

SPECIAL OUTINGS

FALL-WINTER 2022-2023

OCTOBER

- Dorval Library
- OMEGA Thanksgiving Lunch
- Haunted tour of Old Port

NOVEMBER

- Contemporary Art Museum
- Volunteering
- Biodôme

DECEMBER

- Skating
- Christmas village
- Christmas card donation
- OMEGA Christmas Lunch

JANUARY

- Laser tag center
- McCord/Redpath Museum
- Science Center

FEBRUARY

- Cat café
- Biosphere
- Mini putt

MARCH

- Cabane à sucre
- Planetarium
- Axe throwing



Fall-Winter Activity Schedule 2022-2023

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.

* reservation required



RESSOURCES COMMUNAUTAIRES OMEGA
OMEGA COMMUNITY RESOURCES

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

Continental breakfast 💰

9:45 to 10:30 am

Cardio plein air

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

10:30 to 11:00 am

All about OMEGA

We meet to discuss people's experiences about OMEGA. Anything about OMEGA and beyond. Come and be an active participant in the OMEGA your story and feel good about the things you've done.

11:00 to 12:00 pm

Art therapy workshop

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

Walk or movement with music

When the sun is shining we will walk around the neighborhood counting our steps, enjoying the sights and engaging in light conversation. Other days we will join together in the music room for some light exercises and stretching to the beats of our favorite music.

10:00 to 11:00 am

Interpersonal skills / Zootherapy

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. / Twice a month come and join us for zootherapy, meet the gentle furry friends: cats, dogs, rabbits.

11:00 to 12:00 pm

Word games

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.

9:00 to 9:30 am

Continental breakfast 💰

9:30 to 10:00 am

Walk or movement with music

**10:45 to 12:00 pm**

Cooking activity with Bread Basket

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

9:00 to 9:30 am

Continental breakfast 💰

9:30 to 10:00 am

Walk or movement with music

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10:00 to 11:00 am

Good news daily - Coffee chat

Gather with a warm cup of coffee to discover all the positive news around the world. Sharing positivity with others will give us an opportunity to reduce stress and improve our overall well-being.

11:00 to 12:00 pm

Music therapy

Take a rhythmical ride though the world of music with our Music Therapist. Discover new instruments, your voice, movement and fun through music!

9:00 to 9:30 am

Continental breakfast 💰

9:30 to 10:00 am

Walk or movement with music

10:00 to 11:00 am

Ted talks

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!

11:00 to 12:00 pm

Ici, on se parle

Great opportunity to practice and improve your French skills in a warm and comfortable atmosphere. Conversations, read texts, solve puzzles and play games.

From 12:15 to 12:45 pm – Lunch 💰**1:00 to 1:30 pm**

Get your steps in - Walk challenge

This daily walking group will help you to get in shape over the summertime. 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 4:00 pm

Bowling \$ / Wii

Come and join us at Laurentien Lanes for bowling! / Come and join the group to practice your competitive edge with the Wii game. Fun & laughter!

1:00 to 1:30 pm

Get your steps in - Walk challenge

1:30 to 4:00 pm

The OMEGA art hive

Have you ever wanted to start an art project but don't know where to start? Bring your ideas and we will provide the materials and facilitation. This is an opportunity to explore new skills, discover your creativity and collaborate with others.

1:00 to 1:30 pm

Get your steps in - Walk challenge

This daily walking group will help you to get in shape over the summertime. 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 4:00 pm

Community outreach

Connect with organizations and participants in our community. This is an opportunity to learn from other organizations, meet new people, become involved in the community and discover new opportunities.

1:00 to 1:30 pm

Get your steps in - Walk challenge

1:30 to 4:00 pm

Write your story / Board games

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. / Calling all gamers! We gather and select various games to play. Competitive or collaborative games.

1:00 to 1:30 pm

Get your steps in - Walk challenge

This daily walking group will help you to get in shape over the summertime. 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 4:00 pm

Community outreach

Connect with organizations and participants in our community. This is an opportunity to learn from other organizations, meet new people, become involved in the community and discover new opportunities.

CLOSING at 4:00 pm