

SPECIAL OUTINGS

FALL-WINTER 2023-2024

SEPTEMBER

- Dorval Library
- Atwater Market

OCTOBER

- Egypt Exhibition
- Dorval's Museum
- Pumpking Picking
- Haunted Tour Of Old Port

NOVEMBER

- Thanksgiving Lunch
- Volunteering

DECEMBER

- Skating
- Christmas Market
- Christmas Lunch

JANUARY

- Cat café
- Biodôme

FEBRUARY

- Planetarium
- St Valentine's Day Lunch

MARCH

- Cabane à sucre
- Botanic Garden

 A monetary contribution will be asked for certain activities.

* reservation required



Fall-Winter Activity Schedule 2023-2024

CENTRE DE JOUR OMEGA

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Dorval, Québec H9S 1R3
514 631-2760 poste 104

omegacenter.org



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 10:15 am**
Meditation**10:15 to 11:00 am**
Cardio

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

11:00 to 12:00 pm
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 community and share your story, and feel good about the things you have done!

9:00 to 9:30 am
Continental breakfast \$**9:30 to 10:00 am**
Walk/Meditation

This daily walking group will help you to get in shape.

10:00 to 11:00 am
Zootherapy/Discussion Group

Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love. / Take a moment to discuss and share in a discussion group.

11:00 to 12:00 pm
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.

9:00 to 9:30 am
Continental breakfast \$**9:30 to 10:00 am**
Walk/Meditation

This daily walking group will help you to get in shape.

**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/Meditation

This daily walking group will help you to get in shape.

10:00 to 11:00 am
Music Appreciation

It helps to calm and manage emotions. It promotes and stimulates our hearing.

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/Meditation

This daily walking group will help you to get in shape.

10:00 to 11:00 am
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.

11:00 to 12:00 pm
TED Talks and discussion

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!

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

This daily walking group will help you to get in shape.

1:30 to 3:00 pm
Bowling \$* / Virtual Reality

Come and join us at Laurentien Lanes for bowling! / Immerse yourself in new worlds and explore the uncharted with our virtual reality experience, where reality meets fantasy through the comfort of your headset.

1:00 to 1:30 pm
Walk

This daily walking group will help you to get in shape.

1:30 to 3:00 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
Walk

This daily walking group will help you to get in shape.

1:30 to 3:00 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
Walk

This daily walking group will help you to get in shape.

1:30 to 3:00 pm
Board games

A great way to relax and focus on completing the puzzle, board games, virtual reality mask!

1:00 to 1:30 pm
Walk

This daily walking group will help you to get in shape.

1:30 to 3:00 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 3:30 pm