

September

Haliburton
HIGHLANDS
Seniors Active Living Centre
2025



Sunday

Monday






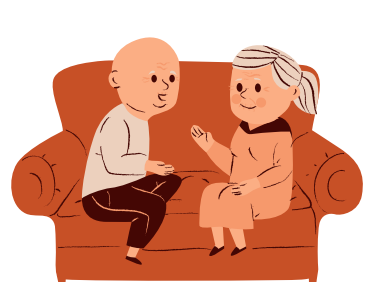
Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1</p>	<p>2</p> <p>Museum & Village tour Minden Hills Cultural Centre @ 1 p.m..</p>	<p>3</p> <p>Genealogy for Beginners Dorset Library @ 11 a.m.</p> <p>Yahtzee/Boggle Night Dorset Rec Centre @ 6:30 p.m.</p>	<p>4</p> <p>Painting Class Wilberforce Legion @ 10 a.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>5</p> <p>Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11</p>	<p>6</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>7</p> 	<p>8</p> <p>Games and Cards Minden Legion @ 1 p.m.</p>	<p>9</p> 	<p>10</p> <p>Qi Gong lesson Abbey Gardens @ 2:30 p.m.</p> <p>Euchre Night Dorset Rec Centre @ 6:30 p.m.</p>	<p>11</p> <p>Alzheimer Society Q & A Online presentation @ 10 a.m.</p> <p>Board Games Harcourt Community Centre @ 1 p.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>12</p> <p>Seniors Balance Fitness SG Nesbitt community room @ 9 a.m.</p> <p>Tree Identification Hike Abbey Gardens @ 10 a.m.</p> <p>Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11</p>	<p>13</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>14</p>	<p>15</p> <p>Games and Cards Minden Legion @ 1 p.m.</p>	<p>16</p> <p>Bone Health 101 Online presentation @ 10 a.m.</p> <p>Museum & Village tour Minden Hills Cultural Centre @ 1 p.m..</p>	<p>17</p> <p>Bridge Night Dorset Rec Centre @ 6:30 p.m.</p>	<p>18</p> <p>Painting Class Wilberforce Legion @ 10 a.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>19</p> <p>Seniors Balance Fitness SG Nesbitt community room @ 9 a.m.</p> <p>Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11</p>	<p>20</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>21</p>	<p>22</p> <p>Games and Cards Minden Legion @ 1 p.m.</p>	<p>23</p>	<p>24</p> <p>Dominoes/Qwirkle Night Dorset Rec Centre @ 6:30 p.m.</p>	<p>25</p> <p>Mindful Meditation Abbey Gardens @ 10 a.m.</p> <p>Games and Cards Harcourt Community Centre @ 1 p.m. Minden Legion @ 7 p.m.</p>	<p>26</p> <p>Seniors Balance Fitness SG Nesbitt community room @ 9 a.m.</p> <p>Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11</p>	<p>27</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>28</p> 	<p>29</p> <p>Games and Cards Minden Legion @ 1 p.m.</p>	<p>30</p> 				

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For more information:



haliburtoncounty.ca/SALC



SALC@haliburtoncounty.ca



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

Museum & Heritage Village Tour

Take a tour of the Museum & Heritage Village at the Minden Hills Cultural Centre, featuring five historic buildings that bring early settler history to life: the Bowron House, home to a range of household artifacts from different eras; the cookhouse provides a look into the local logging industry; the one-room schoolhouse offers a glimpse into early education; the “Wee Kirk,” and the Sterling Bank, both offer insight into the area’s early commercial life and community connections.

Location: Minden Hills Cultural Centre, 176 Bobcaygeon Road, Minden Hills, ON, K0M 2K0. **Phone:** Please register for the tours: 705-286-1260 x.541, rwong@mindenhills.ca

September 2 and 16, 1 p.m.

Genealogy for Beginners

Curious about where you came from? Join us for an inspiring introduction to family history research led by Adele Espina of the Haliburton Highlands Genealogy Group. This free one-hour workshop will walk you through the first steps of building your family tree – from locating historical records to organizing your research and uncovering meaningful stories from your past. Whether you’re just getting started or simply want to explore the process, this session will help you begin your journey with confidence.

Location: Dorset Branch, 1051 Main Street, Dorset, ON, P0A1H0. **Phone:** 705-766-9969 or hhggroup@gmail.com. No registration required.

September 3, 11 a.m.

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. 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.

September 4 and 18, 10 a.m.

Seniors Balance and Cardio Fitness

Georgia Shank, certified seniors fitness instructor, will provide modifications to suit your needs and 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: A.J. LaRue Arena, 728 Mountain Street, Haliburton, Ontario, K0M 1S0. / S.G. Nesbitt Memorial – Community Room, 55 Parkside Street, Minden, ON, K0M 2K0.

Phone: Please register at Dysartetal.ca/SALC or call 705-457-1740 x.635. / Please register at MindenHills.ca/recreation (\$48/eight week program)

Fridays at 9 a.m. and 11 a.m.

Qi Gong lesson

An hour session typically includes a little warm up, the “Ba Duan Jin” (Eight Silk Brocades) Qi Gong set and a group choice.

Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** Visit AbbeyGardens.ca to register. 705-754-4769.

September 10, 2:30 p.m.

Online Webinars

Bring your questions and join the discussion with the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton (September 11) to learn more about myths and realities of dementia, along with the dementia-related topics that you want to know more about. Connect with Osteoporosis Canada (September 16) to learn more about osteoporotic fractures, maintaining healthy bones and fall prevention. Please register for these sessions at www.haliburtoncounty.ca/SALC.

September 11 and 16

Tree Identification Hike

Join us for a beginner-friendly tree identification hike, where you'll learn to recognize different tree species based on their leaves, bark, and buds. We'll take a leisurely walk through the woods at Abbey Gardens offering helpful tips and fun facts to deepen your connection with the forest.

Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** Visit AbbeyGardens.ca to register. 705-754-4769.

September 12, 10 a.m.

Meditation Basics mini workshop

If you have wanted to learn to meditate but struggle with maintaining the mindful zone, this workshop may be helpful. Learn how to work with some of the foundational practices of meditation to deepen your awareness of breath, ability to settle into your body, and be more fully present in the practice.

Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** Visit AbbeyGardens.ca to register. 705-754-4769.

September 25, 10 a.m.

Games & Cards / Board Games

Come hang out with friends, bring a neighbour, or meet someone new! Simply drop in! This month, board game events take place at the **Minden Legion** (12847 Hwy 35, Minden, 705-286-4541), **Dorset Recreation Centre** (1051 Main Street, Dorset, 705-766-9968), **Harcourt Community Centre** (1032 Midway Street, Harcourt, 705-457-1740 x.635), **Haliburton Legion** (719 Mountain Street, Haliburton, 705-457-2571), and **Wilberforce Legion** (1007 Burleigh Road, Wilberforce, 705-448-2221).

Various Dates and Times

Haliburton County Seniors Active Living Centre (SALC) Program, 2025 – 2026

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!



The SALC Program is designed to provide social, cultural, learning, and recreational opportunities for seniors to stay fit, healthy and socially connected in their communities.

SALC programming is available in Haliburton County beginning in July 2025, 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.