



Norwood Office News



Exciting New Location

Our Norwood service office will be located in the new Havelock Hub building at 17 Smith Street in Havelock and Rosemary couldn't be any more excited about her space.

Her time and new office space will be dedicated to continuing all the current programs and services offered in Norwood and to clients who live throughout the Township of Asphodel-Norwood.

The current office phone number will not change and will ring directly into the new Norwood office.

All the regular Norwood office volunteers will be there too and they look forward to hearing from you in this new location.

We Will Resume Our Programs Soon

We are in the planning stage of Diners Club, new dates will be announced soon.

Our monthly foot care clinic and in-person exercise classes will begin again at Maple View Retirement Residence when all access and health restrictions lift there.

We also have some new ideas for additional programming options for their residents too.

Stay tuned!!

Hot Meals Will Continue

Matt and Lee will continue to produce hot meals for our clients in both Norwood and the Havelock area. This photo was taken in February 2020: Matt Keeping, Chef of Maple View Retirement Residence.



Volunteers like Mary Irving will continue to deliver them every Tuesday and Thursday, after 4:30 pm and this will not change.

Volunteer Drivers

We are working on a local drop off place for drive sheets. Stay tuned.

IN-PERSON EXERCISE CLASSES RESUMES

Our in-person, exercise classes have resumed with nearby locations in both Norwood and Havelock and you are welcome to join in too.

Exercise Classes Available at the Norwood Legion (27 King Street, Norwood)

Tuesdays: 9:00 – 9:45 am

Circuit Training with Shannon Burton.

A low impact and vigorous full-body workout. Bring your own hand weights.

Tuesdays: 10:00 – 10:45 am

Line Dancing with Marlene Chaplin. Choreographed dance routines set to fun music.



"We have a wonderful partnership with Maple View Retirement Residence and this will continue into the future," said Danielle Belair - Executive Director

Exercise Classes Available at the Havelock Legion (8 Ottawa Street East, Havelock)

Tuesdays: 9:30 am – 10:30 am

Zumba Gold with Jasmine Murray. Fun low-impact cardio dance moves designed for older adults.

Tuesdays: 10:45 am – 11:45 am

Advanced Cardio & Weights with Jasmine Murray. Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance. Bring your own hand weights.

Wednesdays 9:30 – 10:30 am

Line Dancing with Marlene Chaplin.

Choreographed dance routines set to fun music.

Wednesdays 10:45 – 11:30 am

Advanced Cardio & Weights with Shannon Burton.

Enjoy the benefits of exercises designed to improve cardio, strength, endurance, flexibility and balance.

Bring your own hand weights.

Wednesdays 11:40 am – 12:10 pm

Bodies in Balance with Shannon Burton.

Strength, conditioning and balance exercises will lead to improved overall balance and stability, and ultimately reduce the risk of future falling.



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For more information:

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