

SPECIAL OUTINGS

SPRING-SUMMER 2021-2022

APRIL

- Zootherapy
- Easter
- Cinema Outing
- Botanical Gardens

MAY

- Zootherapy
- Aviation Museum
- Insectarium

JUNE

- Zootherapy
- Museum Outings
- Food Truck Fridays
- Ecomuseum
- Collective Art Project

JULY

- Zootherapy
- Collective Art Project
- Museum of Fine Arts
- Montreal Jazz Festival
- Food Truck Fridays

AUGUST

- Zootherapy
- Food Truck Fridays
- Collective Art Project
- Science Center & Imax



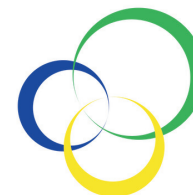
Spring-Summer Activity Schedule 2022

CENTRE DE JOUR OMEGA

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

omegacenter.org

A monetary contribution  will be asked for certain activities.



RESSOURCES COMMUNAUTAIRES OMEGA
OMEGA COMMUNITY RESOURCES

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****OPENING AT 8:30 am****9:30 to 10:00 am**

Continental breakfast \$

10:00 to 10:30 am

Meditation

This small group gathers every morning to breathe, meditate and experience inner calm and stillness.

10:45 to 11:45 am

ARTworkshop

Let your imagination express itself in this workshop. Different themes and materials will be used to create fabulous and artistic creations.

9:30 to 10:00 am

Continental breakfast \$

9:45 to 11:45 am

Cooking workshop

Cooking, Baking, Food preparation. Come join us for a hands-on kitchen experience, and learning great recipes you can bring home!

9:30 to 10:00 am

Continental breakfast \$

11:00 to 11:30 am

Outdoor Cardio

Challenge yourself and join us with our personal trainer and enjoy the outdoors! Move your body while having fun!

10:45 to 11:45 am

Discussion group

Every week a different theme will be explored. This workshop gives the opportunity to share and express yourself in a group setting.

9:30 to 10:00 am

Continental breakfast \$

10:00 to 10:30 am

Meditation

This small group gathers every morning to breathe, meditate and experience inner calm and stillness.

10:30 to 11:45 am

Music Appreciation

Take a rhythmical ride through the world of music. Discover sounds, artists and culture that will elevate your day!

9:30 to 10:00 am

Continental breakfast \$

10:00 to 10:30 am

Walk

This daily walking group will help you 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.

10:00 to 11:30 am

Workshop move your brain

A great way to discover new and interesting subjects through videos or writing workshops.

11:00 to 12:00 am

Ici, on se parle

Great opportunity to practice and improve your French skills in a warm and comfortable atmosphere. Conversations, reading, solving puzzles and playing games.

From 12:15 to 12:45 pm — Lunch \$**1:00 to 1:30 pm**

Photography walk

Discover the beauty of nature during Spring and Summer season. Capture the moment and take photos while walking in the neighbourhood. Find inspiration.

1:45 to 3:00 pm

Earth wellness workshop

Interested in our planet and how we can better take care of it? Join us in this interactive group session.

1:30 to 3:30 pm

Bowling

Reservation required.

1:00 to 1:30 pm

Zen walk

A calm and slow walk to relax and enjoy the surroundings. Find a peaceful space and breathe throughout your walk.

1:45 to 3:00 pm

Workshop all about you

Need to take care of you? We explore different themes such as self esteem, wellness and workshop to inspire you.

1:00 to 1:30 pm

Active walk

This daily walking group will help you 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.

1:30 to 3:00 pm

Wii / BINGO tournament

Come and join the group to practice and sharpen your competitive edge with Wii game sports. Discover if it is your lucky day at Bingo.

1:00 to 1:30 pm

Zen walk

A calm and slow walk to relax and enjoy your surroundings. Find a peaceful space and breathe throughout your walk.

1:30 to 2:30 pm

Write your story

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.

1:00 to 1:30 pm

Active walk

This daily walking group will help you 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.

1:45 to 3:30 pm

Home workshop

Facilitate your daily life with useful information on how to create a happy and lovely home environment.

CLOSING at 4:00 pm