereves.org/en/)  
[coordo@dartsetdereves.org](mailto:coordo@dartsetdereves.org)

Registration on Zefy

### Sutton Municipal and School Library

19, Highland Street, Sutton  
[bibliotheque@sutton.ca](mailto:bibliotheque@sutton.ca)  
450 538-5843

To register:  
<https://sutton.ca/en/online-services/registration-for-recreational-activities/>

# RECREATIONNAL AND COMMUNITY ACTIVITES



MAYSON DES JEUNES DE SUTTON			
<b>DAILY ACTIVITY</b> (varies every day)	Free		From January 5
LE SAC À MOTS			
<b>FRENCH CONVERSATION GROUP</b>	Session: \$15		January 22 to March 27
SOLIDARITÉ ENVIRONNEMENT SUTTON			
<b>MEETING OF MEMBERS AND SUPPORTERS</b>			February 3
<b>CONFERENCES</b>	Free		January 30
			February 13
			February 27
			March 13
			March 27
SUTTON VOLUNTEER CENTRE (SVC)			
<b>CAFÉ 50+</b>	Free		January 7 to March 25
<b>THE NEST (BABY DROP-IN)</b>			January 9 to March 27
<b>FOOD BANK</b>			January 19, February 16 and March 16
<b>COLLECTIVE KITCHEN</b>	Free (cost of ingredients)		January 5, February 2 and March 2
<b>FORMATION SENTINELLE GÉRIATRIE SOCIALE</b> (in English only)	Free		January 22
VILLAGE FAMILLE SUTTON			
<b>COLLECTIVE KITCHEN FOR FAMILIES</b>	Free for members of the organization		January 29 to April 30

Senior Adults 13 - 17 y/o 6 - 12 y/o 0 - 5 y/o

## REGISTER!

**Maison des jeunes de Sutton**  
47, Principale North Street, Sutton  
450 538-7494

[mdj.le.spot.sutton@gmail.com](mailto:mdj.le.spot.sutton@gmail.com)  
[www.lespotsutton.ca/](http://www.lespotsutton.ca/)

**Le Sac à mots**  
Community Hall, Sutton Town Hall  
11, Principale Street, Sutton  
450 266-3766  
[www.lesacamots.com/](http://www.lesacamots.com/)

Registration by phone or e-mail  
[sacamots.projet@gmail.com](mailto:sacamots.projet@gmail.com)

**Solidarité Environnement Sutton**  
Council Room, Town Hall  
11, Principal Street South, Sutton  
450 538-0765

[info@sesutton.org](mailto:info@sesutton.org)  
[www.sesutton.org](http://www.sesutton.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	
			10:30 a.m. - 12 p.m.		
	7 p.m. - 9 p.m.				
			7 p.m. - 9 p.m.		
		2 p.m. - 4 p.m.			
				9 a.m. - 11:30 a.m.	
By appointment					
9 a.m. - 12 p.m.					
			1 p.m. - 4 p.m.		
			Once a month 1 p.m. - 4 p.m.		

**Sutton Volunteer Centre (SVC)**  
7, Maple Street, Sutton  
450 538-1919

**FOOD BANK  
COLLECTIVE KITCHEN  
FORMATION SENTINELLE**  
Registration online or by e-mail  
[info@cabsutton.com](mailto:info@cabsutton.com)  
[www.cabsutton.com/en/](http://www.cabsutton.com/en/)

**Village Famille Sutton**  
Sutton Volunteer Centre (SVC)  
7, Maple Street, Sutton

Fill out the membership form on the website  
[www.villagefamillesutton.org](http://www.villagefamillesutton.org)



# EVENTS



Monday to Sunday  
**From November 29 to February 1<sup>st</sup>**

## Winter Quest : Frosty Challenges

A day out with family or friends

Start at 14, Dépôt Street  
 (on the former Filtex site)



**Download the application "Mon parcours" before you start!**  
 One device per group is sufficient.  
 To start the game, enter the access code on the sign at the starting point of the quest.

Town of Sutton  
[www.sutton.ca/en/frosty](http://www.sutton.ca/en/frosty)  
[loisirs@sutton.ca](mailto:loisirs@sutton.ca)  
 450 538-2290, option 3



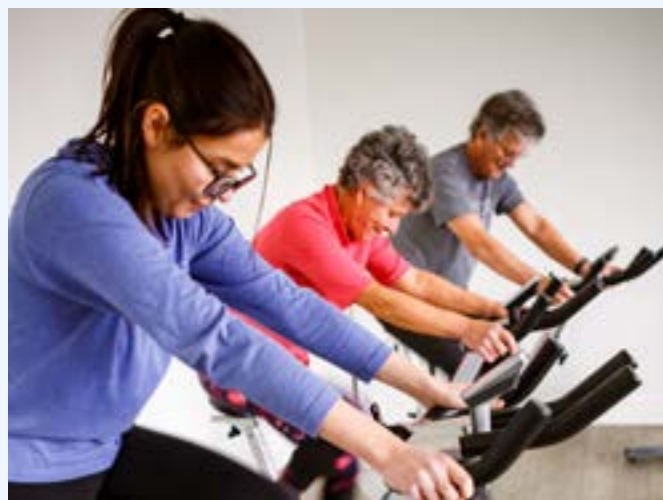
Saturday  
**January 10**  
 1 p.m. - 4 p.m.



Coop gym santé Sutton  
 50, Principale North Street, Sutton

## Open House Day

[www.coopgymsantesutton.com/en](http://www.coopgymsantesutton.com/en)  
[allo@coopgymsantesutton.com](mailto:allo@coopgymsantesutton.com)  
 450 538-0313



Tristan Corbeil-Lapointe

## Disco Skating Evening



Tristan Corbeil-Lapointe, artists of Production Cirkaz

Friday  
**February 13**  
 7 p.m. - 9 p.m.

GOYETTE-HILL PARK  
 91, Western Street, Sutton

Activity organised by the  
 Town of Sutton



Saturday  
**February 14**  
 1 p.m. - 4 p.m.

GOYETTE-HILL PARK  
 91, Western Street, Sutton

## Winter Pleasures

Activity organised by the Town of Sutton



Tristan Corbeil-Lapointe



