

SPECIAL OUTINGS

SPRING-SUMMER 2024

APRIL

- Egg Hunt
- Axe Throwing
- Demolition Room
- Mini-Putt

MAY

- Ceramic Café
- Science Center
- Eco pêche

JUNE

- Cinema/IMAX
- Omega Summer Camp
- St. Jean festivities
- Jazz Festival

JULY

- Canada Day Party
- Ostrich Farm
- Poutine Fest
- Oka Beach

AUGUST

- Food Trucks
- Atwater Market
- Mount-Royal Picnic



Spring-Summer Activity Schedule 2024

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 10:00 am
OMEGA Newsletter

Come and learn about the fun things going on at OMEGA throughout the week! A quick look at the fun activities, events and outings to come!

10:15 to 11:00 am
Cardio/Chair Yoga

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
Let's talk about it!

Come and share what's on your mind! An inclusive space to learn, share and discuss topics that are relevant and interesting to us.

9:00 to 9:30 am
Continental breakfast

9:45 to 10:00 am
Meditation/Mindfulness training

Come and learn to relax your mind and body as we engage in the practice of meditation. Learn how to calm your mind and start your day off right!

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

Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love. Set your intentions and goals for the week. Learn how to boost your confidence and radiate positivity for the week!

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
Active walk

This walking group aims to get you in the groove for the day! Take part in our walking challenge. Fun prizes await you!



10:15 to 11:45 am
Cooking activity with Bread Basket

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

9:00 to 9:30 am
Continental breakfast

9:30 to 10:00 am
Nature walk/I Spy

Come and unwind by exploring nature with us! Join us as we discover the nature that surrounds us.

10:00 to 11:00 am
Music appreciation

Share your favourite songs and discover new music tastes! A fun way to socialize and find a new favourite song.

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

9:45 to 10:00 am
Meditation

It's time to connect with yourself, with the present moment, while freeing yourself from what has been and what will be.

10:00 to 11:00 am
Scrapbooking

Let your inner artist shine! Let your visions come to life on paper. Be as creative as you want!

11:00 to 12:00 pm
TED Talk & 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 2:30 pm
Bowling **☺*** or Wii/Virtual Reality

Come and join us at Laurentien Lanes for bowling! Come and participate in some healthy competition and have fun!

Immerse yourself in new worlds and explore the uncharted with our virtual reality experience, where reality meets fantasy through the comfort of your headset.

2:30 to 3:30 pm
Creative drawing

This activity is inspired for you to be as creative as you'd like. Take part in theme inspired art projects!

1:00 to 1:30 pm
Zen walk

This walking group aims to calm the soul. Join us for a peaceful and reflective walk.

1:30 to 3:30 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 2:30 pm
Book Club

A space to discuss our favourite books and discover new and interesting books to read!

2:30 to 3:30 pm
Puzzles

Challenge your mind and spend time with friends as you complete puzzles!

1:00 to 2:30 pm
Board Games

A fun way to socialize and discover new and exciting board games with friends!

2:30 to 3:30 pm
Creative art

This activity is inspired for you to be as creative as you'd like. Take part in theme inspired art projects!

1:00 to 2:00 pm
Bingo

Play Bingo with friends and win some fun prizes!

2:00 to 3:30 pm
Community outreach or Coffee

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.

Catch up and grab a coffee with old friends.

CLOSING at 4:00 pm

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