

: SPECIAL OUTINGS : AND EVENTS

AUTUMN/WINTER 2019-2020

SEPTEMBER

- Softball tournament w/ PCSM (September 18)
- Apple-picking outing

OCTOBER

- Museum of Fine Arts: Egyptians mummies (October 4)
- Show'n Tell Day
- Halloween Party (October 31)

NOVEMBER

- Outing to Fairview Mall
- Excursion to see planes take off and land w/ picnic
- Appreciation day
- Karaoke Party
- MAC Museum visit

DECEMBER

- Animé Festival
- Bingo afternoon and special lunch
- Bookstore outing (CLIO Library)
- Community Collective Christmas Party
- Omega Christmas Lunch

JANUARY

- Pool outing
- Museum of Fine Arts: Untamed Colour (the work of Jean McEwen)
- Lunar New Year Celebration: Year of the RAT (January 24)

FEBRUARY

- Sliding/skating outing
- Carnival celebration
- Chinatown

MARCH

- Sugaring off
- Ecomuseum
- Video Festival



: Autumn/Winter : Activity Schedule : 2019-2020

CENTRE DE JOUR OMEGA

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

omegacenter.org



RESSOURCES COMMUNAUTAIRES OMEGA
OMEGA COMMUNITY RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ⋮ 8:45 to 9:05 am ⋮ Mindfulness meditation <p>This small group gathers every morning to breathe, meditate and experience inner calm and stillness.</p>	<ul style="list-style-type: none"> ⋮ 9:15 to 9:30 am ⋮ Mindfulness meditation <p>This small group gathers every morning to breathe, meditate and experience inner calm and stillness.</p>	<ul style="list-style-type: none"> ⋮ 9:15 to 9:30 am ⋮ Mindfulness meditation <p>This small group gathers every morning to breathe, meditate and experience inner calm and stillness.</p>	<ul style="list-style-type: none"> ⋮ 9:15 to 9:30 am ⋮ Mindfulness meditation <p>This small group gathers every morning to breathe, meditate and experience inner calm and stillness.</p>	<ul style="list-style-type: none"> ⋮ 9:15 to 9:30 am ⋮ Yoga <p>A quiet moment with gentle movement that is healthy for the body and soul.</p>
<ul style="list-style-type: none"> ⋮ 9:05 to 10:45 am ⋮ All about OMEGA ⋮ Continental Breakfast <p>We meet to discuss people's experiences about OMEGA. Anything about OMEGA and beyond. Come and be an active participant in the OMEGA community!</p>	<ul style="list-style-type: none"> ⋮ 10:00 to 10:45 am ⋮ Read to write <p>Reading is a great way to explore the world, and writing about what we read helps us gain insights and meaning. Come and join us!</p>	<ul style="list-style-type: none"> ⋮ 10:00 to 10:45 am ⋮ 3-D art <p>This is a fun workshop that will keep your hands busy. We'll use a lot of different materials: clay, papier maché, wax, recyclables. Come discover the world of sculpture through creative, hands-on exploration!</p>	<ul style="list-style-type: none"> ⋮ 10:00 to 10:45 am ⋮ Music appreciation <p>Take a rhythmical ride through the world of music. Discover sounds, artists and culture that will elevate your day!</p>	<ul style="list-style-type: none"> ⋮ 9:45 to 10:45 am ⋮ Word games <p>Playing with words can be fun and challenging. If you're a word person, then you'll love this group. We'll do word searches and crosswords, and play Boggle, Scrabble and Bananagrams too. We may even make up our own word games to take our skills to the next level.</p>
<ul style="list-style-type: none"> ⋮ 11:00 to 11:45 am ⋮ Visual journaling <p>Create a personalized journal in your own individual style. Fill it with writing, doodles, drawings and collages. Each week is a different theme that will help you express your own unique perspective.</p>	<ul style="list-style-type: none"> ⋮ 11:00 to 11:45 am ⋮ Stop the Stigma! <p>It is not our differences that divide us. It is our inability to recognize, accept and celebrate those differences.</p>	<ul style="list-style-type: none"> ⋮ 11:00 to 11:45 am ⋮ Wii Games <p>Come and join the group to practice your competitive edge with the Wii game. Fun & laughter!</p>	<ul style="list-style-type: none"> ⋮ 11:00 to 11:45 am ⋮ Take a break <p>A workshop led by ALL staff. Choose the break that most interests you and be an important part of OMEGA community!</p>	<ul style="list-style-type: none"> ⋮ 10:00 to 10:45 am ⋮ PAAS workshop <p>Support work program.</p>
				<ul style="list-style-type: none"> ⋮ 11:00 to 11:45 am ⋮ Let's get physical <p>Let's get physical come and join us with a gentle way to move and feel good!</p>

From 12:00 to 12:45 pm — Lunch ☺

<ul style="list-style-type: none"> ⋮ 1:00 pm ⋮ Walk <p>This daily walking group will help you to get in shape. We'll count our steps and track our overall distance. Challenge yourself to get fit and have fun all at the same time!</p>	<ul style="list-style-type: none"> ⋮ 1:00 pm ⋮ Walk <p>This daily walking group will help you to get in shape. We'll count our steps and track our overall distance. Challenge yourself to get fit and have fun all at the same time!</p>	<ul style="list-style-type: none"> ⋮ 1:00 pm ⋮ Walk <p>This daily walking group will help you to get in shape. We'll count our steps and track our overall distance. Challenge yourself to get fit and have fun all at the same time!</p>	<ul style="list-style-type: none"> ⋮ 1:00 pm ⋮ Walk <p>This daily walking group will help you to get in shape. We'll count our steps and track our overall distance. Challenge yourself to get fit and have fun all at the same time!</p>	<ul style="list-style-type: none"> ⋮ 1:00 pm ⋮ Walk <p>This daily walking group will help you to get in shape. We'll count our steps and track our overall distance. Challenge yourself to get fit and have fun all at the same time!</p>
<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Ici, on se parle <p>Great opportunity to practice and improve your French skills in a warm and comfortable atmosphere. Conversations, read texts, solve puzzles and play games</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Bowling <p>Come and join us at Laurentien Lanes for bowling!</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ All hands in the kitchen <p>Cooking, Baking, Food preparation. Come join us for a hands-on kitchen experience, and learning great recipes you can bring home!</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Create your story <p>Everyone has a story to tell. This is a chance to share your good news and success stories with others. We'll focus on positive events and things that each bring us joy in life. Come tell or write about your story and feel good about the things you've done.</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Interpersonal skills <p>This is a supportive group where participants can talk about things such as challenges, concerns and fears. Positivity and learning tools are shared while strengthening connections.</p>
<ul style="list-style-type: none"> ⋮ 2:00 pm ⋮ Ad Hoc Games <p>A variety to choose from; fun games available to all according to the mood of the moment.</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Relaxation <p>Just the thing to get you calm and collected. We combine tapping on energy points and breathing techniques.</p>	<ul style="list-style-type: none"> ⋮ 2:45 pm ⋮ Discovery and discussion with TED <p>Join us and let's explore different subjects through TED talk videos. Learn something new, discover a new world and share your thoughts with the group!</p>	<ul style="list-style-type: none"> ⋮ 1:30 pm ⋮ Game Club <p>Calling all gamers! We gather and select various games to play. Competitive or collaborative games.</p>	<ul style="list-style-type: none"> ⋮ 2:30 pm ⋮ Play with colors <p>Coloring is fun, and this group will let you explore color in a lot of different ways. We'll play with paint, pastels and pencils, markers and mandalas too! Add a bit of color to your day and express yourself in wild and creative ways.</p>
	<ul style="list-style-type: none"> ⋮ 2:00 pm ⋮ Puzzles <p>Great way to relax and focus on creating a puzzle.</p>			<p>End of Day</p> <p>Mindfulness meditation</p> <p>This small group gathers every morning to breathe, meditate and experience inner calm and stillness.</p>

CLOSING AT 4:00 pm