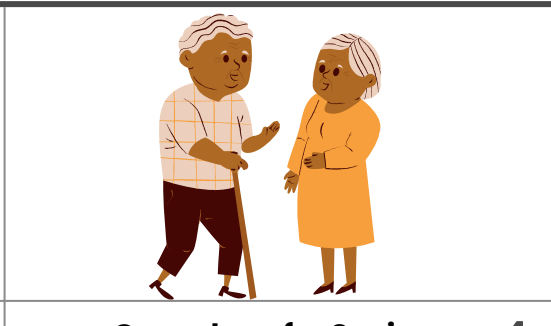
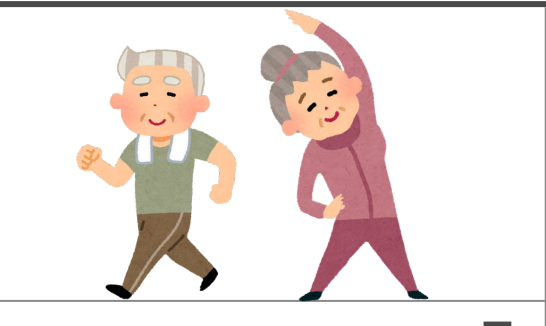


# November



*Haliburton*  
**HIGHLANDS**  
Seniors Active Living Centre  
2025

| Sunday                                                                                                            | Monday                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                | Saturday                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <div>2</div>                      | <div>3</div> <div><b>SALC Webinar: Winter Driving</b><br/>Webinar (via Zoom) @ 10 a.m.</div> <div><b>Games and Cards</b><br/>Minden Legion @ 1 p.m.</div>                                           |  <div>4</div> <div><b>Genealogy for Seniors</b><br/>Minden Library @ 10:30 a.m.<br/>Dysart Library @ 1:30 p.m.</div> <div><b>Seniors Cooking Workshop Series "Grab and Go"</b><br/>Minden Community Food Centre @ 3:30 p.m.</div> |  <div>5</div> <div><b>Senior Chair Fit Group</b><br/>Haliburton Legion @ 11 a.m.</div>                                                                                                                        | <div>6</div> <div><b>Painting Class</b><br/>Wilberforce Legion @ 10 a.m.</div> <div><b>Needle Felting Gingerbread People</b><br/>Dysart Library @ 2 p.m.</div> <div><b>Board Games</b><br/>Harcourt Community Centre @ 1 p.m.</div> <div><b>Games and Cards</b><br/>Minden Legion @ 7 p.m.</div> |  <div>7</div> <div><b>Senior Balance Fitness Class</b><br/>SG Nesbitt Memorial Arena @ 9 a.m.</div> <div><b>Seniors Cardio &amp; Balance Fitness Class</b><br/>A.J. LaRue Arena @ 11 a.m.</div>    | <div>1</div> <div><b>Board Games</b><br/>Wilberforce Legion @ 2:30 p.m.</div>                                                                                                                     |
| <div>9</div>                     | <div>10</div> <div><b>Games and Cards</b><br/>Minden Legion @ 1 p.m.</div>                                                                                                                          |  <div>11</div>                                                                                                                                                                                                                  | <div>12</div> <div><b>Genealogy for Seniors</b><br/>Dorset Library @ 10:30 a.m.<br/>Stanhope Library @ 1 p.m.</div> <div><b>SALC Webinar: Haliburton Highlands Digital Archives</b><br/>Webinar (via Zoom) @ 2:30 p.m.</div>                                                                     | <div>13</div> <div><b>Chair Yoga</b><br/>Oxtongue Lake Community Centre @ 10:30 a.m.</div> <div><b>Games and Cards</b><br/>Minden Legion @ 7 p.m.</div>                                                                                                                                          | <div>14</div> <div><b>Senior Balance Fitness Class</b><br/>SG Nesbitt Memorial Arena @ 9 a.m.</div> <div><b>Seniors Cardio &amp; Balance Fitness Class</b><br/>A.J. LaRue Arena @ 11 a.m.</div> <div><b>Needle Felting Gingerbread People</b><br/>Wilberforce Library @ 11 a.m.</div> | <div>15</div> <div><b>Board Games</b><br/>Wilberforce Legion @ 2:30 p.m.</div>                                                                                                                    |
| <div>16</div> <div><b>Artists Open House</b><br/>Wilberforce Legion<br/>1 p.m. to 4 p.m.</div>                    | <div>17</div> <div><b>Fitness Success Workshop</b><br/>Dorset Recreation Centre @ 9 a.m. to 12 p.m.<br/>@12:30 p.m. to 3:30 p.m.</div> <div><b>Games and Cards</b><br/>Minden Legion @ 1 p.m.</div> | <div>18</div> <div><b>First Aid for Seniors (Part 1 of 2)</b><br/>Haliburton Legion @ 10 a.m.</div> <div><b>Seniors Cooking Workshop Series "Pantry Power"</b><br/>SIRCH Bistro/Bakery @ 3:30 p.m.</div>                                                                                                            | <div>19</div> <div><b>Who's Out There</b><br/>Abbey Gardens @ 10 a.m.</div> <div><b>Senior Chair Fit Group</b><br/>Haliburton Legion @ 11 a.m.</div> <div><b>Crafternoon</b><br/>Stanhope Library @ 1 p.m.</div> <div><b>Needle Felting Gingerbread People</b><br/>Minden Library @ 2 p.m.</div> | <div>20</div> <div><b>Painting Class</b><br/>Wilberforce Legion @ 10 a.m.</div> <div><b>Board Games</b><br/>Harcourt Community Centre @ 1 p.m.</div> <div><b>Games and Cards</b><br/>Minden Legion @ 7 p.m.</div>                                                                                | <div>21</div> <div><b>Senior Balance Fitness Class</b><br/>SG Nesbitt Memorial Arena @ 9 a.m.</div> <div><b>Seniors Cardio &amp; Balance Fitness Class</b><br/>A.J. LaRue Arena @ 11 a.m.</div>                                                                                       | <div>22</div> <div><b>Fitness Success Workshop</b><br/>Dorset Recreation Centre @ 10 a.m. to 1 p.m.<br/>@ 1 p.m. to 4 p.m.</div> <div><b>Board Games</b><br/>Wilberforce Legion @ 2:30 p.m.</div> |
| <div>23</div> <div><b>Chili Fun Raiser</b><br/>(on Nov. 23rd)<br/>Haliburton Legion @ 12 p.m.</div> <div>30</div> | <div>24</div> <div><b>Games and Cards</b><br/>Minden Legion @ 1 p.m.</div>                                                                                                                          | <div>25</div> <div><b>First Aid for Seniors (Part 2 of 2)</b><br/>Haliburton Legion @ 10 a.m.</div> <div><b>SALC Webinar: Preparing for Extreme Weather Events</b><br/>Webinar (via Zoom) @ 2 p.m.</div>                                                                                                            | <div>26</div> <div><b>Genealogy for Seniors</b><br/>Gooderham Library @ 12:30 p.m.<br/>Wilberforce Library @ 3 p.m.</div>                                                                                                                                                                        | <div>27</div> <div><b>Chair Yoga</b><br/>Oxtongue Lake Community Centre @ 10:30 a.m.</div> <div><b>Savouring Stories</b><br/>Highland Grove Library @ 11 a.m.</div> <div><b>Genealogy for Seniors</b><br/>Highland Grove Library @ 12 p.m.<br/>Cardiff Library @ 2 p.m.</div>                    | <div>28</div> <div><b>Senior Balance Fitness Class</b><br/>SG Nesbitt Memorial Arena @ 9 a.m.</div> <div><b>Seniors Cardio &amp; Balance Fitness Class</b><br/>A.J. LaRue Arena @ 11 a.m.</div> <div><b>Needle Felting Gingerbread People</b><br/>Dorset Library @ 1 p.m.</div>       | <div>29</div> <div><b>Board Games</b><br/>Wilberforce Legion @ 2:30 p.m.</div>                                                                                                                    |

# November



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

November 4, 12, 26, 27

Join us for Genealogy for Seniors, an inspiring introduction to family history research led by Adele Espina of the Haliburton Highlands Genealogy Group. This workshop will walk you through the steps of building your family tree – from locating historical records to organizing your research and uncovering meaningful stories from your past. **Location:** Locations vary. Please check calendar for date, time and location. **Phone:** 705-489-3109 or email [hhggroup@gmail.com](mailto:hhggroup@gmail.com). No registration required.

## Seniors Cooking Workshop Series

November 4 & 18 from 3:30 p.m. to 5:30 p.m.

Join us for a fun, hands-on **8-session 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:** See specific date for location. **Phone:** Contact Joanne, Food Security Coordinator, at 705-457-1742 or email [cookingclass@sirch.on.ca](mailto:cookingclass@sirch.on.ca) to reserve your spot.

## Painting Class

November 6 & 20 at 10 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.

## Senior Chair Fit Group with Georgia Shank

November 5 & 19 at 11 a.m.

This is a 50-minute fitness class for seniors. All fitness levels welcome. Bring indoor shoes and water! No registration required. **Location:** Haliburton Legion, 719 Mountain Street, Haliburton.

## Needle Felting Gingerbread People

November 6, 14, 19, 28

Join us for a fun, hands-on workshop where you'll learn how to needle felt your very own mini gingerbread person. These soft and charming gingerbread friends make perfect decorations, gifts, or keepsakes to add a handmade touch to your holidays. No experience needed. All materials provided. **Location:** Haliburton County Public Library – Various Branches (See calendar for specific location).

## Seniors Balance & Cardio Fitness Classes

November 7, 14, 21, 28 at 9:00 a.m. (in Minden) and at 11:00 a.m. (in 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:** 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/SAL](http://Dysartetal.ca/SAL) or call 705-457-1740 x.635. / Please register at [MindenHills.ca/recreation](http://MindenHills.ca/recreation) (\$48/eight week program)

## Chair Yoga with Ardith Symmes

November 13 & 27 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. Free 55+ **Location:** Oxtongue Lake Community Centre, 3979 Hwy 60, Dwight **Phone:** For more information or to register contact 705-766-9968 **Email:** [recreation@algonquinhighlands.ca](mailto:recreation@algonquinhighlands.ca) or visit <https://calendar.algonquinhighlands.ca>

## Artists Open House

November 16 from 1 p.m. to 4 p.m.

Local artist Luann Coghlan is having an open house to showcase the artwork of participants from her painting classes. Please come by and see the paintings that have been created so far! **Location:** Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. **Phone:** 705-448-2221.

## Fitness Success Workshop with Georgia Shank

November 17 & 22

Learn how to use the fitness equipment, find out what a fitness routine looks like and the benefits of proper use and regular exercise. Level up your fitness room skills and become a healthier you. Free 55+ **Location:** Dorset Recreation Centre, 1051 Main Street, Dorset **Phone:** For more information or to register contact 705-766-9968 **Email:** [recreation@algonquinhighlands.ca](mailto:recreation@algonquinhighlands.ca) or visit <https://calendar.algonquinhighlands.ca>

## First Aid for Seniors (a two-part series)

November 18 (Day 1) & 25 (Day 2), 10 a.m. to 11:30 a.m.

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.

## Who's Out There at Abbey Gardens

November 19 from 10 a.m. to 12 p.m.

Venturing out onto the Abbey Gardens' trail, we will take in the brisk early winter air and fine tune our observation skills looking for animal signs and tracks. Learning some basic track and scat foundations, we will become wildlife sleuths and discover who lives in Haliburton's forests. **Location:** Abbey Gardens (Register at [AbbeyGardens.ca](http://AbbeyGardens.ca))

## Savouring Stories

November 27 at 11 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 – Highlands Grove Branch (5373 Loop Rd., Highland Grove)

## SALC Webinars

November 3, 12 & 25

**Date:** November 3<sup>rd</sup>, 2025 at 10:00 a.m. **Topic:** Winter Driving – Vehicle preparation and safe winter driving practices to keep in control of our vehicle. In partnership with the Ministry of Transportation.

**Date:** November 12<sup>th</sup>, 2025 at 2:30 p.m. **Topic:** Haliburton Highlands Digital Archives. Learn how to investigate & search the Haliburton Highlands Digital Archives, a NEW searchable database of over 7,000 historic Haliburton County newspapers.

**Date:** November 25<sup>th</sup>, 2025 at 2:00 p.m. **Topic:** Ready and Resilient: Preparation for Extreme Weather Events. In partnership with Lakelands Public Health.

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

## 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);
- **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).

## Chili Fun Raiser

November 23 at 12:00 p.m. to 3:00 p.m.

A Chili Fun Raiser in support of Aging Together As Community & to celebrate their new not-for-profit status! Guest Speaker is Dr. Nell Thomas. Live music. **Cost:** Pay as you can. \$20 suggested donation. **Location:** Haliburton Legion. **Register** by phone (705-879-9412) or by email: [atachhevents@gmail.com](mailto:atachhevents@gmail.com)

## 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.

