March 2026

Asphodel-Norwood Active Senior Connection Hub

Monday	Tuesday	Wednesday	Thursday	Friday
Ontario				
2 **Skate Together** ANCC Arena: 10:00-10:45 am **The Fundamentals*** ANCC Millennium Room: 10:00-10:45am **Advanced Cardio & Weights*** ANCC Millennium Room: 11:00-11:45am **Qigong** ANCC Millennium Room: 1:00-2:00pm	3	4 **Yoga Fit** (full) Westwood Branch: 10:00am **Midweek Games*** Westwood Branch 11:00am - 12:30pm	5 **55+ Tech Time*** Norwood Branch: 10:00am - 12:00pm	6 **Conversation Café** Town Hall: 9:30am **Feel Good Friday*** Town Hall: 10:30am
9 **Skate Together** ANCC Arena: 10:00-10:45 am **The Fundamentals*** ANCC Millennium Room: 10:00-10:45am **Advanced Cardio & Weights*** ANCC Millennium Room: 11:00-11:45am **Qigong** ANCC Millennium Room: 1:00-2:00pm	10 **Special Event: Making Space for Grief** * (see back for registration information)	11 **Yoga Fit** (full) Westwood Branch: 10:00am **Midweek Games*** Westwood Branch 11:00am - 12:30pm	12 **Learn to Ukulele** Norwood Branch: 11:00am - 12:00pm	13 **Conversation Café** Town Hall: 9:30am **Feel Good Friday*** Town Hall: 10:30am
16 **Skate Together** ANCC Arena: 10:00-10:45 am **The Fundamentals*** ANCC Millennium Room: 10:00-10:45am **Advanced Cardio & Weights*** ANCC Millennium Room: 11:00-11:45am **Qigong** ANCC Millennium Room: 1:00-2:00pm	17	18 **No Yoga Fit Today** **Midweek Games*** Westwood Branch 11:00am - 12:30pm	19 **55+ Tech Time*** Norwood Branch: 10:00am - 12:00pm	20 **Conversation Café** Town Hall: 9:30am **Feel Good Friday*** Town Hall: 10:30am **Lunch & Learn*** Town Hall: 12:00 pm
23 **Skate Together** ANCC Arena: 10:00-10:45 am **The Fundamentals*** ANCC Millennium Room: 10:00-10:45am **Advanced Cardio & Weights*** ANCC Millennium Room: 11:00-11:45am **Qigong** ANCC Millennium Room: 1:00-2:00pm	24	25 **Yoga Fit** (full) Westwood Branch: 10:00am **Midweek Games*** Westwood Branch 11:00am - 12:30pm	26 **Intro to Creative Drawing*** Norwood Branch: 10:30am - 12:00pm	27 **Conversation Café** Town Hall: 9:30am **Feel Good Friday*** Town Hall: 10:30am **Book Club** Town Hall: 11:30am

Asphodel-Norwood Public Library

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

Skate Together
ANCC Arena Mondays 9:00am

With cold weather outside, let's take our Steps Together inside and Skate Together.

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 improvement 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 ****

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

Making Space for Grief
with Hospice Norwood & Hospice Peterborough
Westwood Branch: Tuesday March 10
9:30am - 3:00pm

Register at https://www.eventbrite.ca/making-space-for-grief-learning-creating-together-tickets-1981204594274
or contact Edna at Hospice Norwood at 705-660-3737.

Intro to Creative Drawing
Norwood Branch
2nd and 4th Thursdays, Mar 26 - Jun 25
10:30am - 12:00pm

A seven-session introductory drawing class for ages 55+ exploring shape, composition, and perspective using a variety of traditional drawing materials. No experience necessary.

Email treed@antownship.ca to register.

55+ Tech Time
Norwood Branch
1st & 3rd Thursday, 10:00am - 12:00pm
Get answers to your tech related questions. Learn using our laptops, tablets, or desktop computers, or bring your own device.

Mar 5 – What is AI?
Mar19 – AI Literacy

Lunch & Learn
Town Hall
Friday March 20th, 12:00 pm

Discover the Joy of Gardening with the Norwood and District Horticultural Society!

Join Society members as they share what their organization is all about, highlight upcoming programs and events, and explore the many physical, mental, and environmental benefits of gardening. Whether you're an experienced gardener or just getting started, this presentation offers inspiration, practical insights, and opportunities to get involved in your local gardening community.

Email treed@antownship.ca to register.

Feel Good Friday!

Town Hall: Fridays at 10:30am

Mar 6 - ZUMBA Gold with Jasmine from Community Care. Clean, comfortable shoes and comfortable clothing required.

Mar 13 - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

Mar 20 - Yarn Bunny Craft (no registration required)

Mar 27 - Chair yoga with Steph from Community Care. Clean, comfortable shoes and comfortable clothing required.

Register for the "Hub"