

May 2026

Asphodel-Norwood Active Senior Connection Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Ontario



* Items marked with an asterisk have more information about the program on page 2.

| | | | | |
|---|-----------|--|---|--|
| | | | | Conversation Café Town Hall: 9:30am 1 Feel Good Friday* Town Hall: 10:30am |
| Walk Together* 4 ANCC Park: 9:15 - 9:45am 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 | 5 | 6 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch 11:00am - 12:30pm | 7 Chair Yoga (full) Norwood Branch: 9:15 - 10:00am 55+ Tech Time* Norwood Branch: 10:30am - 12:00pm | 8 Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall: 10:30am |
| Walk Together* 11 ANCC Park: 9:15 - 9:45am 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 | 12 | 13 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch 11:00am - 12:30pm | 14 Chair Yoga (full) Norwood Branch: 9:15 - 10:00am Intro to Creative Drawing (full) Norwood Branch: 10:30 - 11:30am | 15 Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall 10:30am |
| 18 Victoria Day! No programs today! | 19 | 20 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch 11:00am - 12:30pm | 21 Chair Yoga (full) Norwood Branch: 9:15 - 10:00am 55+ Tech Time* Norwood Branch: 10:30am - 12:00pm | 22 Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall: 10:30am Lunch & Learn* Town Hall: 12:00 pm |
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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

With warmer weather, let's take our Walk Together back outside. Get some exercise and fresh air while you walk with us to stay fit.

In the case of extreme weather (i.e. heavy rain or wind), 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 ****

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 – Brain Games

Week 3 – Mahjong

Week 4 – 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.

May 7 – Start from Scratch! - learn basic coding with Scratch

May 21 – Putting the "E" in reading - introduction to digital borrowing with the Libby app.

Lunch & Learn

Town Hall

Friday May 22nd, 12:00 pm

Join representatives from Peterborough County and the Township of Asphodel-Norwood for a practical, easy-to-follow session on emergency preparedness for seniors. Learn how emergencies are managed locally, how to create a household plan, build an emergency kit, and maintain a fire-safe home. Includes time for questions and take-home templates to support simple, practical action.

Email Trish at treed@antownship.ca by Friday May 15th to register.

Feel Good Friday!

Town Hall: Fridays at 10:30am

May 1 - ZUMBA Gold with Jasmine from Community Care. Clean, comfortable shoes and comfortable clothing required.

May 8 - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

May 15 - Sourdough - What is all the hype about? A walk through the basics of making your own bread. Informational only ; participants will not receive a starter.

May 22 - Book Vase Craft. Bring your own hardcover book. All other supplies provided. No registration necessary.

May 29 - Chair yoga with Steph from Community Care. Clean, comfortable shoes and comfortable clothing required.

Register for the "Hub"

