

Special outings*

Fall-Winter 2025-2026

SEPTEMBER

- Parc Jean-Drapeau
- Boat Tour (Old Montreal) – Le Petit Navire
- Apple-picking
- Armchair Travel – Mongolia

OCTOBER

- Thanksgiving Luncheon
- Mount-Royal Park
- Quinn Farm
- Halloween Party
- Armchair Travel – Turkey

NOVEMBER

- Ecomuseum
- Living Books
- Game Night
- Armchair Travel – Finland

DECEMBER

- Twelve Days of Christmas
- Christmas Party

JANUARY

- Arcade
- Karaoke Night
- Armchair Travel – Belize

FEBRUARY

- Cat café
- Valentine's Day Luncheon
- Lunar New Year
- Armchair Travel – Sierra Leone

MARCH

- Cabane à sucre
- Saint Patrick's Day Luncheon
- Armchair Travel – Malaysia

* Reservation required

Day Center Special Workshops



ZOOTHERAPY

- Wednesday, September 10
- Wednesday, October 8
- Wednesday, November 5
- Wednesday, December 3



MUSICAL DISCOVERY WITH JS

- Thursday, September 4
- Thursday, October 2
- Thursday, November 6
- Thursday, December 4



CARDIO PLEIN AIR WITH LYNN

- Monday, September 8
- Monday, October 6



COOKING WITH BREAD BASKET

- Wednesday, September 17
- Wednesday, October 15
- Wednesday, November 19
- Wednesday, December 17

CENTRE DE JOUR OMEGA

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omegacenter.org

Fall-Winter Activity Schedule 2025-26



RESSOURCES COMMUNAUTAIRES OMEGA
OMEGA COMMUNITY RESOURCES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPENING AT 9:00 am				
9:00 to 9:30 am Continental breakfast \$	9:00 to 9:30 am Continental breakfast \$	9:00 to 9:30 am Continental breakfast \$	9:00 to 9:30 am Continental breakfast \$	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!	9:30 to 10:00 am Walk This walking group aims to get you in the groove for the day! Take part in our walking challenge. Fun prizes await you!	9:30 to 10:00 am Chair yoga Helps improve flexibility, balance, and relaxation through guided stretches, breathing exercises, and mindfulness. Perfect for all mobility levels.	9:30 to 10:00 am Meditation Take a mindful pause with guided meditation designed to promote relaxation, focus, and inner calm.	9:30 to 10:00 am Lets get stretched! This activity focuses on improving flexibility, range of motion, and muscle and joint health. A great way to start your day!
10:15 to 11:00 am Cardio/Motivational goal-setting 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!	10:00 to 11:00 am Zootherapy/Life skills workshop Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love. / Come learn new skills or master existing skills. This weekly workshop aims for you to better be able to navigate daily tasks and experiences. An inclusive space to learn, share and discuss topics that are relevant and interesting to us.	10:15 to 12:00 pm Cooking activity with Bread Basket/Language discovery Cooking. Baking. Food preparation. Come join us for a hands-on kitchen experience, and learning great recipes you can bring home./ Learn the basics of new languages in a fun, supportive setting. This beginner-friendly activity focuses on everyday vocabulary, simple grammar, and practical conversation skills - perfect for adults looking to expand their horizons.	10:00 to 12:00 pm Musical discovery 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.	10:00 to 11:00 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!
11:00 to 12:00 pm Visual journaling Explore self-expression through visual journaling, a creative blend of writing, drawing, and collage. This relaxing activity encourages reflection, creativity, and mindfulness as participants use images and words to capture thoughts, feelings, and life moments.	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.			11:00 to 12:00 pm Radio hour Discover new sounds and share your thoughts in this weekly music listening group. Whether you're a music lover or just curious, this is a fun and relaxed way to explore new genres, reflect on lyrics, and connect through conversation.
From 12:15 to 12:45 pm – Lunch \$				
1:00 to 2:30 pm Bowling \$*/ Exercise your mind Come and join us at Laurentien Lanes for bowling! / Challenge your mind with a variety of fun and stimulating activities, including puzzles, crosswords, trivia, and classic brain teasers. This session is designed to boost memory, sharpen focus, and keep your thinking skills sharp, all while having a great time with others.	1:00 to 2:30 pm Book club A space to discuss our favourite books and discover new interesting books to read!	1:00 to 2:30 pm Film club Discover new movies, genres, and styles of film! Come socialize and engage in enriching discussions about each film.	1:00 to 2:30 pm Board games A fun way to socialize, relax, and discover new and exciting board games with friends!	1:00 to 2:00 pm Bingo Play Bingo with friends and win some fun prizes!
2:30 to 3:30 pm Colorful creations This activity is inspired for you to be as creative as you'd like. Take part in theme inspired art projects!	2:30 to 3:30 pm Teach & learn something new An opportunity to learn new skills and share your interests in a group. Learn more about yourself and others around you!		2:30 to 3:30 pm Creative art A great way to relax and focus on completing the puzzle, board games, virtual reality mask!	2:00 to 3:30 pm Coffee chat circle A relaxed, welcoming space to check in, share stories, and talk about anything on your mind. Whether you're here to listen, connect, or just enjoy some good conversation, this open group is all about community, support, and meaningful connection.
CLOSING at 4:00 pm				

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