



**Miles Nadal JCC**  
Wagner Green Centre  
for Access & Inclusion

# Spring 2026 Program Guide

750 Spadina Avenue | Toronto, Ontario | [mjcc.org/access-inclusion](http://mjcc.org/access-inclusion) | [@milesnadaljcc](https://www.instagram.com/milesnadaljcc)

## THE WAGNER GREEN CENTRE FOR ACCESS & INCLUSION

At the Wagner Green Centre for Access & Inclusion, we are guided by the principle of "Nothing About Us Without Us."

All programs and events are designed in consultation with our community advisory committees to ensure they meet the needs of people with disabilities and their families.

With generous support from the Wagner Green Family Trust, United Way, and the Azrieli Foundation, we offer innovative, accessible programming for youth and adults with developmental disabilities; spanning the arts, social connection, cooking, wellness, and Jewish learning.

[mnjcc.org/access-inclusion](https://mnjcc.org/access-inclusion)

## TABLE OF CONTENTS

Accessible Arts	2
Social Programming	3
Meal Clubs	4
Wellness & Active Living	5
Jewish Learning	6





## **Open Stage Drama Drop-In | Tuesdays, March 17-June 23 (1:00-2:30pm)**

Open Stage is an inclusive drop-in drama program where you can let your imagination run wild. Explore creativity, build confidence, and connect with others through fun theatre games and storytelling.

Come enjoy a bit of theatre magic!



## **Boogie Break | Tuesdays, March 17-June 23 (3:00-4:00pm)**

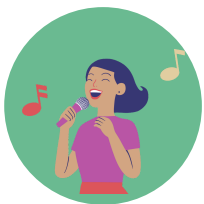
Step away from the hustle and treat yourself to a Boogie Break! In this one-hour dance class you can learn fresh moves, connect with great people, and get your body moving. Each week brings a brand-new, easy-to-learn combo that's all about having fun and feeling good.

No experience needed, just bring your energy and let's boogie!



## **Create & Connect | Saturdays, April 11-June 13 (11:30am-1:00pm)**

Hang out and create art with friends using a variety of artistic mediums including visual art, creative writing, performance, and music. This program focuses on artistic exploration, building social connections, community, and self-discovery.



## **Musical Theatre | Saturdays, April 11-June 13 (1:30-3:30pm)**

Dive into the wonderful world of musical theatre! Sing, dance, and perform classic and contemporary numbers as a group, all leading up to a fun end-of-program showcase for friends and family.



**Everyday Friends: at the J** | Thursdays, March 19–June 18 (6:30–8:30pm)  
\*biweekly\* | Sundays, March 22–June 28 (1:00–3:00pm) \*weekly\*

A fun, laid-back social program where each session brings a new activity to dive into together. Come hang out, try something new, and meet new people in a welcoming and supportive space.



**Everyday Friends: Community Outings** | Thursdays, March 26–June 25  
(6:30–8:30pm) \*biweekly\*

Everyday Friends: Community Outings is your ticket to fun adventures around the city! Each outing is a chance to explore new spots, hang out with friends, and meet people. Come join the fun and see what's out there!



# MEAL CLUBS



## **Supper Club** | Thursdays, March 19–June 18 (4:30–6:00pm) \*biweekly\*

Supper Club is the place to be for good food, great company, and lots of laughs! Come cook, share, and enjoy a delicious meal together while making friends and discovering new flavors in a relaxed, welcoming environment. This program takes place prior to Everyday Friends: at the J (Thursdays).



## **Snack Club** | Thursdays, March 26–June 25 (4:30–5:30pm) \*biweekly\*

Snack Club is all about tasty bites and good vibes! Join us to make, share, and enjoy delicious snacks while hanging out with friends and trying something new each session. This program takes place prior to Everyday Friends: Community Outings.



## **Brunch Club** | Sundays, March 22–June 28 (11:00am –12:30pm) \*weekly\*

Brunch Club is a relaxed space to hang out with friends and start your day right by preparing and enjoying some tasty, nutritious food together. Whether you're fueling up before an afternoon of 'Everyday Friends' or just here for the eats, you're in the right place.





## **Let's Move** | Mondays, March 23-June 22 (2:00-3:00pm)

Get moving in a fun, feel-good 1-hour fitness class where everyone is welcome and every body belongs. With adaptable moves and upbeat energy, this class is all about moving your way, trying something new, and enjoying the moment together.



## **Healthy Living Club** | Wednesdays, March 18-June 24 (1:00-3:00pm)

Each week participants will engage in a fun activity geared toward living a healthier life. Healthy Living Club is a great way to feel good, have fun, and make new friends while learning how to stay healthy!





## JEWISH LEARNING



**Learn it & Live it: Judaism 101** | Tuesdays, May 5–June 9 (6:30–8:30pm)

Judaism 101 is a hands-on program for young adults with disabilities who want to explore Jewish life. Dive into the Jewish values, traditions, food, music, and more.

Every session is full of fun, connection, and discovery!

### **Have questions or want to learn more?**

We are happy to connect to answer questions, assist with registration, or discuss accommodations.

You can email Becky Gold at [beckyg@mnjcc.org](mailto:beckyg@mnjcc.org) or call 416.924.6211 ext. 6122.

### **The MNjcc is committed to financial accessibility.**

If you are interested in learning more about our financial subsidies, please email Effie Biliris at [effieb@mnjcc.org](mailto:effieb@mnjcc.org) or call 416.924.6211 ext. 6332 to ask about financial accessibility.

**[Please click here to our newsletter to stay up to date on program highlights + special events!](#)**