

# Special outings\*

## Spring-Summer 2026

### APRIL

- Arcade
- Museum
- Armchair Travel – Taiwan

### MAY

- Spin Art
- Centennial Park Picnic
- Movie Night
- Armchair Travel – Denmark

### JUNE

- Strawberry Picking
- Saint-Jean Party
- Omega Summer Camp
- Armchair Travel – Egypt

### JULY

- Comic Con
- Canada Day Party
- Jean-Talon Market
- Armchair Travel – Albania

### AUGUST

- Ostrich Farm
- Mystery Party
- Cap-St.-Jacques Beach
- Armchair Travel – French Guiana

\* Reservation required

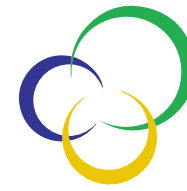
# Summer Student Outings

- Farm Visits
- Pool Outings
- Ice cream Outings
- Bocci Tournaments
- Park Walks
- Café Outings



**The Seasons of Color:** Work on different art projects all year long! A guided, step-by-step experience where participants create their own masterpiece in a relaxed, social setting. Over the course of several months, the individual works will come together to create a collective work, reflecting the diversity, sensitivity, and unique contribution of each participant.

# Spring-Summer Activity Schedule 2026

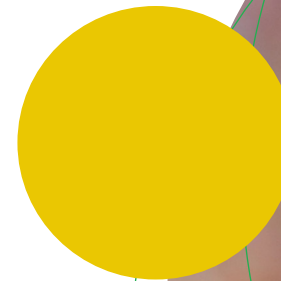


RESSOURCES COMMUNAUTAIRES OMEGA  
OMEGA COMMUNITY RESOURCES

## CENTRE DE JOUR OMEGA

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**MONDAY**



**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**



**OPENING AT 9:00 am**

 **9:00 to 9:30 am**  
Continental Breakfast 

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Continental Breakfast 

 **9:00 to 9:30 am**  
Continental Breakfast 

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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!

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 **9:30 to 10:00 am**  
Let's Get Stretched

This activity focuses on improving flexibility, range of motion, and muscle and joint health. A great way to start your day!

 **10:00 to 10:45 am**  
Motivational Goal-Setting


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**  
Life Skills Workshop


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.

 **10:00 to 11:00 pm**  
Zootherapy/Collective Kitchen


Come and share a moment surrounded by animals, a walk, games, caresses, to reduce stress and receive a big dose of love./Cooking. Baking. Food preparation. Come join us for a hands-on kitchen experience, and learning great recipes you can bring home.

 **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!

 **10:45 to 12:00 pm**  
Journaling / Writers Collective of Canada Workshop

This journaling activity offers you a safe and supportive space to gather and write. Through exploring your thoughts, feelings, and emotions, you are invited to better understand yourself, gain perspective, and nurture your personal growth. / The WCC, in partnership with Omega, offers community writing workshops that allow participants to feel heard, acknowledged, and valued. These workshops foster the creation of authentic connections, strengthen resilience, and support the autonomy of those who participate.

 **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**  
Facts, Fiction & Fun

An activity where we explore together a topic that interests you. History, fiction, arts, or any other current curiosity—you inspire the theme! Come discover new perspectives, learn about the world around you, and share your ideas in a friendly and stimulating atmosphere.



 **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  /The Groovy Group

Come and join us at Laurentien Lanes for bowling! / Come move your body and explore new dancing genres and styles! A great way to have fun, stay active, and socialize with friends.

 **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 3:30 pm**  
Film Club

Discover new movies, genres, and styles of film! Come socialize and engage in enriching discussions about each film.

 **1:00 to 3:30 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**  
The Seasons of Color

Work on different art projects all year long! A guided, step-by-step experience where participants create their own masterpiece in a relaxed, social setting.

 **2:30 to 3:30 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. Catch up and grab a coffee with old friends.



 **2:00 to 3:30 pm**  
Armchair Travel

Have you always dreamed of traveling the world? Well, now you can! Come discover different countries across the globe, from the comfort of our sofas. Each month, we explore the customs, traditions, culture, and much more of a new country!

**CLOSING at 4:00 pm**

 A monetary contribution will be asked for certain activities.