

# July 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Walk Together*</b> 6 ANCC Park: 9:15 - 9:45am</p> <p><b>The Fundamentals*</b> ANCC Millennium Room: 10:00 - 10:45am</p> <p><b>Advanced Cardio &amp; Weights*</b> ANCC Millennium Room: 11:00 - 11:45am</p> <p><b>Qigong*</b> ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>7</p>	<p><b>Happy Canada Day!</b> 1 <b>Both branches closed.</b></p> <p><b>No programs today!</b></p>	<p>2</p> <p><b>No programs today!</b></p>	<p>3</p> <p><b>No programs today!</b></p>
<p><b>Walk Together*</b> 13 ANCC Park: 9:15 - 9:45am</p> <p><b>The Fundamentals*</b> ANCC Millennium Room: 10:00 - 10:45am</p> <p><b>Advanced Cardio &amp; Weights*</b> ANCC Millennium Room: 11:00 - 11:45am</p> <p><b>Qigong*</b> ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>14</p>	<p><b>Midweek Games*</b> 8 Westwood Branch 11:00am - 12:30pm</p>	<p>9</p> <p><b>Chair Yoga (full)</b> Norwood Branch: 9:15 - 10:00am</p> <p><b>55+ Tech Time*</b> Norwood Branch: 10:30am - 12:00pm</p>	<p>10</p> <p><b>Conversation Café</b> Town Hall: 9:30am</p> <p><b>Feel Good Friday*</b> Town Hall: 10:30am</p>
<p><b>Walk Together*</b> 20 ANCC Park: 9:15 - 9:45am</p> <p><b>The Fundamentals*</b> ANCC Millennium Room: 10:00 - 10:45am</p> <p><b>Advanced Cardio &amp; Weights*</b> ANCC Millennium Room: 11:00 - 11:45am</p> <p><b>Qigong*</b> ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>21</p>	<p><b>Yoga Fit (full)</b> 15 Westwood Branch: 10:00am</p> <p><b>Midweek Games*</b> Westwood Branch 11:00am - 12:30pm</p>	<p>16</p> <p><b>Chair Yoga (full)</b> Norwood Branch: 9:15 - 10:00am</p> <p><b>Craft with Cricut*</b> Norwood Branch: 10:30 - 11:30am</p>	<p>17</p> <p><b>Conversation Café</b> Town Hall: 9:30am</p> <p><b>Feel Good Friday*</b> Town Hall: 10:30am</p>
<p><b>Walk Together*</b> 27 ANCC Park: 9:15 - 9:45am</p> <p><b>The Fundamentals*</b> ANCC Millennium Room: 10:00 - 10:45am</p> <p><b>Advanced Cardio &amp; Weights*</b> ANCC Millennium Room: 11:00 - 11:45am</p> <p><b>Qigong*</b> ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>28</p>	<p><b>Yoga Fit (full)</b> 22 Westwood Branch: 10:00am</p> <p><b>Midweek Games*</b> Westwood Branch 11:00am - 12:30pm</p>	<p>23</p> <p><b>Chair Yoga (full)</b> Norwood Branch: 9:15 - 10:00am</p> <p><b>55+ Tech Time*</b> Norwood Branch: 10:30am - 12:00pm</p>	<p>24</p> <p><b>No programs today!</b></p>
<p><b>Walk Together*</b> 27 ANCC Park: 9:15 - 9:45am</p> <p><b>The Fundamentals*</b> ANCC Millennium Room: 10:00 - 10:45am</p> <p><b>Advanced Cardio &amp; Weights*</b> ANCC Millennium Room: 11:00 - 11:45am</p> <p><b>Qigong*</b> ANCC Millennium Room: 1:00 - 1:45pm</p>	<p>28</p>	<p><b>Yoga Fit (full)</b> 29 Westwood Branch: 10:00am</p> <p><b>Midweek Games*</b> Westwood Branch: 11:00am - 12:30pm</p>	<p>30</p> <p><b>Chair Yoga (full)</b> Norwood Branch: 9:15 - 10:00am</p> <p><b>Craft with Cricut*</b> Norwood Branch: 10:30 - 11:30am</p>	<p>31</p> <p><b>Conversation Café</b> Town Hall: 9:30am</p> <p><b>Feel Good Friday*</b> Town Hall: 10:30am</p> <p><b>Book Club</b> Town Hall: 11:30am</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](http://anpl.org)

Email:  
[treed@antownship.ca](mailto: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 \*\*\*\*

### 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.

### Craft with Cricut

Norwood Branch  
2nd and 4th Thursdays, 10:30am - 12:00pm

Learn about crafting with the Cricut while making some fun take aways. Register for one or both by emailing [treed@antownship.ca](mailto:treed@antownship.ca). Spaces are limited. All supplies provided.

July 16 - Make a Tote Bag

July 30 - Make a Trivet

### Midweek Games

Westwood Branch  
Wednesdays, 11:00am - 12:30pm

Join us each week for a fun and engaging mix of Mahjong, yard games, and a variety of brain games! Enjoy a little friendly competition, lots of laughter, and a great opportunity to connect with others in the community. It's all about fun, friendship, and keeping your mind active.

### 55+ Tech Time

Norwood Branch  
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.

Jul 9 – Bird watching from your computer.

Jul 23 - Introduction to YouTube.

### 55+ Book Club

Town Hall:  
Friday July 31, 11:30am

Want a book club that is a bit more flexible in its reading list? This is the book club for you!

A new theme each month and you choose your own title to read and discuss.

## Feel Good Friday!

Town Hall: Fridays at 10:30am

**Jul 3** - No program today.

**Jul 10** - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

**Jul 17** - We are making smoothies today! Samples provided.

**Jul 24** - No program today.

**Jul 31** - 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"

