

April 2026

Asphodel-Norwood Active Senior Connection Hub

Monday

Tuesday

Wednesday

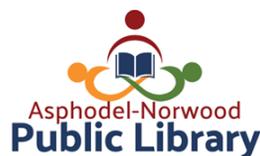
Thursday

Friday

Ontario



<p>Yoga Fit (full) 1 Westwood Branch: 10:00am</p> <p>Midweek Games* Westwood Branch 11:00am - 12:30pm</p>		<p>Chair Yoga* 2 Norwood Branch: 9:15 - 10:00am</p> <p>55+ Tech Time* Norwood Branch: 10:30am - 12:00pm</p>		<p>Good Friday! 3</p> <p>No programs today!</p> <p>Library closed.</p>
<p>Easter Monday 6</p> <p>No programs today!</p>	<p>7</p>	<p>Yoga Fit (full) 8 Westwood Branch: 10:00am</p> <p>Midweek Games* Westwood Branch 11:00am - 12:30pm</p>	<p>Chair Yoga* 9 Norwood Branch: 9:15 - 10:00am</p> <p>Intro to Creative Drawing (full) Norwood Branch: 10:30 - 11:30am</p>	<p>Conversation Café 10 Town Hall: 9:30am</p> <p>Feel Good Friday* Town Hall: 10:30am</p>
<p>Walk Together* 13 ANCC Park: 9:15 - 9:45am</p> <p>The Fundamentals* ANCC Millennium Room: 10:00 - 10:45am</p> <p>Advanced Cardio & Weights* ANCC Millennium Room: 11:00 - 11:45am</p> <p>Qigong* ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>14</p>	<p>Yoga Fit (full) 15 Westwood Branch: 10:00am</p> <p>Midweek Games* Westwood Branch 11:00am - 12:30pm</p> <p>Midweek Matinee (register at anpl.org) Norwood Branch: 1:30pm</p>	<p>Chair Yoga* 16 Norwood Branch: 9:15 - 10:00am</p> <p>55+ Tech Time* Norwood Branch: 10:30am - 12:00pm</p>	<p>Conversation Café 17 Town Hall: 9:30am</p> <p>Feel Good Friday* Town Hall: 10:30am</p> <p>Book Club Town Hall: 11:30am</p>
<p>Walk Together* 20 ANCC Park: 9:15 - 9:45am</p> <p>The Fundamentals* ANCC Millennium Room: 10:00 - 10:45am</p> <p>Advanced Cardio & Weights* ANCC Millennium Room: 11:00 - 11:45am</p> <p>Qigong* ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>21</p>	<p>Yoga Fit (full) 22 Westwood Branch: 10:00am</p> <p>Midweek Games* Westwood Branch 11:00am - 12:30pm</p>	<p>Chair Yoga* 23 Norwood Branch: 9:15 - 10:00am</p> <p>Intro to Creative Drawing (full) Norwood Branch: 10:30 - 11:30am</p>	<p>Conversation Café 24 Town Hall: 9:30am</p> <p>Feel Good Friday* Town Hall: 10:30am</p> <p>Lunch & Learn* Town Hall: 12:00pm</p>
<p>Walk Together* 27 ANCC Park: 9:15 - 9:45am</p> <p>The Fundamentals* ANCC Millennium Room: 10:00 - 10:45am</p> <p>Advanced Cardio & Weights* ANCC Millennium Room: 11:00 - 11:45am</p> <p>Qigong* ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>28</p>	<p>Yoga Fit (full) 29 Westwood Branch: 10:00am</p> <p>Midweek Games* Westwood Branch: 11:00am - 12:30pm</p>	<p>Chair Yoga* 30 Norwood Branch: 9:15 - 10:00am</p> <p>55+ Tech Time* Norwood Branch: 10:30am - 12:00pm</p>	<p>* Items marked with an asterisk have more information about the program on page 2.</p>



Asphodel Norwood Public Library

2363 County Road 45 Box 100
Norwood, Ontario K0L 2V0 | 705-639-2228
<https://anpl.org>

Norwood Hours

Tuesday & Thursday
2:00 p.m. - 7:00 p.m.

Wednesday & Friday
9:00 a.m. - 1:00 p.m.

Saturday
1:00 p.m. - 3:00 p.m.

Westwood Hours

Monday & Wednesday
4:00 p.m. - 7:00 p.m.

Thursday
9:00 a.m. - 12:00 p.m.

Saturday
10:00 a.m. - 12:00 p.m.

Contact Us

Website:
anpl.org

Email:
treed@antownship.ca

Phone:
(705) 639-2228

Social Media

 Facebook:

[@AsphodelNorwoodPublicLibrary](https://www.facebook.com/AsphodelNorwoodPublicLibrary)

 Instagram:

[@anpl_norwoodwestwood_library](https://www.instagram.com/anpl_norwoodwestwood_library)

Programs and Events

Walk Together

ANCC Park: Mondays, 9:15am

Enjoy fresh air, gentle movement, and great conversation. We'll walk outdoors when the weather is nice and move indoors when it's not - so the steps never stop! Registration is not required.

The Fundamentals by Community Care

ANCC Millennium Room Mondays, 10:00am

A mostly seated class focused on building strength and improving range of motion for everyday movements. Participants will also work on balance through a mix of seated and optional standing exercises, with or without a chair. Level of difficulty **

Advanced Cardio & Weights by Community Care

ANCC Millennium Room, Mondays, 11:00am

Begin with a standing warm-up, followed by short bursts of activity to boost heart health and endurance. The class includes standing and seated strength exercises, finishing with seated stretches. Participants are encouraged to bring light hand weights (some available to borrow). Level of difficulty ****

Lunch & Learn

Town Hall
Friday April 24th, 12:00pm

Supporting Emotional Well-Being as we Age
Join Community Counselling and Resource Centre (CCRC) and explore common mental health experiences in later life, including stress, loneliness, grief, and changes that can come with aging. Participants will learn practical strategies to support emotional well-being, stay connected, and recognize when it may be helpful to seek additional support. This session offers information, conversation, and simple tools to help you care for your mental health as you age. Register by emailing treed@antownship.ca by Monday April 20th.

Qigong

ANCC Millennium Room, Mondays, 1:00 - 1:45pm

A gentle, flowing practice that combines slow movements, breathing, and mindfulness to support balance, flexibility, and overall well-being.

Suggested donation of \$2 per class, cash only.

Midweek Games

Westwood Branch

Wednesdays, 11:00am - 12:30pm

This weekly program is perfect for seniors looking to connect, relax, and enjoy some midweek entertainment and lighthearted competition.

Week 1 – Brain Games

Week 2 – Mahjong

Week 3 – Brain Games

Week 4 – Mahjong

Week 5 - Just for Fun BINGO

55+ Tech Time

Norwood Branch

1st, 3rd & 5th Thursdays, 10:30am - 12:00pm

Get answers to your tech related questions. Learn using our laptops, tablets, or desktop computers, or bring your own device.

Apr 2 – Do you speak tech? Learning tech lingo.

Apr 16 – Managing your inbox. Ins and outs of email.

Apr 30 - Spring Cleaning. Updating weak passwords, reviewing storage, closing old accounts and downloaded data.

55+ Chair Yoga

Norwood Branch:

Thursdays, 9:15 - 10:00am

Join instructor Natalie to improve your strength, flexibility, and balance in a gentle and supportive environment. Designed for beginners, this class uses mostly seated movements to help increase mobility, reduce stress, and promote overall well-being. Register by emailing treed@antownship.ca.

Feel Good Friday!

Town Hall: Fridays at 10:30am

Apr 3 - Good Friday! No class.

Apr 10 - Dance Fit with Angela from Community Living. Clean, comfortable shoes and comfortable clothing required.

Apr 17 - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

Apr 24 - Chair yoga with Steph from Community Care. Clean, comfortable shoes and comfortable clothing required.

Conversation Café

Town Hall: Fridays at 9:30am

Join your friends, and perhaps make new ones, over coffee or tea while you wait for the start of our Feel Good Friday activities.

Register for the "Hub"

