

Special Outings*

Fall-Winter 2026-2027

SEPTEMBER

- Pointe-Claire Village
- Apple Picking
- Cranberry Picking
- Armchair Travel - Ireland

OCTOBER

- Thanksgiving Luncheon
- Mount-Royal Park
- Atwater Market
- Halloween Party
- Armchair Travel - Paraguay

NOVEMBER

- Ecomuseum
- Chateau Ramezay
- Living Books
- Game Night
- Armchair Travel - Côte D'Ivoire

DECEMBER

- Twelve Days of Christmas
- Christmas Party

JANUARY

- Karaoke Night
- Axe Throwing
- Armchair Travel - Spain

FEBRUARY

- Valentine's Day Luncheon
- Cat Café
- Lunar New Year
- Armchair Travel - Mozambique

MARCH

- Cabane à sucre
- Maison Saint-Gabriel
- Saint Patrick's Day Luncheon
- Armchair Travel - Indonesia

* Reservation required
A monetary contribution will be asked for certain activities.

Monthly activities

WRITER'S COLLECTIVE OF CANADA WORKSHOP

The WCC offers community writing workshops that allow participants to feel heard, acknowledged, and valued.

Dates

- Monday September 14th at 10:30am
- Monday October 5th (supervised apartments) at 10:30am
- Monday November 9th at 10:30am

BOWLING

Roll into a good time where the scores don't matter and the laughs are guaranteed!

ARMCHAIR TRAVEL

Come learn about different countries across the globe, from the comfort of our sofas.

Dates

- Friday September 25th at 1:30pm
- Friday October 23rd at 1:30pm
- Friday November 20th at 10:30am (at the Day Center)

ZOOTHERAPY

Come and share a moment surrounded by animals, games, and caresses aimed to reduce stress.

Dates

- Wednesday September 2nd at 10:00am
- Wednesday October 14th at 10:00am
- Wednesday November 11th at 10:00am
- Wednesday December 9th at 10:00am

MUSICAL DISCOVERY

Discover new instruments, your voice, and movement through music.

Dates

- Thursday September 17th at 10:00am
- Thursday October 15th at 10:00am
- Thursday November 19th at 10:00am

CARDIO

This activity is all about enjoying nature, stretching our limbs, and getting our hearts pumping in a relaxed, friendly setting.

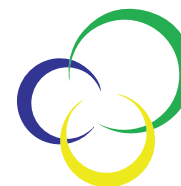
Dates

- Monday September 21st at 10:30am
- Monday October 19th at 10:30am
- Monday November 16th at 10:30am
- Monday December 7th at 10:30am

CENTRE DE JOUR OMEGA

600 Avenue de l'Église, Dorval, Québec H9S 1R3
514 631-2760 poste 104 | omegacenter.org

Fall-Winter Activity Schedule 2026-27



RESSOURCES COMMUNAUTAIRES OMEGA
OMEGA COMMUNITY RESOURCES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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OPENING AT 9:00 am

 **9:00 to 9:30 am**
Continental Breakfast \$

 **9:30 to 10:00 am**
Walk
Join us for an active walk!

 **10:00 to 11:00 am**
Journaling
This journaling activity allows you to explore your thoughts, feelings, and emotions. You are invited to better understand yourself, gain perspective, and nurture your personal growth.

 **11:00 to 12:00 pm**
Facts, Fiction, and Fun
An activity where we explore together a topic that interests you. History, fiction, arts, or any other current curiosity—you inspire the theme!

 **9:00 to 9:30 am**
Continental Breakfast \$

 **9:30 to 10:00 am**
Walk
Join us for an active walk!

 **10:00 to 12:00 pm**
Life Skills Workshop /
Therapeutic Art
Come learn new skills or master existing skills. An inclusive space to learn, share and discuss topics that are relevant and interesting to us. Participate in art activities which reduce stress, improve hand-eye coordination, teach a new skill, foster social connection and/or help maintain mental health.

 **9:00 to 9:30 am**
Continental Breakfast \$

 **9:30 to 10:00 am**
Chair Yoga
Helps improve flexibility, balance, and relaxation through guided stretches, breathing exercises, and mindfulness.

 **10:00 to 12:00 pm**
Cooking Workshop
Join us for a fun, hands-on cooking workshop where you'll learn to make a variety of delicious sweet treats and simple, beginner-friendly recipes. No cooking or baking experience is required.



 **9:00 to 9:30 am**
Continental Breakfast \$

 **9:30 to 10:00 am**
OMEGA Newsletter
Come and learn about the fun things going on at OMEGA throughout the week!

 **10:00 to 12:00 pm**
Music Appreciation
Take a rhythmical ride through the world of music. Share your favourite songs and discover new music tastes! A fun way to socialize and find a new favourite song.



 **9:00 to 9:30 am**
Continental Breakfast \$

 **9:30 to 10:00 am**
Lets get stretched!
This activity focuses on improving flexibility, range of motion, and muscle and joint health.

 **10:00 to 11:00 am**
The Omega Times
Give your mind a gentle workout and enjoy some fun connections! We are coming together to explore the relaxing and satisfying world of daily word games.

 **11:00 to 12:00 pm**
Circle of Trust
This group is a warm, welcoming space designed for you to slow down, take a deep breath, and express whatever is on your mind.

From 12:15 to 12:45 pm – Lunch \$

 **1:00 to 3:30 pm**
The Seasons of Color
Work on different art projects all year long! A guided, step-by-step experience where participants create their own masterpiece in a relaxed, social setting.



 **1:00 to 3:30 pm**
My Puzzle, My Design
Challenge your mind and express your creativity by designing your own unique puzzles while exploring different styles and ideas.



 **1:00 to 3:30 pm**
Film Club
Discover new movies, genres, and styles of film! Come socialize and engage in enriching discussions about each film.



 **1:00 to 3:30 pm**
Board Games
A fun way to socialize, relax, and discover new and exciting board games with friends!



 **1:00 to 3:30 pm**
Bingo
Play Bingo with friends and win some fun prizes!



Ad hoc activities are available everyday!

CLOSING at 4:00 pm

For more information on our activities or outings, please call 514-631-2760 ext. 105 & 102

*Ad hoc activity time: come by the Day Center and enjoy any activity of your choice, even if it isn't scheduled that day