
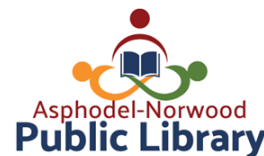


June 2026

Asphodel-Norwood Active Senior Connection Hub

Monday	Tuesday	Wednesday	Thursday	Friday
Walk Together* ANCC Arena: 9:15-9:45 am The Fundamentals* ANCC Millennium Room: 10:00-10:45am Advanced Cardio & Weights* ANCC Millennium Room: 11:00-11:45am Qigong ANCC Millennium Room: 1:00-1:45pm	Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch: 11:00am - 12:30pm Punch Needle Intro (full) Westwood Branch: 11:00am - 12:30pm	Chair Yoga (full) Norwood Branch: 9:15 - 10:00am 55+ Tech Time* Norwood Branch: 10:30am - 12:00pm	Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall: 10:30am	
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<p style="text-align: center;">No Programs This Week! See you July 6th!</p>	<p style="text-align: center;">* 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

 Instagram:

@anpl_norwoodwestwood_library

Programs and Events

Walk Together

ANCC Park, Mondays, 9:15am

Get some exercise and fresh air while you walk with us to stay fit. In the case of extreme weather, we have a back-up plan for some indoor walking so we don't miss our stepping goals.

The Fundamentals by Community Care

ANCC Millennium Room, Mondays, 10:00am

A mostly seated class to build strength and range of motion in the muscles and joints that are at the very base of everyday functional movements. Class will also include exercises and movements to improve balance, done through a combination of seated and standing (with or without a chair, participant's choice) positions. Level of difficulty **

Advanced Cardio & Weights by Community Care

ANCC Millennium Room, Mondays, 11:00am

Start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session. Participants are encouraged to bring their own light hand weights, some available to borrow. Level of difficulty ****

(Full) Programs

Please email Trish at treed@antownship.ca if you would like to be put on the wait list for any programs that are currently full.

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 – Mahjong
Week 2 – Mahjong
Week 3 – Brain Games
Week 4 – Just for Fun BINGO

55+ Tech Time

Norwood Branch
1st & 3rd 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.

June 4 - Learn to use snopes.com to 'fact check' internet stories
June 18 - Virtual travel: looking at galleries and museums that have virtual tours so you can travel without leaving home

Lunch & Learn

Town Hall
Friday June 19th, 12:00 pm
Canadian Hearing Services

The Peterborough office of Canadian Hearing Services will present information on free counselling services and supports for adults aged 55+ experiencing hearing loss. The session will also share strategies to improve communication, stay socially connected, and support safety and independence at home.

Please register before June 11th by emailing Trish at treed@antownship.ca

Feel Good Friday!

Town Hall: Fridays at 10:30am

Jun 5 - ZUMBA Gold with Jasmine from Community Care. Clean, comfortable shoes and comfortable clothing required.

Jun 12 - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

Jun 19 - Craft: Small book page wreath. Registration is not required.

Jun 26 - Chair yoga with Steph from Community Care. Clean, comfortable shoes and comfortable clothing required.

Conversation Café
Fridays, Town Hall, 9:30am

Sit and have a coffee with friends, old and new. Stick around for Feel Good Friday.

Register for the "Hub"

