



## SPECIAL OUTINGS\*

### Spring-Summer 2025

#### APRIL

- Egg hunt
- Demolition Room
- Armchair Travel - Peru

#### MAY

- Oasis - Immersive Museum
- Pasta Night
- Armchair Travel - Norway

#### JUNE

- Saint-Jean Party
- Écopeche
- Lavender Fields
- Armchair Travel - South Korea

#### JULY

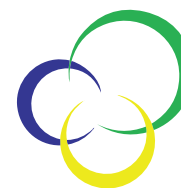
- Canada Day Party
- Ostrich Farm
- Honeybee Hives Outing
- Voyageur Park
- Armchair Travel - Curacao

#### AUGUST

- Atwater Market
- Cosmodome
- Oka Beach
- Collective Corn Roast
- Armchair Travel - Costa Rica

\* Reservation required  
Omega Summer Camp 2025 - *date to be confirmed*

# Spring-Summer Activity Schedule 2025

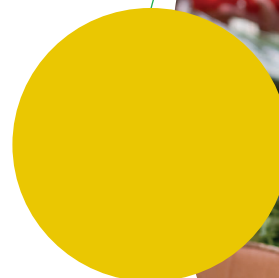


RESSOURCES COMMUNAUTAIRES OMEGA  
OMEGA COMMUNITY RESOURCES

## CENTRE DE JOUR OMEGA










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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## OPENING AT 9:00 am

 <b>9:00 to 9:30 am</b> <b>Continental breakfast</b> \$	 <b>9:00 to 9:30 am</b> <b>Continental breakfast</b> \$	 <b>9:00 to 9:30 am</b> <b>Continental breakfast</b> \$	 <b>9:00 to 9:30 am</b> <b>Continental breakfast</b> \$	 <b>9:00 to 9:30 am</b> <b>Continental breakfast</b> \$
 <b>9:45 to 10:00 am</b> <b>OMEGA newsletter</b> 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!	 <b>9:30 to 10:00 am</b> <b>Zen walk</b> This walking group aims to calm the soul. Join us for a peaceful and reflective walk..	 <b>9:30 to 10:00 am</b> <b>Active walk</b> This walking group aims to get you in the groove for the day! Take part in our walking challenge. Fun prizes await you!	 <b>9:30 to 10:00 am</b> <b>Nature walk</b> Come and unwind by exploring nature with us! Join us as we discover the nature that surrounds us.	 <b>9:30 to 10:00 am</b> <b>Lets get stretched!</b> This activity focuses on improving flexibility, range of motion, and muscle and joint health. A great way to start your day!
 <b>10:15 to 11:00 am</b> <b>Cardio / Motivational goal-setting</b> Challenge yourself and join us with our personal trainer and enjoy the outdoors! Move your body while having fun! / Set your intentions and goals for the week. Learn how to boost your confidence and radiate positivity for the week!	 <b>10:00 to 11:00 am</b> <b>Zootherapy / Discussion group</b> Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love. / Come and share what's on your mind! An inclusive space to learn, share and discuss topics that are relevant and interesting to us	 <b>10:15 to 12:00 pm</b> <b>Cooking activity with Bread Basket</b> Cooking. Baking. Food preparation. Come join us for a hands-on kitchen experience, and learning great recipes you can bring home	 <b>10:00 to 12:00 pm</b> <b>Musical discovery with Jean-Sébastien!</b> Take a rhythmical ride though the world of music. Discover new instruments, your voice, movement and fun through music! Share your favourite songs and discover new music tastes! A fun way to socialize and find a new favourite song.	 <b>10:00 to 11:00 pm</b> <b>TED Talks and discussion</b> 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!
 <b>11:00 to 12:00 pm</b> <b>Colorful canvases</b> Come discover new painting methods. Learn different how to create different shades and compose a masterpiece using different tools. A chance for you to learn a new skill, relax and have fun!	 <b>11:00 to 12:00 pm</b> <b>Therapeutic Art</b> 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> <b>Themed scrapbooking</b> Let your inner artist shine! Let yourself be inspired by the themes of the week and allow your visions to come to life on paper. Be as creative as you want!
				

## From 12:15 to 12:45 pm – Lunch \$

 <b>1:00 to 2:30 pm</b> <b>Bowling \$* / Life skills workshop</b> Come and join us at Laurentien Lanes for bowling! / Come learn new skills or master existing skills. This weekly workshop aims for you to better be able to navigate daily tasks and experiences.	 <b>1:00 to 2:30 pm</b> <b>Woman's club / Board games</b> A safe space to come learn, discuss, and socialize together. Come partake in discussions and fun activities. A space where you can be your most authentic self - every woman is always welcome! / A fun way to socialize, relax, and discover new and exciting board games with friends!	 <b>1:00 to 2:30 pm</b> <b>Film club</b> Discover new movies, genres, and styles of film! Come socialize and engage in enriching discussions about each film.	 <b>1:00 to 2:30 pm</b> <b>Board games</b> A fun way to socialize, relax, and discover new and exciting board games with friends!	 <b>1:00 to 2:00 pm</b> <b>Bingo</b> Play Bingo with friends and win some fun prizes!
 <b>2:30 to 3:30 pm</b> <b>Get Creative!</b> Come unwind from the day with us. Participate in a relaxing colouring activity.	 <b>2:30 to 3:30 pm</b> <b>Book club</b> A space to discuss our favourite books and discover new interesting books to read!	 <b>2:30 to 3:30 pm</b> <b>Express Yourself!</b> 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>2:30 to 3:30 pm</b> <b>Creative art</b> A great way to relax and focus on completing the puzzle, board games, virtual reality mask!	 <b>2:00 to 3:30 pm</b> <b>Community outreach</b> 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

\$ A monetary contribution will be asked for certain activities.