

August 2026

Asphodel-Norwood Active Senior Connection Hub

Monday	Tuesday	Wednesday	Thursday	Friday
Civic Holiday! No programs today. Both library branches closed.				
3 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	4 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch: 11:00am - 12:30pm	5 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch: 11:00am - 12:30pm	6 Chair Yoga (full) Norwood Branch: 9:15 - 10:00am 55+ Tech Time* Norwood Branch: 10:30am - 12:00pm	7 Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall: 10:30am
10 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	11 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch: 11:00am - 12:30pm	12 Yoga Fit (full) Westwood Branch: 10:00am Midweek Games* Westwood Branch: 11:00am - 12:30pm	13 Chair Yoga (full) Norwood Branch: 9:15 - 10:00am Sewing Machine Basics* Norwood Branch: 10:30 - 11:30am	14 Conversation Café Town Hall: 9:30am Feel Good Friday* Town Hall: 10:30am
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31 No Programs This Week! See you September 8th!		* Items marked with an asterisk have more information about the program on page 2.		

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 ****

Midweek Matinée

Norwood Branch
Wednesday August 19, 1:30pm

Watch and discuss a short documentary or film. Please email Trish at treed@antownship.ca to register.

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
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.

Aug 6 - Open session: bring your questions.
Aug 20 - Social Media.

Sewing Machine Basics

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

Learn how to use a sewing machine while making some fun take aways. Sewing machines and supplies provided.
Aug 13 - Make a quilted mug rug.
Aug 27 - Make a mini wall hanging.

Register for one or both sessions by emailing Trish at treed@antownship.ca. Spaces are limited.

55+ Book Club

Town Hall
Friday August 28, 11:30am

Want a book club that is a bit more flexible in its reading list? Then this may be the book club for you. A new theme each month and you choose your own title to read and discuss. Contact Trish at treed@antownship.ca for more info.

Feel Good Friday!

Town Hall: Fridays at 10:30am

Aug 7 - ZUMBA Gold with Jasmine from Community Care. Clean, comfortable shoes and comfortable clothing required.

Aug 14 - Line Dancing with Rhonda. Clean, comfortable shoes and comfortable clothing required.

Aug 21 - No program today.

Aug 28 - 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"

