

# SPECIAL OUTINGS

## SPRING-SUMMER 2023

### APRIL

- Jean Talon Market
- Living Library

### MAY

- Montréal Insectarium
- Mental Health Awareness

### JUNE

- Botanical Gardens
- Éco-pêche
- Swimming

### JULY

- Beach outing
- Montréal Jazz fest
- Canada Day BBQ

### AUGUST

- Parc-Nature-du-Bois-de-l'Île-Bizard
- Ostrich Farm outing

### SEPTEMBER

- Mont Saint Bruno
- Montreal Ecomuseum
- Dorval Library

 A monetary contribution will be asked for certain activities.

\* reservation required



## Spring-Summer Activity Schedule 2023

### CENTRE DE JOUR OMEGA

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

[omegacenter.org](http://omegacenter.org)



RESSOURCES COMMUNAUTAIRES OMEGA  
OMEGA COMMUNITY RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPENING AT 9:00 am				
<b>9:00 to 9:30 am</b> Continental breakfast 💰	<b>9:00 to 9:30 am</b> Continental breakfast 💰	<b>9:00 to 9:30 am</b> Continental breakfast 💰	<b>9:00 to 9:30 am</b> Continental breakfast 💰	<b>9:00 to 9:30 am</b> Continental breakfast 💰
<b>9:45 to 10:15 am</b> Meditation	<b>9:30 to 10:00 am</b> Walk This daily walking group will help you to get in shape over the summertime.	<b>9:30 to 10:00 am</b> Meditative walk It's time to connect with yourself, with the present moment, while freeing yourself from what has been and what will be.	<b>9:30 to 10:00 am</b> Walk This daily walking group will help you to get in shape over the summertime.	<b>9:30 to 10:00 am</b> Meditative walk It's time to connect with yourself, with the present moment, while freeing yourself from what has been and what will be.
<b>10:15 to 11:00 am</b> Cardio Challenge yourself and join us with our personal trainer and enjoy the outdoors! Move your body while having fun!	<b>10:00 to 10:30 am</b> 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.		<b>10:00 to 11:00 am</b> Music appreciation It helps to calm and manage emotions. It promotes and stimulates our hearing.	<b>10:00 to 11:00 am</b> Journaling Clarify your thoughts and emotions through written and visual journaling. A chance for you to get to know yourself better and improve your health and well-being.
<b>11:00 to 12:00 pm</b> 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.	<b>10:30 to 12:00 pm</b> Therapeutic Art Participate in art activities which reduce stress, improve hand-eye coordination, teach a new skill, foster social connection and/or help maintain mental health. Different themes and materials will be used to create fabulous and artistic creations.		<b>11:00 to 12:00 pm</b> 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!	<b>11:00 to 12:00 pm</b> 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 💰				
<b>1:00 to 1:30 pm</b> Walk This daily walking group will help you to get in shape over the summertime.	<b>1:00 to 1:30 pm</b> Meditative walk It's time to connect with yourself, with the present moment, while freeing yourself from what has been and what will be.	<b>1:00 to 1:30 pm</b> Walk This daily walking group will help you to get in shape over the summertime.	<b>1:00 to 1:30 pm</b> Meditative walk It's time to connect with yourself, with the present moment, while freeing yourself from what has been and what will be	<b>1:00 to 1:30 pm</b> Walk This daily walking group will help you to get in shape over the summertime.
<b>1:30 to 3:00 pm</b> Bowling 💰*/ Take a Moment of Happiness for Yourself Pass the afternoon doing an activity that you like(Board Games, Virtual Reality, Netflix, Art, Wii...)	<b>1:30 to 3:00 pm</b> 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.	<b>1:30 to 3:00 pm</b> Community outreach / Cardio fun 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. / Come move, dance, do courses, team games like soccer, volleyball, come move in rhythm with zumba, salsa, take a deep breath to do yoga, everything to stay in great form and share a fun moment!	<b>1:30 to 3:00 pm</b> Games A great way to relax and focus on completing the puzzle, board games, virtual reality mask!	<b>1:30 to 3:00 pm</b> Community outreach / Zootherapy 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. / Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love.
CLOSING at 4:00 pm				