Access and Inclusion Programs

Fall 2026

Important Registration Information

We're getting ready to launch a new registration system at the Miles Nadal JCC!

Online self-registration through our current system will be temporarily unavailable from **Tuesday, November 3 at 8 pm through Monday, November 16.** Our new registration system launches **Tuesday, November 17.** In the meantime, programs and events will continue as scheduled. You can register for upcoming programs using the instructions below.

How to Register During the System Transition
By email: Email **inclusion@mnjcc.org** with a list of the programs you'd like to join. Our team will process your registration and email you a confirmation.
By phone: Call 416-924-6211 ext. 0. Our front desk team can assist with registration using a payment card on file.

Need additional assistance? Contact Becky Gold at beckyg@mnjcc.org or 416-924-6211 ext. 6122.

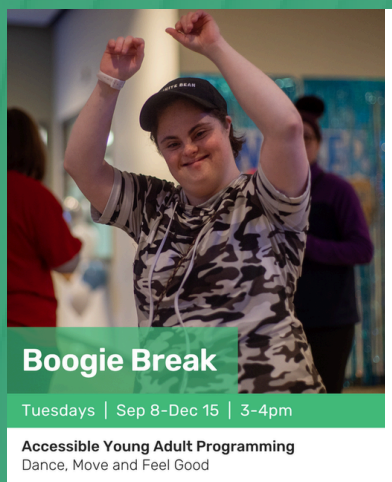


Let's Move

Mondays | Sep 14–Dec 21 | 2–3pm

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.

Cost: $12/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Boogie Break

Tuesdays | Sep 8–Dec 15 | 3–4pm

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!

Cost: $12/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0

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Board Game Club

Tuesdays | Sep 8–Dec 15 | 4:30–5:30pm

Join us for an afternoon of fun, friendly competition, and great company over a variety of board games. Whether you're a strategy master or just looking to try something new, all skill levels are welcome.

Cost: $12/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Learn It & Live It: Judaism & Art

Tuesdays | Oct 6–Nov 24 | 6:30–8:30pm

Explore the rich and diverse world of Jewish arts through an engaging mix of film, Judaica, dance, music, and more. This program invites participants of all backgrounds and abilities to experience, learn about, and celebrate the artistic traditions that have shaped Jewish culture across generations.

Cost: $25/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Healthy Living Club

Wednesdays | Sep 9–Dec 16 | 1–3pm

Join us for Healthy Living Club. 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.

Upcoming Activities:

- Nov 4 | Making Movement Fun
- Nov 11 | Cart to Kitchen: Smoothies
- Nov 18 | DIY Fidget Toys
- Nov 25 | High-Protein Spinach & Artichoke Dip
- Dec 2 | Pool Party
- Dec 9 | Lentil Soup
- Dec 16 | Setting Goals

Cost: $25/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext.

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Supper Club

Thursdays, bi-weekly | Sep 10–Dec 17 | 4:30–6pm

Welcome to Supper Club, a relaxed space to hang out, prepare a meal together, and enjoy some tasty, nutritious food. Whether you're fueling up before a night of Everyday Friends at The J or just here for the eats, you're in the right place.

Upcoming Activities:

- Nov 5 | Chickpea Curry
- Nov 19 | Veggie Burgers
- Dec 3 | Grilled Cheese & Tomato Soup
- Dec 17 | Pizza Party

Cost: $20/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Snack Club

Thursdays, bi-weekly | Sep 17–Dec 10 | 4:30–5:30pm

Welcome to Snack Club, a relaxed space to hang out, prepare a snack together, and enjoy some tasty, nutritious food. Whether you're fueling up before a night of Everyday Friends: Community Outings or just here for the eats, you're in the right place.

Upcoming Activities:

- Nov 12 | Greek Yogurt Parfait
- Nov 26 | Nori Wraps
- Dec 10 | Homemade Hummus

Cost: $15/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0

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Everyday Friends at The J

Thursdays & Sundays | Oct 11–Dec 20

Welcome to Everyday Friends at The J, 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.

Thursdays | 6:30–8:30pm

- Nov 5 | Music Video Creation
- Nov 19 | Pool Party
- Dec 3 | Holiday Cards & Crafts
- Dec 17 | Karaoke Party

Sundays | 1–3pm

- Nov 8 | Drama & Improv Games
- Nov 22 | Poetry Slam
- Dec 6 | Dot Painting
- Dec 13 | Cozy Movie Hangout
- Dec 20 | Card Creations

Cost: $40/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Everyday Friends Community Outings

Thursdays, bi-weekly | Sep 17–Dec 10 | 6:30–8:30pm

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 new people. Come join the fun and see what's out there.

Upcoming Outings:

- Nov 12 | Snakes and Lattes
- Nov 26 | Movie Night
- Dec 10 | Ripley's Aquarium

Cost: $40/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0

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Walking Club

Fridays | Sep 18–Nov 6 | 10:30am–12pm

Lace up and come hang out. This is a laid-back walking club for all abilities - think easy neighbourhood strolls, good conversation, and no pressure. Afterwards, stick around for snacks and social time to meet new people and make some genuine connections. All are welcome.

Cost: $12/week
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Special Event: Karaoke Party

Sun | Nov 8 | 6–9pm

Warm up your singing voice and join the Wagner Green Centre for Access & Inclusion community for an evening of karaoke, food and fun. Grab the mic and belt out your favourite tunes or cheer on the performers. Whether you love performing or prefer to enjoy the music from the sidelines, you are warmly invited to join the party.

Cost: $25/ticket
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0



Special Event: Winter Wonderland

Fri | Dec 11 | 6–9pm

Winter Wonderland is back! Join us for an evening of dancing, festive crafts, karaoke, a hot chocolate bar, and more. This is sure to be the party of the season!

Cost: $35
To register or for questions: inclusion@mnjcc.org or 416-924-6211 ext. 0

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Programs Currently in Session

The following programs are currently in session and registration is closed.

Cue the Crew: Monday
Mondays, 6:30–8pm
October 19–December 7

Cue the Crew: Saturday
Saturdays, 11:30am–1pm
October 10–November 28

Musical Theatre
Saturdays, 1:30–3:30pm
October 10–November 28