

# WAGNER GREEN CENTRE FOR ACCESS & INCLUSION

## FALL 2025 PROGRAMS

*All programs are designed for young adults 18-35 with ASD and developmental disabilities, and open to all!*

### SOCIAL

#### **Everyday Friends: at the J**

Spend time with friends, meet new people, and take part in exciting activities in a welcoming and inclusive space.

Thursdays September 11-December 11, 6:30-8:30pm

Sundays September 21-November 30, 1:00-3:00pm

#### **Everyday Friends: Community Outings**

Join us in the sights and sounds of Toronto! Spend time with friends, meet new people, and take part in exciting outings.

Thursdays September 18-December 4, 6:30-8:30pm



### WELLNESS



#### **Healthy Living Club**

Join us for the new Healthy Living Club! This program will explore a range of healthy living skills including cooking and nutrition, fitness and joyful movement, as well as mental health and wellness practices.

Wednesdays : September 10-December 10, 1:00-3:00pm

### JEWISH LEARNING

#### **Sweet Beginnings: A Market-to-Table Rosh Hashanah**

Kick off the start of the Jewish new year with a trip to St. Lawrence market! Explore the market for apples and honey before returning to the J to do some Rosh Hashanah baking.

Wednesday September 17, 4:00 - 8:30 pm



#### **Learn it & Live it: Shabbat**

This program will explore accessible approaches to hosting a Shabbat dinner and foster inclusive connections to this weekly practice.

Tuesdays: October 21 - November 18, 6:30 - 8:30 pm

**Access Shabbat Dinner:** Friday November 21, 5:30-8:30pm

Everyday Friends is presented in partnership with:

