

FREE Programming/ Events

CHILD Programming

Beasley Child and Family Centre: Mon, Thurs, Fri 8:50am-5:00pm ; Tues & Wed 8:50am-7:00pm; Sat 10:00am-3:30 pm @New Beasley

Provides interactive play and learn programs and connects families to services and resources both on site and in the community. For children 0-6 years old and their caregivers.



Taekwondo: Tues & Thurs 5:00-6:00pm @ Old Beasley

Offered by the Afghan Sports Federation. This taekwondo program engages children (5-15) in physical activity, while teaching self-discipline, focus, concentration, teamwork and respect. Registration can be completed on arrival.

After School Program: Mon- Fri 3:15pm – 5:15pm @ New Beasley

For children attending Dr. Davey School ages 6-12 years old. We provide snacks, physical activities and fun. Registration required. Please call 905-546-2424 x 4535 to register your child.

WAN2B Program for children in grades 6,7,8 @ Old Beasley

Starts Wednesday March 30th 2016

Helping Youth in grades in 6, 7, 8 think about their future career and aspire and prepare to attend post-secondary school.



PARENTING Programming

**Parenting with Love: Wednesdays 1:00-3:00pm @ New Beasley
Starts Wednesday March 30th 2016 – May 18th 2016**

Offered by the Public Health Services of Hamilton, this program helps support parents in their parenting role and will help build their knowledge, skills and confidence in using positive parenting strategies.

YOUTH Programming

Teen Drop In: Mon, Tues, Thurs 6:00-9:00pm @New Beasley

Offered by Wesley. For youth 13-18 years old. Participants participate in pro-social recreational activities including sports, crafts, games and movies. They receive assistance with homework and resume writing.

Girls Teen Drop In: Tues. 6:00-9:00pm @ New Beasley

Offered by Wesley. Programming specific to girls ages 13-18. Participants participate in pro-social recreational activities including sports, crafts, games and movies They assist with making healthy snacks and receive assistance with homework and employment searches.

Taekwondo: Tues & Thurs 5:00-6:00pm 5-15yrs / 6:00- 7:00pm 16yrs + @Old Beasley

Offered by the Afghan Sports Federation. This taekwondo program engages youth in physical activity, while teaching self-discipline, focus, concentration, teamwork and respect. Registration can be completed on arrival.



FAB Girls Wednesdays 6:00pm – 7:30pm @ Old Beasley

For teen girls ages 13-18, helping young girls become strong women. The FAB Foundation is a volunteer led, non-profit organization, relying primarily on fundraising to support the cost of running our programs and training FAB girls

Each FAB Girl who participates in the FAB Girls 5K Challenge Program receives a FAB T-shirt and water bottle, a personal goal-setting journal, healthy snacks, a new pair of quality running shoes, and free entry and transportation to all races.

ADULT Programming**Adult Community Night & Open Gym : Wed 6:00-9:00pm @ New Beasley**

Offered by Wesley. Adults (19+) can attend the centre to participate in various sports, games, and workshops. Suggestion from participants guide the activities provided.

Taekwondo : Tues & Thurs 7:00-8:00pm @Old Beasley

Offered by the Afghan Sports Federation. This taekwondo program engages youth in physical activity, while teaching self-discipline, focus, concentration, teamwork and respect. Ages 16 yrs +.

SENIOR Programming**MSOP Outreach Mon 8:00am-11:00am @ Old Beasley**

Wesley offers various workshops on health & wellness topics to increase awareness and knowledge on subjects inspired by group members.

Senior Drop-In Leisure Activities: Mon 11:00am – 12:00pm @Old Beasley

Wesley staff support people to navigate through appropriate services within the community.

Sit to be Fit: Thurs 1:30-2:30 @ Old Beasley

Wesley offers low-impact, seated exercise class that involves a workout of all the major muscle groups and focuses on strength, endurance, flexibility and balance.

Basic Tablet Training (1): Friday 10:30am – 12pm @ New Beasley

Wesley is offering a 4 week basic tablet training course using a Samsung tablet. You will learn the basics: navigating your tablet, internet searching, emails and more. Call Melissa to register 905-975-4718

NEW Intermediate Tablet Training (2): New session dates TBA @New Beasley

Wesley's is offering a 4 week program that builds on the skills learned in the Tablet Training 1. Learn how to download/erase APPS, skype, facebook, and take and share pictures. To register call 905-975-4718

Multicultural Senior's Gathering: Mondays 4:00 – 8:30pm @ Old Beasley

Offered by the Afghan Sports Federation of Canada. This new senior's group will include meditation, dance, food, friends and outings. There will also be separate gatherings for males and females with participant requested activities.

Tai Chi: Sat 10:00-1:00 @ Old Beasley

Offered by Multicultural Outreach Seniors Program (MSOP) from Wesley. Tai Chi is a safe, relaxing and low impact form of exercise available for Beasley Senior residents.

**OTHER Programs****ASCY- Affiliated Services for Children & Youth –Professional Learning Opportunities**

Thursdays starting October 15th – November 26th 5:30pm – 9pm@ New Beasley

A Program that provides professional learning opportunities for individuals who work with young children and their families. Registration in advance will be required

March of Dimes – Young Stroke Survivors:1st Wednesday of each month 6pm-9pm @ New Beasley

Come support and socialize at the next meeting: September 3rd, 2015

Community Events**Beasley Intercultural Social: 2nd Friday of every month 6:00-8:00pm @ New Beasley**

Hosted by Beasley Inclusion Group: The monthly potluck social is for Beasley neighbours to come together, share a meal, build intercultural relationships and learn from each other. Please bring a dish to share if you are able.

Beasley Neighbourhood Association: 2nd Wednesday of every month 7:00-9:00pm @ New Beasley

Beasley Intercultural Book Club: 3rd Wednesday of the Month @ New Beasley
Hosted by the Beasley Inclusion Group.