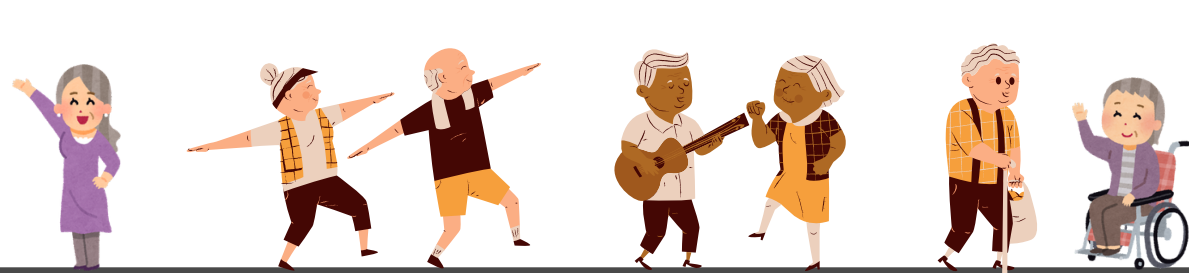




May



Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

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|--|--|--|---|--|---|---|---|
| | | | | | | FIRST RESPONDERS DAY! 1 Senior Balance Fitness Class Minden Hills Community Ctr @ 9 a.m. SALC Needle Felting: Butterflies Wilberforce Library @ 11:00 a.m. | 2 Board Games Wilberforce Legion @ 2:30 p.m. |
| 3 | Painting Class 4 Wilberforce Legion @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. QiGong for Seniors Haliburton Legion @ 2:30 p.m. | Seniors Stretch Class 5 AJ LaRue Arena @ 9:00 a.m. HHHS Coffee & Conversation Haliburton Library @ 10:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. | HHHS Balanced Fitness 6 Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Chair Yoga with Lorrie Gardens of Haliburton @ 9:45 a.m. Genealogy for Seniors Dysart @ 12:30 p.m. Minden Library @ 3:30 p.m. Yarners Social Minden Library @ 10:00 a.m. | Breathwork Class 7 Minden Hills Community Centre @ 10:00 a.m. Genealogy for Seniors Highland Grove @ 11:30 a.m. Games and Cards Minden Legion @ 7:00 p.m. | HHHS Balanced Fitness 8 Minden Auditorium @ 9:30 a.m. & 11 a.m. Senior Balance Fitness Class Minden Hills Community Centre @ 9:00 a.m. Tech Help Walk-In Clinic Stanhope @ 1:00 p.m. to 3:00 p.m. | 9 Coffee House with Heart & Soul Haliburton Legion @ 1:00 p.m. Board Games Wilberforce Legion @ 2:30 p.m. | |
|  Happy Mother's Day Pina Colada Social Gardens of Haliburton @ 2:30 p.m. | 10 SALC Webinar: Victorian Tea Etiquette Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. QiGong for Seniors Haliburton Legion @ 2:30 p.m. | 11 Seniors Stretch Class 12 AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Srs. Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. Seniors Line Dancing Gardens of Haliburton @ 2:30 p.m. Tech Help Walk-In Clinic Dysart @ 1:00 p.m. to 3:00 p.m. | 13 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Yarners Social Minden Library @ 10:00 a.m. Exercise with Georgia Minden Legion @ 1:30 p.m. SALC Needle Felting: Butterflies Minden Hills Library @ 2:00 p.m. | 14 Breathwork Class Minden Hills CC @ 10:00 a.m. HHHS Social Recreation Drop In Wilberforce Legion @ 10 a.m. to 1 p.m. Spring Wildflower & Wild Leek Walk Abbey Gardens @ 10:30 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Chair Yoga with Ardith Oxtongue Lake Comm. Ctr @ 10:30 a.m. SALC Needle Felting: Butterflies Cardiff Library @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m. | 15 Senior Balance Fitness Class Minden Hills Community Ctr @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Tech Help Walk-In Clinic Wilberforce @ 10:00 a.m. to 12:00 p.m. Genealogy for Seniors Dorset @ 11:00 a.m. Stanhope @ 1:30 p.m. | 16 Victorian Tea Party Bowron House, Minden Hills Cultural Centre @ 11:00 a.m. - 2:00 p.m. Board Games Wilberforce Legion @ 2:30 p.m. | |
| 17 | 18  | 19 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Coffee & Conversation Haliburton Library @ 10:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Srs. Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. Demystify AI Dysart Library @ 2:00 p.m. | 20 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Chair Yoga with Lorrie Gardens of Haliburton @ 9:45 a.m. Yarners Social Minden Library @ 10:00 a.m. Crafternoon Stanhope Library @ 1:00 p.m. Genealogy for Seniors Dysart @ 12:30 p.m. Minden Hills @ 3:30 p.m. | 21 Painting Class Wilberforce Legion @ 10:00 a.m. Breathwork Class Minden Hills Comm. Ctr @ 10:00 a.m. Tech Help Walk-In Clinic Minden Hills @ 1:00 p.m. to 3:00 p.m. SALC Needle Felting: Butterflies Dysart Library @ 2:00 p.m. Poetry with Patricia Gardens of Haliburton @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m. | 22 Senior Balance Fitness Class Minden Hills Community Centre @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Cribbage Friday Haliburton Legion @ 10:00 a.m. | 23 Board Games Wilberforce Legion @ 2:30 p.m. | |
|  | 24 SALC Webinar: Vulnerable Road Users w/ Ministry of Transportation Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. QiGong for Seniors Haliburton Legion @ 2:30 p.m. | 25 Seniors Stretch Class 26 AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Srs. Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. Demystify AI Minden Library @ 2:00 p.m. Seniors Line Dancing Gardens of Haliburton @ 2:30 p.m. Genealogy for Seniors Wilberforce @ 3:00 p.m. | 27 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Yarners Social Minden Library @ 10:00 a.m. | 28 HHHS Social Recreation Drop In Wilberforce Legion @ 10 a.m. to 1 p.m. Breathwork Class Minden Hills Comm. Ctr @ 10:00 a.m. Chair Yoga with Ardith Oxtongue Lake Comm. Ctr @ 10:30 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Savouring Stories Highland Grove Library @ 11:00 a.m. Games and Cards Minden Legion @ 7:00 p.m. | 29 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Senior Balance Fitness Class Minden Hills Community Centre @ 9:00 a.m. SALC Needle Felting: Butterflies Dorset Library @ 1:00 p.m. | 30 Board Games Wilberforce Legion @ 2:30 p.m. | |

Spring Planting Workshop for Seniors
Hyland Crest Long Term Care
1:00 p.m. to 3:00 p.m.

Coming up in June 2026...

Powerful Tools for Caregivers. A FREE six-week workshop for caregivers.

Every Tuesday starting June 2-July 14 (excluding June 30)

Time: 10:30 a.m. to 12:00 p.m. Location: Haliburton Legion, 719 Mountain Road, Haliburton, ON.

Pre-Registration is required. Please call 1-866-971-5545.

May



For more information: haliburtoncounty.ca/SALC SALC@haliburtoncounty.ca 705-286-1333 x.256 (general info)

First Responders Day! **May 1 from 3:00 p.m. to 7:00 p.m.**
Join us & celebrate our local First Responders! Meet & greet / Learn about programs and services / Get an up-close look at equipment & vehicles. Happening throughout Haliburton County – Please see event poster for details or visit haliburtoncounty.ca/news

Seniors Balance & Cardio Fitness Classes **May 1, 8, 15, 22, 29 at 9:00 a.m. (Minden) / May 5, 12, 19, 26 at 11:00 a.m. (Haliburton)**
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.

SALC Needle Felting: Butterflies **May 1, 13, 14, 21 & 29**
Join us for a relaxing and creative afternoon making colourful needle felted butterflies. Using soft wool and simple needle felting techniques, participants will shape and decorate their own unique butterfly to take home. No experience is needed and all materials are provided. **Location:** Haliburton County Public Library – Various Branches (See calendar for specific location & times). **Registration Required:** www.haliburtonlibrary.ca/Programs-Events or call 705-457-2241 to register.

QiGong for Seniors **May 4, 11, 25 at 2:30 p.m.**
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)

Painting Class **May 4 & 21 at 10:00 a.m.**
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. This class is limited to 10 participants. Pay what you can. **Location:** Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. **Phone:** 705-448-2221.

Seniors Stretch Class **May 5, 12, 19, 26 at 9:00 a.m.**
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. **Location:** AJ LaRue Arena (728 Mountain Street, Haliburton ON)

Exercise Classes with Georgia **May 5, 12, 19, 26 at 1:00 p.m.**
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

Genealogy for Seniors **May 6, 7, 15, 20 & 26**
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. **Email:** hhggroup@gmail.com. No registration required.

Yarners Social **May 6, 13, 20 & 27 from 10:00 a.m. to 12:00 p.m.**
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. **Location:** Minden Library (176 Bobcaygeon Rd, Minden)

Tech Help Walk-In Clinic **May 8, 12, 15 & 21**
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. **Location:** Check calendar for library branch locations & times.

Exercise with Georgia **May 13 at 1:30 p.m.**
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, 12847 Hwy 35, Minden, ON.

Spring Wildflower & Wild Leek Walk with Farm-to-Table lunch **May 14 at 10:30 a.m.**
Explore the woods at Abbey Gardens and discover the spectacular display of spring wildflowers and wild leeks carpeting the forest floor. Hike scenic trails with our resident ecologist to learn about these fleeting seasonal blooms, they’ll be gone before you know it! **Location:** Abbey Gardens, 1012 Garden Gate Dr. Haliburton ON
Visit: <https://www.abbeygardens.ca>

Chair Yoga with Ardith **May 14 & 28 at 10:30 a.m.**
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. **Location:** Oxtongue Lake Community Centre (3971 ON-60 Dwight, ON PIH 2J6) **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Victorian Tea Party **May 16 from 11:00 a.m. to 2:00 p.m.**
Step into the charm of the part at our Victorian Tea where guests can enjoy a selection of traditional teas and Victorian-style finger sandwiches, scones & tarts. Admission is by donation and no pre-registration is required. **Location:** Bowron House, Minden Hills Cultural Centre, 176 Bobcaygeon Rd, Minden ON.

Demystify AI **May 19 & 26 at 2:00 p.m.**
This interactive session will explain what AI is, how it learns, and where you encounter it in daily life. Participants will leave with practical tips and an understanding of its role in today’s world. No registration required. **Location:** Locations vary. Please check calendar for date, time and location.

Crafternoon Drop-In **May 20 from 1:00 p.m. to 3:00 p.m.**
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)

Cribbage Friday **May 22 at 10:00 a.m. to 12:00 p.m.**
Join us for Cribbage Friday! Cards & Boards provided. With Refreshments. **Location:** Haliburton Legion Branch 129 (719 Mountain St., Haliburton, ON)

Savouring Stories **May 28 at 11:00 a.m.**
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.
Location: Haliburton County Public Library – Highland Grove Branch, (5373 Loop Rd., Highland Grove)

SALC Webinars **May 11 & 25 at 10am**
Date: May 11, 2026 at 10:00am **Topic:** Victorian Tea Etiquette with the Minden Hills Cultural Centre. **Description:** Explore the customs, foods, and social traditions of Victorian tea culture in the kitchen of one of our historic buildings, Bowron House. Take a closer look at teaware, fashion, and kitchen tools that helped bring these social gatherings to life.

Date: May 25, 2026 at 10:00am **Topic:** Vulnerable Road Users with Ministry of Transportation. **Description:** (1) Understanding the perceptions of a vulnerable road user such as pedestrians, cyclists, and motorcyclists. (2) Understand how to protect them as a driver, as well as how to protect yourself as a vulnerable road user. (3) Review the rules of the road and how to navigate the roads safely around buses, commercial vehicles, farm equipment, wildlife and more.

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

Coffee House with Heart & Soul **May 9th at 1:00 p.m.**
Join us for Coffee House with Heart & Soul. Karen Frybort, Mike Clewlow, and Jimmie 3 Stix. **Location:** Haliburton Legion, 719 Mountain Street, Haliburton, ON. Downstairs in the clubroom.

Games & Cards / Board Games **Various Dates and Times**
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).

Breathwork Class **May 7, 14, 21, 28, June 4 & 11**
Participants will be introduced to diaphragmatic breathing, supported to learn the techniques through demonstration and ongoing support during sessions. Questions are encouraged throughout. The cost for the course is \$36 +HST. Drop-in spots may be available based on full course registration. **Location:** Minden Hills Community Centre, Community Room 2, 55 Parkside Street, Minden ON.

Spring Planting Workshop for Seniors **May 31, 2026 from 1pm to 3pm**
As part of this workshop designed for seniors, you will learn techniques for container gardening, vegetable gardening, and spring pruning, plus participate in planting at Hyland Crest. Free Workshop.
Registration: Please call 705-488-2613 to register.
Location: Hyland Crest Long-Term Care, 6 McPherson St. Minden, ON

HHHS Programs – FITNESS
HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON
Wednesdays at 9:30am to 10:30am and 11:00am-12:00pm
Fridays @ 9:30am-10:30am and 11am-12pm
HHHS Balanced Fitness at Haliburton Legion, 719 Mountain St., Haliburton, ON
Tuesdays at 10:00 a.m. – 11:00 a.m.
HHHS Balanced Fitness at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON
2nd & 4th Thursday at 10:30am-11:30am (May 14 & 28)


HHHS Programs – SOCIAL RECREATION PROGRAMMING
HHHS Social Recreation Drop-In at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON. 2nd and 4th Thursday, 10:00am-1:00pm
HHHS Coffee & Conversation at Minden Library – Howard Roberts Room, 176 Bobcaygeon Rd., Minden, ON. 1st and 3rd Tuesday, 10:00am to 12:30pm

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