



February



Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong for Seniors Haliburton Legion @ 2:30 p.m.	Seniors Stretch Class with Georgia AJ LaRue Arena @ 9:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Seniors Cooking Workshop Series "The Leftover Challenge" SIRCH Bistro/Bakery @ 3:30 p.m.	2	Yarners Social Minden Library @ 10:00 a.m.	3	Painting Class Wilberforce Legion @ 10:00 a.m. Genealogy for Seniors Highland Grove Library @ 11:30 a.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Functional Senior Fitness Stanhope @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	4	Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Needle Felting: Chocolate-Covered Strawberries Wilberforce Library @ 11:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.
	8	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong for Seniors Haliburton Legion @ 2:30 p.m.	Seniors Stretch Class with Georgia AJ LaRue Arena @ 9:00 a.m. Aging Together As Community: Medication Safety Haliburton Legion @ 12:30 p.m. Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Info Session: Chat with Community Paramedics Minden Legion @ 3:00 p.m.	9	Sit to Fit with Georgia Gardens of Haliburton @ 9:45 a.m. Yarners Social Minden Library @ 10:00 a.m. Senior Chair Fitness Haliburton Legion @ 11:00 a.m. Senior Chair Fitness Minden Legion @ 1:30 p.m. Needle Felting: Chocolate-Covered Strawberries Minden Library @ 2:00 p.m.	10	Fire Safety in the Home & Basic First Aid & CPR (Part 1 of 2) Haliburton Legion @ 10:00 a.m. SALC Webinar: Stress Management Webinar (via Zoom) @ 12:00 p.m. Needle Felting: Chocolate-Covered Strawberries Cardiff Library @ 2:00 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	11	Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Genealogy for Seniors Dorset Library @ 11:00 a.m. Stanhope Library @ 1:30 p.m.
	15	Games and Cards Minden Legion @ 1:00 p.m. Family Day Music & Ice Cream Social, Trina & Albert Gardens of Haliburton @ 2:30 p.m.	Seniors Stretch Class with Georgia AJ LaRue Arena @ 9:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m.	16	Yarners Social Minden Library @ 10:00 a.m. Crafternoon Stanhope Library @ 1:00 p.m. Genealogy for Seniors Gooderham Library @ 1:00 p.m. Wilberforce Library @ 3:00 p.m.	17	Painting Class Wilberforce Legion @ 10:00 a.m. Functional Senior Fitness Stanhope @ 2:00 p.m. Needle Felting: Chocolate-Covered Strawberries Dysart Library @ 2:00 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	18	Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Needle Felting: Chocolate-Covered Strawberries Dorset Library @ 1:00 p.m.
	22	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong for Seniors Haliburton Legion @ 2:30 p.m.	Seniors Stretch Class with Georgia AJ LaRue Arena @ 9:00 a.m. Webinar: CRA & Service Canada Webinar (via Zoom) @ 12:00 p.m. Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m.	23	Yarners Social Minden Library @ 10:00 a.m. Senior Chair Fitness Haliburton Legion @ 11:00 a.m. Genealogy for Seniors Dysart Library @ 12:30 p.m. Minden Library @ 3:00 p.m. Senior Chair Fitness Minden Legion @ 1:30 p.m. Tea & Timeless Love Tea Party & Piano Concert Gardens of Haliburton @ 2:30 p.m.	24	Fire Safety in the Home & Basic First Aid & CPR (Part 2 of 2) Haliburton Legion @ 10:00 a.m. Chair Yoga Oxtongue Lake Community Centre @ 10:30 a.m. Savouring Stories Highland Grove Library @ 11:00 a.m. Falls Prevention Program Minden Community Centre @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	25	Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.

February

For more information:

haliburtoncounty.ca/SALC



SALC@haliburtoncounty.ca

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

Let's Get Moving! Falls Prevention Program (Free & In-Person)

This health education and exercise program is designed to help people increase their awareness of fall risk factors, improve mobility and balance, and connect with other individuals who experience similar concerns. **Where:** Minden Community Centre (55 Parkside St, Minden). **Registration required:** 705-457-1392, ext. 2928 / 1-855-285-2944.

Qi Gong for Seniors with Kelly Outram

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. **Location:** Haliburton Legion Branch 129, 719 Mountain St., Haliburton, ON

February 2, 9, & 23 at 2:30 p.m.

Seniors Cooking Workshop Series

Join us for a fun, hands-on cooking program for seniors! Learn to stretch your food dollars, make healthy grab-and-go snacks, stock your pantry, cook without power, boost your brain and immune health, adapt meals for special diets, and even turn leftovers into something new. Registration is required. Space is limited!

Location: SIRCH Bistro/Bakery. **Phone:** Contact Joanne, Food Security Coordinator, at 705-457-1742 or email cookingclass@sirch.on.ca to reserve your spot.

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. **Location:** Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON K0L 3C0 **Phone:** 705-448-2221

February 3, 10, 17 & 24 at 1:30 p.m.

Seniors Stretch Class with Georgia

Location: AJ LaRue Arena, 728 Mountain Street, Haliburton, Ontario, K0M 1S0 **Note:** No Class on January 13th, 2026

February 3, 10, 17 & 24 at 9:00 a.m.

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. **Location:** Locations vary. Please check calendar for date, time and location. **Phone:** 705-489-3109 or email hgggroup@gmail.com. No registration required.

February 5, 13, 18, & 25

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 contact Luann at 705-448-1589 to register. Limited to 10 participants. Pay what you can. **Location:** Wilberforce Legion, 1007 Burleigh Road, Wilberforce. **Phone:** 705-448-2221

February 5 & 19 at 10:00 a.m.

Functional Senior Fitness with Georgia

A 50-minute class, including war-up cardio conditioning, strength training, balance, and cool down. Please bring indoor shoes and a water bottle. Pre-Registration is required. **Location:** Stanhope Firefighters Community Hall, 1095 North Shore Road, Algonquin Highlands **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

February 5 & 19 at 2 p.m.

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. **Location:** Minden Hills Community Centre, 55 Parkside St., Minden. / A.J. LaRue Arena, 728 Mountain St., Haliburton. **Phone:** Please register at www.dysartetal.ca or call 705-457-1740 x.635. / Please register at MindenHills.ca/recreation.

February 6, 13, 20, & 27 at 9:00 a.m. (in Minden) and at 11:00 a.m. (in Haliburton)

Needle Felting: Chocolate-Covered Strawberries

Join us for a cozy and creative needle-felting workshop where you'll make adorable chocolate-covered strawberries. No prior experience needed. All materials provided. **Location:** Haliburton County Public Library - Various Branches (See calendar for specific location & times). **Registration Required:** www.haliburtonlibrary.ca/Programs-Events

February 6, 11, 12, 19, & 20

Legion Coffee House

Come enjoy some after lunch sweets and enjoy friendships & Music. Musician to be announced. **Location:** Haliburton Legion (719 Mountain Street, Haliburton)

February 7 at 1:00 p.m. to 3:30 p.m.

Sit to Fit with Georgia

Location: Gardens of Haliburton, 1 Sunnyside St., Haliburton. **Registration:** Please call 705-457-4848 to reserve your spot!

February 11 at 9:45 a.m.

Senior Chair Fitness

This is a 60-minute fitness class for seniors. All fitness levels welcome. Bring indoor shoes and water! No registration required.

February 11 & 25 at 11:00 a.m.

Location: Haliburton Legion (719 Mountain Street, Haliburton) For more information call: Cheryl at 905-447-7741

Seniors Chair Fitness

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! **Location:** Minden Legion Branch 636, 12847 HWY 35, Minden ON

February 11 & 25 at 1:30 p.m.

Fire Safety in the home & Basic First Aid & CPR with Karin Aschenbrenner (a two-part series)

A two-part series to help ensure your safety at home. Day 1: Learn about common fire & falls risks and how to prevent them. Day 2: Learn basic first aid skills such as cuts, wounds, and basic CPR skills. **Location:** Haliburton Legion, 719 Mountain Street, Haliburton. **Phone:** 705-457-2571

February 12 (Day 1) & 26 (Day 2), 10 a.m. to 11:30 a.m.

Family Day Music & Ice Cream Social, Trina & Albert

Location: Gardens of Haliburton, 1 Sunnyside St., Haliburton. **Registration:** Please call 705-457-4848 to reserve your spot!

February 16 at 2:30 p.m.

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! **Location:** Stanhope Library (1109 North Shore Road, Algonquin Highlands)

February 18 from 1 p.m. to 3 p.m.

Tea & Timeless Love High Tea Party & Piano Concert

Location: Gardens of Haliburton, 1 Sunnyside St., Haliburton. **Registration:** Please call 705-457-4848 to reserve your spot!

February 25 at 2:30 p.m.

Chair Yoga

Designed to work on improving balance and maintaining mobility, with the focus on breathing, body awareness, flexibility, and stress reduction. **Location:** Oxtongue Lake Community Centre, 3971 ON-60, Dwight. **Phone:** 705-635-2916

February 26 at 10:30 a.m.

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. No registration required. **Location:** Haliburton County Public Library - Highlands Grove Branch, 5373 Loop Rd., Highland Grove.

February 26 at 11 a.m.

Webinars

Date: February 12, 2026 at 12:00pm

Topic: Stress Management, in partnership with CMHA

Join us for an online webinar on Stress Management, in partnership with CMHA. Participants will learn about stress - good and bad - and what it means for our functioning.

Date: February 24, 2026 at 12:00pm **Topic:** Info Session with CRA & Service Canada Information about Tax, Benefits and Credits for Persons with Disabilities and Their Caregivers will be presented, including the Disability Tax Credit (DTC). Service Canada will deliver a presentation on the Canada Disability Benefit.

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

Info Sessions at the Minden Legion

Topic: Chat with Community Paramedics

Date: February 10th at 3 p.m. Learn about Haliburton County's Paramedicine program and how it can help you and family members with non-emergency, community-based supports. Learn tips and tricks to help you live well and independently at home now and into the future. Light refreshments will be served, no registration required.

Aging Together As Community:

Medication Safety - Too Many Pills

Learn about helpful tips for taking your medications safely and the expansion of the Pharmacist's role. Lunch is provided. Donations accepted.

Register by February 4: agingtogetherhc@gmail.com, or call 705-879-9412

Location: Haliburton Legion Branch 129, 719 Mountain St., Haliburton, ON

Hike Haliburton - Winter Edition

Over the February weekend, we invite you to discover the snow-covered trails, frozen lakes, and quiet forests of the Haliburton Highlands through a wide variety of guided winter hikes and snowshoe adventures led by knowledgeable hike leaders.

To plan your adventure, please visit:

<https://myhaliburtonhighlands.com/winter-hike-haliburton/>

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:

- **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!

