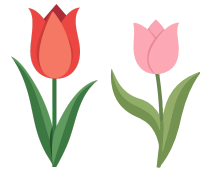
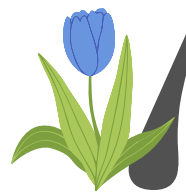


# April



*Haliburton*  
HIGHLANDS  
Seniors Active Living Centre  
2026


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Yarners Social</b> Minden Library @ 10:00 a.m.  <b>Genealogy for Seniors</b> Dysart Library @ 12:30 p.m. Minden Library @ 3:30 p.m.	2 <b>Painting Class</b> Wilberforce Legion @ 10 a.m. <b>Genealogy for Seniors</b> Highland Grove Library @ 11:30 a.m. <b>Falls Prevention Program</b> Minden Community Centre @ 2 p.m. <b>SALC Needle Felting: Ladybugs</b> Dysart Library @ 2:00 p.m. <b>Games and Cards</b> Minden Legion @ 7:00 p.m.	3 <b>Board Games</b> Wilberforce Legion @ 2:30 p.m.	4 <b>Board Games</b> Wilberforce Legion @ 2:30 p.m.
5	6 	7	8 <b>Yarners Social</b> Minden Library @ 10:00 a.m.  <b>Exercise with Georgia</b> Minden Legion @ 1:30 p.m.	9 <b>Community Resources Fair</b> Haliburton Legion @ 9a.m. to 3p.m. <b>Chair Yoga with Ardith</b> Oxtongue Lake Community Centre @ 10:30 a.m. <b>SALC Needle Felting: Ladybugs</b> Cardiff Library @ 2:00 p.m. <b>Games and Cards</b> Minden Legion @ 7 p.m.	10 <b>Senior Balance Fitness Class</b> Minden Hills Community Centre @ 9:00 a.m. <b>Those Other Movies Private Screening</b> Gardens of Haliburton @ 10:30 a.m. <b>Genealogy for Seniors</b> Dorset Library @ 11:00 a.m. Stanhope Library @ 1:30 p.m.	11 <b>Gardening for Seniors</b> Minden Hills Library @ 11:00 a.m. <b>Music Coffee House - Mixed Bag</b> Haliburton Legion @ 1:00 p.m. <b>Board Games</b> Wilberforce Legion @ 2:30 p.m.
12 <b>Those Other Movies Q&amp;A</b> Gardens of Haliburton @ 10:30 a.m.	13 <b>SALC Webinar: Bone Health 101</b> Webinar (via Zoom) @ 10 a.m. <b>Games and Cards</b> Minden Legion @ 1:00 p.m. <b>QiGong for Seniors</b> Haliburton Legion @ 2:30 p.m.	14 <b>Seniors Stretch Class</b> AJ LaRue Arena @ 9 a.m. <b>Seniors Cardio &amp; Balance Fitness Class</b> A.J. LaRue Arena @ 11:00 a.m. <b>SALC Needle Felting: Ladybugs</b> Wilberforce Library @ 11:00 a.m. <b>Exercise Classes with Georgia</b> Wilberforce Legion @ 1:00 p.m. <b>Tech Help Walk-In Clinic</b> Minden Hills Branch @ 2pm to 4pm <b>Line Dancing with Karley</b> Gardens of Haliburton @ 2:30pm	15 <b>Yarners Social</b> Minden Library @ 10:00 a.m. <b>Tech Help Walk-In Clinic</b> Dysart Branch @ 1 pm to 3 pm <b>Crafternoon</b> Stanhope Library @ 1 p.m. <b>SALC Needle Felting: Ladybugs</b> Minden Hills Library @ 2:00 p.m.	16 <b>Painting Class</b> Wilberforce Legion @ 10 a.m.  <b>Games and Cards</b> Minden Legion @ 7 p.m.	17 <b>Senior Balance Fitness Class</b> Minden Hills Community Centre @ 9:00 a.m. <b>Tech Help Walk-In Clinic</b> Wilberforce Branch @ 10 am to 12 pm	18 <b>Board Games</b> Wilberforce Legion @ 2:30 p.m.
19 	20 <b>SALC Webinar: Renewal of Licence for 80+</b> Webinar (via Zoom) @ 10 a.m. <b>Games and Cards</b> Minden Legion @ 1:00 p.m. <b>QiGong for Seniors</b> Haliburton Legion @ 2:30 p.m.	21 <b>Seniors Stretch Class</b> AJ LaRue Arena @ 9 a.m. <b>Seniors Cardio &amp; Balance Fitness Class</b> A.J. LaRue Arena @ 11:00 a.m. <b>Exercise Classes with Georgia</b> Wilberforce Legion @ 1:00 p.m.	22 <b>Yarners Social</b> Minden Library @ 10:00 a.m. <b>Tech Help Walk-In Clinic</b> Stanhope @ 1 pm to 3 pm <b>Mindful Movement in the Forest</b> Abbey Gardens @ 1:30 pm <b>Genealogy for Seniors</b> Wilberforce Library @ 3:30 p.m.	23 <b>Chair Yoga with Ardith</b> Oxtongue Lake Community Centre @ 10:30 a.m. <b>Savouring Stories</b> Highland Grove Library @ 11 a.m. <b>Games and Cards</b> Minden Legion @ 7 p.m.	24 <b>Senior Balance Fitness Class</b> Minden Hills Community Centre @ 9:00 a.m. <b>Calling Cribbage Players</b> Haliburton Legion @ 10:00 a.m. <b>SALC Needle Felting: Ladybugs</b> Dorset Library @ 1:00 p.m.	25 <b>Board Games</b> Wilberforce Legion @ 2:30 p.m.
26	27 <b>Games and Cards</b> Minden Legion @ 1:00 p.m. <b>QiGong for Seniors</b> Haliburton Legion @ 2:30 p.m.	28 <b>Seniors Stretch Class</b> AJ LaRue Arena @ 9 a.m. <b>Seniors Cardio &amp; Balance Fitness Class</b> A.J. LaRue Arena @ 11:00 a.m. <b>Exercise Classes with Georgia</b> Wilberforce Legion @ 1:00 p.m.	29 <b>Yarners Social</b> Minden Library @ 10:00 a.m. <b>Genealogy for Seniors</b> Dysart Library @ 12:30 p.m. Minden Library @ 3:30 p.m. <b>Senior Wellness Workshop</b> Haliburton Legion @ 1:30 p.m. <b>Springtime Elegance High Tea &amp; Piano Concert</b> Gardens of Haliburton @ 2:30 p.m.	30 <b>Garden Design with Native Plants</b> Abbey Gardens @ 1:00 pm <b>Games and Cards</b> Minden Legion @ 7 p.m.		

# April

For more information:

 [haliburtoncounty.ca/SALC](http://haliburtoncounty.ca/SALC)

 [SALC@haliburtoncounty.ca](mailto:SALC@haliburtoncounty.ca)

 705-286-1333 x.256 (general info)



## Genealogy for Seniors

Join us for Genealogy for Seniors, an inspiring introduction to family history research led by Adele Espina of the Haliburton Highlands Genealogy Group. **Date:** April 1, 2, 10, 22 & 29 **Location:** Locations vary. Please check calendar for date, time and location. **Email:** [hhgroup@gmail.com](mailto:hhgroup@gmail.com). No registration required.

## Yarners Social

Grab your needles and join us for a relaxing and fun Yarners Social! Whether you're a seasoned knitter or crocheter or a complete beginner, this is the perfect opportunity to unwind, share tips, and work on your latest project in a friendly, supportive environment. No registration required. **Date:** April 1, 8, 15, 22 & 29 from 10 a.m. to 12 p.m. **Location:** Minden Library (176 Bobcaygeon Rd, Minden)

## SALC Needle Felting: Ladybugs

Join us for a relaxing and creative afternoon as we learn the art of needle felting and create adorable wool ladybugs. All materials provided and no experience needed. **Date:** April 2, 9, 14, 15, & 24 **Location:** Haliburton County Public Library - Various Branches (See calendar for specific location & times). **Registration Required:** [www.haliburtonlibrary.ca/Programs-Events](http://www.haliburtonlibrary.ca/Programs-Events)

## Painting Class

Local artist Luann Coghlan leads this step-by-step class for seniors and veterans of all skill levels. Just bring yourself - all materials needed are provided. Please bring something to drink and your lunch. Please contact Luann at 705-448-1589 to register. This class is limited to 10 participants. Pay what you can. **Date:** April 2 & 16 at 10:00 a.m. **Location:** Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. **Phone:** 705-448-2221

## Exercise with Georgia

This coordination and balance class will use chairs and other equipment to work on your cardiovascular health, strength and balance with beginner to moderate intensity. All fitness levels welcome. Bring indoor shoes and water! Register at your first class! **Date:** April 8 at 1:30 p.m. **Location:** Minden Legion, 12847 Hwy 35, Minden, ON.

## Chair Yoga with Ardith

Classes are designed to work on improving balance and maintaining mobility, with the focus on breathing, body awareness, flexibility, and stress reduction. All skill levels welcome. **Date:** April 9 & 23 at 10:30 a.m. **Location:** Oxtongue Lake Community Centre (3971 ON-60 Dwight, ON PIH 2J6) **Phone:** 705-766-9968 **Email:** [recreation@algonquinhighlands.ca](mailto:recreation@algonquinhighlands.ca)

## Seniors Balance & Cardio Fitness Classes

Georgia Shank, certified seniors fitness instructor, will provide modifications to suit your needs. Chairs are available for those wishing to exercise from a chair. Please note: the Haliburton space is not accessible and you must be able to walk up two flights of stairs to participate. Clean indoor exercise shoes are required. **Date:** April 10, 17, 24 at 9:00 a.m. (Minden) / April 14, 21, 28 at 11:00 a.m. (Haliburton) **Location:** Minden Hills Community Centre, 55 Parkside St., Minden. / A.J. LaRue Arena, 728 Mountain St., Haliburton. **Phone:** Please register at [www.dysartetal.ca](http://www.dysartetal.ca) or call 705-457-1740 x.635. / Please register at [MindenHills.ca/recreation](http://MindenHills.ca/recreation).

## QiGong for Seniors

Join us at the Haliburton Legion for QiGong for Seniors. Many health benefits including reducing stress, anxiety, and depression, improving balance, strength, flexibility & sleep quality and increasing circulation and mental clarity. **Date:** April 13, 20 & 27 at 2:30 p.m. **Location:** Haliburton Legion Branch 129 (719 Mountain St., Haliburton, ON)

## Tech Help Walk-In Clinic

Stuck on a tech problem? Our Tech Help Walk-in-Clinic is here to assist you! Come into the library and grab a number, first come, first served. Each person gets a 30-minute session with our staff to tackle one specific technology challenge. **Date:** April 14, 15, 17 & 22 **Location:** Check calendar for library branch locations & times.

## Seniors Stretch Class

Join Georgia Shank, certified seniors' fitness instructor, as she focuses on loosening tight muscles, increasing joint mobility, and improving posture through stretching. You can use a chair for support and are welcome to stretch from the floor on your own yoga mat or one of the mats provided. The class is designed for all fitness levels and modifications will be available to suit your needs. Please note: the class space is not accessible, and you must be able to walk up two flights of stairs to participate. Clean indoor exercise shoes are required. **Date:** April 14, 21 & 28 at 9:00 a.m. **Location:** AJ LaRue Arena (728 Mountain Street, Haliburton ON)

## Exercise Classes with Georgia

Georgia Shank, certified seniors' fitness instructor, will provide modifications to suit your needs. Chairs are available for those wishing to exercise from a chair. Clean indoor exercise shoes are required. **Date:** April 14, 21 & 28 at 1:00 p.m. **Location:** Wilberforce Legion (1007 Burleigh Rd., Wilberforce, ON K0L 3C0) **Phone:** 705-448-2221

## Crafternoon Drop-In

Join us for a relaxing and fun Drop-In Adult Crafting Session at the library! All supplies provided. No registration required - just drop in and start crafting! **Date:** April 15 at 1 p.m. to 3 p.m. **Location:** Stanhope Library (1109 North Shore Road, Algonquin Highlands)

## Mindful Movement in the Forest

Join us for a gentle, unhurried 60 min (or so!) forest wander. You'll be guided through soft stretches, slow meditative movements and easeful breathwork that help calm the nervous system and build strength, balance and flexibility. All while we enjoy the grounding and peace the forest offers. Please wear comfortable footwear as terrain can be uneven at times. Light rain or shine. Park by the pony paddock. **Date:** April 22 at 1:30 p.m. **Location:** Abbey Gardens (1012 Garden Gate Drive, Haliburton ON) Phone # 705-754-4769.

## Savouring Stories

Join us at the Highland Grove Library for Savouring Stories, a lively and engaging food conversation circle where food, culture, and history meet. Each month, we explore the fascinating world of food through stories, history, and shared experiences. Come and see what we can cook up! No registration required. **Date:** April 23 at 11 a.m. **Location:** Haliburton County Public Library - Highlands Grove Branch, (5373 Loop Rd., Highland Grove)

## Calling Cribbage Players

Join us in the Schofield Room - Cards & Boards provided. Coffee/Tea. **Date:** April 24 at 10:00 a.m. to 12:00 p.m. **Location:** Haliburton Legion Branch 129 (719 Mountain St., Haliburton, ON)

## Garden Design with Native Plants

This interactive workshop is all about choosing the right native plants for your space and creating gardens with continuous blooms and a natural, layered feel. You'll work through a simple garden design exercise to try out these ideas, and we'll also tour one of our naturalistic garden spaces. With a bit of luck, we'll get to spot some early spring bloomers too! **Date:** April 30 at 1:00 p.m. **Location:** Abbey Gardens (1012 Garden Gate Drive, Haliburton ON) Phone # 705-754-4769.

## SALC Webinars (via ZOOM)

**Date:** Monday, April 13<sup>th</sup> at 10:00am **Topic:** Bone Health 101 with Osteoporosis Canada What can you do to protect your bones? Learn about osteoporosis, the risk of fracturing and how to maintain healthy bones. **Date:** Monday, April 20 at 10:00am **Topic:** Renewal of Licence at 80+, with MTO Why does it exist? What do I need to do? What to expect at Service Ontario? Who much pass a driving test? How can I protect myself from fraud?

**Date:** Monday, April 20 at 10:00am **Topic:** Renewal of Licence at 80+, with MTO Why does it exist? What do I need to do? What to expect at Service Ontario? Who much pass a driving test? How can I protect myself from fraud?

**To Register please visit:** <https://www.haliburtoncounty.ca/SALC>

## Community Resources Fair

Haliburton County Community Resources Fair is a one-stop expo for ID, services & supports. Drop In - no appointments needed! **Date:** April 9 9am to 3pm **Location:** Haliburton Legion (719 Mountain Street, Haliburton ON).

## Music Coffee House - Mixed Bag

Come enjoy friendships and music with Mixed Bag musical duo - George Porter & Dave Bathe. All welcome! **Date:** April 11 at 1:00 p.m. to 3:30 p.m. **Location:** Haliburton Legion (719 Mountain Street, Haliburton). In the Club Room.

## Gardening For Seniors

Senior gardeners are invited to join us for a friendly afternoon of sharing ideas about gardening as we age. Experienced gardeners will share tips, tools, and techniques to help make gardening easier and safer—so you can continue to enjoy gardening for many years. Registration preferred, drop-ins welcome. **Date:** April 11 at 11:00 a.m. to 12:00 p.m. **Location:** Haliburton County Public Library - Minden Hills Branch (176 Bobcaygeon Road, Minden ON).

## Senior Wellness Workshop

Active living leads to a better quality of life for seniors. Join us for an afternoon filled with information about healthy aging. Light refreshments served. **Date:** April 29 at 1:30 p.m. to 3:30 p.m. **Location:** Haliburton Legion (719 Mountain Street, Haliburton). In the Mountbatten Room.

**To register,** please call 514-213-7110

## Games & Cards / Board Games

Come hang out with friends, bring a neighbour, or meet someone new! Simply drop in! Board game events take place at: **Various Dates and Times**

- Minden Legion (12847 Hwy 35, Minden, 705-286-4541);
- Haliburton Legion (719 Mountain Street, Haliburton, 705-457-2571); and
- Wilberforce Legion (1007 Burleigh Road, Wilberforce, 705-448-2221).


## Haliburton County Seniors Active Living Centre (SALC) Program

Welcome to the first year of the Haliburton County Seniors Active Living Centre Program, or SALC! Through this program, older adults (55+) and seniors (65+) are invited to get active, make friends, and be well!

SALC programming is available in Haliburton County, through collaboration between the County of Haliburton and local municipalities, the Ministry for Seniors and Accessibility, and multiple partners.

Watch for a monthly activity calendar - like this one! - available throughout the County, or visit <https://www.haliburtoncounty.ca/SALC> for more information. Activities - both in-person and online - will be available throughout the year. Where possible, activities are available through "pay what you can" donation. For more information about specific programs or to register in advance where necessary, please call the location where the activity will take place.

**We look forward to seeing you soon!**

 Funding for this program has been provided by the Ministry for Seniors and Accessibility.

