



PROSSERMAN  
JCC

# Adult Programs Department Fall 2025

To register visit  
[www.prossermanjcc.com](http://www.prossermanjcc.com)

For program information contact:  
[programs@prossermanjcc.com](mailto:programs@prossermanjcc.com)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
<b>Walking Group with Coach Ash</b>  8:15AM-9:30AM Drop-In		<b>Hand Building &amp; Wheel Throwing</b>  9:20AM-12:20PM Room 208: Ceramics Studio		<b>Hand Building &amp; Wheel Throwing</b>  9:20AM-12:20PM Room 208: Ceramics Studio	<b>Independent Study Art Class</b>  9:30AM-12:30PM Room 204: Painting Studio	<b>Hand Building &amp; Wheel Throwing</b>  10:00AM-1:00PM Room 208: Ceramics Studio	<b>Mastering Your Own Practice Art Class: Group 1</b>  10:00AM-1:00PM Room 204: Painting Studio	<b>Sculptural Hand Building</b>  9:30AM-12:30PM Room 2124 - Ceramics Studio
<b>Hand Building &amp; Wheel Throwing</b>  9:20AM-12:20PM Room 208: Ceramics Studio		<b>Mah Jongg: Intermediate</b>  10:00AM-12:00PM Room 107	<b>Canasta: Beginners</b>  10:00AM-12:00PM Room 105	<b>International Folk Dance</b>  10:00AM-12:00PM Room 211/211A		<b>Mah Jongg: Beginners</b>  10:00AM-12:00PM Room 107	<b>Chai Times Meet Up Group</b>  10:30AM-12:30PM Room 105	<b>A Psychological Approach in Drawing &amp; Painting</b>  10:00AM-1:00PM Room 204: Painting Studio
<b>Mah Jongg: Intermediate</b>  10:00AM-12:00PM Room 107	<b>Watercolour: Intermediate</b>  10:00AM-1:00PM Room 204: Painting Studio	<b>Currents in Events</b>  10:00AM-12:00PM Room 105	<b>Mastering Your Own Practice Art Class: Group 2</b>  10:00AM-1:00PM Room 204: Painting Studio					<b>Ceramics Open Studio</b>  1:00PM-4:00PM Room 208: Ceramics Studio
<b>Mah Jongg: Beginners</b>  1:00PM-3:00PM Room 107	<b>Knitting &amp; Crocheting</b>  10:00AM-3:00PM Room 105	<b>Currents in Events</b>  12:30PM-2:30PM Room 105	<b>Canasta: Beginners</b>  1:00PM-3:00PM Room 105	<b>Independent Study Art Class</b>  12:30PM-3:30PM Room 204: Painting Studio		<b>Duplicate Bridge</b>  12:30PM-3:30PM Room 211/211A DROP IN		
<b>Hand Building &amp; Wheel Throwing</b>  1:00PM-4:00PM Room 208: Ceramics Studio		<b>Hand Building &amp; Wheel Throwing</b>  1:00PM-4:00PM Room 208: Ceramics Studio	<b>Life Drawing &amp; Painting with a model</b>  1:30PM-4:00PM Room 204: Painting Studio	<b>Hand Building &amp; Wheel Throwing</b>  1:00PM-4:00PM Room 208: Ceramics Studio	<b>Tech Workshop</b> Smartphones, Tablets & Computers  1:00PM-2:30PM Room 105	<b>Hand Building &amp; Wheel Throwing</b>  1:30PM-4:30PM Room 208: Ceramics Studio	<b>Still Life Drawing &amp; Painting</b>  1:30PM-4:00PM Room 204: Painting Studio	
<b>Virtual: Book Club</b>  1:30PM-3:30PM Zoom	<b>Watercolour: Beginners</b>  1:30PM-3:30PM Room 204: Painting Studio	<b>Hand Building &amp; Wheel Throwing</b>  6:45PM-9:45PM Room 208: Ceramics Studio	<b>Six Artists, Six Techniques</b>  6:45PM-9:45PM Room 204: Painting Studio			<b>Virtual: Book Club</b>  1:30PM-3:30PM Zoom		
<b>Hand Building &amp; Wheel Throwing</b>  6:45PM-9:45PM Room 208: Ceramics Studio		<b>West Coast Swing: Intermediate</b>  7:00PM - 8:00PM Studio 112	<b>Classic Israeli Folk Dancing</b>  7:00PM - 9:00PM Room 211/211A	<b>Hand Building &amp; Wheel Throwing</b>  6:45PM-9:45PM Room 208: Ceramics Studio	<b>All Dancing Partners</b>  7:45PM-9:45PM Room 211/211A **Register for Dates**			
		<b>West Coast Swing: Beginner</b>  8:15Pm - 9:15PM Studio 112						
<b>Healthy Series: Mind &amp; Body Lecture &amp; Workout</b>  11:00AM-12:00PM **Oct. 27 & 28, Nov. 3 & 4, Nov 10 & 11**								

Ceramics Classes

Painting Classes

Physical Activity

Lectures and Social Groups

Game Programs

- Ceramics Classes
- Painting Classes
- Physical Activity
- Lectures and Social Groups
- Game Programs



PROSSERMAN  
JCC

## Adult Programs Department Fall 2025

To register visit  
[www.prossermanjcc.com](http://www.prossermanjcc.com)

For program information contact:  
[programs@prossermanjcc.com](mailto:programs@prossermanjcc.com)

### Healthy Series: Mind & Body Lecture and Workout Series

**Oct. 21 & 22**  
11:00AM-12:00PM

**Osteoporosis:  
Bone Health 101**

**Oct. 27 & 28**  
11:00AM-12:00PM

**How Diet & Exercise Can Improve  
Your Memory & Cognitive Function**

**Nov. 3 & 4**  
11:00AM-12:00PM

**The Power of the Brain**

Led by industry professionals, join us for an empowering and informative wellness series designed to support both mental and physical well-being.

This holistic series is perfect for anyone looking to feel stronger, think more sharply, and live healthier lives.

### Six Artists, Six Techniques

**Tuesdays - Oct. 21 - Nov. 25**  
6:45PM-9:45PM

Explore the distinct techniques of six historical and contemporary artists. Each lesson will introduce you to the unique methods that shaped their work, and the decision-making process behind them. The course will provide you with a broad toolkit of methods to enhance your versatility and expand your painting practice, ultimately pushing your boundaries and opening new ways of seeing and creating.

We will explore the following six artists:

- Georges Seurat
- Rene Magritte
- Vincent Van Gogh
- Pablo Picasso
- David Hockney
- Cecily Brown

### Tech Workshop on Smartphones, Tablets, & Computers

**Wednesdays**  
1:00PM-2:30PM

Join us for a hands-on session to make technology simple and stress-free. Bring your devices—no experience needed.

#### **Master Your Device:**

Navigate settings, apps, and accessibility features.

#### **Stay Safe Online:**

Spot scams and set up security measures

#### **Make Apps Work for You:**

Learn how to use the JCC app, register for classes, events, and programs, and other tools.

#### **Questions Welcome:**

Ask questions and practice in real time.

Plus, take home a step-by-step guide to continue learning at your own pace.

### Chai Times Meet Up Group

**Thursdays**  
10:30AM-12:00PM

This group is for adults to come together to build community, share interests, and enjoy meaningful conversations. This group is designed to foster connection, reduce isolation, and offer a consistent space for socializing.

Led by Hayley Wine, a registered social worker, each session includes open discussions, guided activities, and opportunities for group members to get to know one another at their own pace.



f i d @JCCToronto