




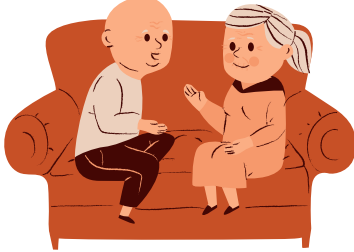


October



Haliburton
HIGHLANDS
Seniors Active Living Centre
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5			1 Yahtzee/Boggle Night Dorset Rec Centre @ 6:30 p.m.	2 Painting Class Wilberforce Legion @ 10 a.m. Board Games Harcourt Community Centre @ 1 p.m. Museum & Village tour MH Cultural Centre @ 1 p.m.. Games and Cards Minden Legion @ 7 p.m.	3 Seniors Balance Fitness SG Nesbitt community room @ 9 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	4 Board Games Wilberforce Legion @ 2:30 p.m.
 12	6 Games and Cards Minden Legion @ 1 p.m.	7 Genealogy for Seniors Minden Library @ 10:30 a.m. Genealogy for Seniors Dysart Library @ 1:30 p.m.	8 Advance Care Planning info day Haliburton Legion @ 9 a.m. Euchre Night Dorset Rec Centre @ 6:30 p.m.	9 "Slowspokes" bike ride Caboose Bike Hub @ 10 a.m. Games and Cards Minden Legion @ 7 p.m.	10 Seniors Balance Fitness SG Nesbitt community room @ 9 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	11 Board Games Wilberforce Legion @ 2:30 p.m.
	13 Games and Cards Minden Legion @ 1 p.m.	 14	15 Service Canada info session Online presentation @ 10 a.m. Genealogy for Seniors Dorset Library @ 10:30 a.m. Stanhope Library @ 1 p.m. Qi Gong Abbey Gardens @ 2:30 p.m. Bridge Night Dorset Rec Centre @ 6:30 p.m.	16 Painting Class Wilberforce Legion @ 10 a.m. "Slowspokes" bike ride Caboose Bike Hub @ 10 a.m. Board Games Harcourt Community Centre @ 1 p.m. Games and Cards Minden Legion @ 7 p.m.	17 Seniors Balance Fitness SG Nesbitt community room @ 9 a.m.	18 Fall Planting Workshop for Seniors Minden Hills Cultural Centre @ 12 p.m. Board Games Wilberforce Legion @ 2:30 p.m.
19	20 Games and Cards Minden Legion @ 1 p.m.	21 Stretch It Out Cooking Class SIRCH @ 3:30 p.m.	22 Forest Bathing Abbey Gardens @ 1 p.m. Dominoes/Qwirkle Night Dorset Rec Centre @ 6:30 p.m.	23 "Slowspokes" bike ride Caboose Bike Hub @ 10 a.m. Games and Cards Minden Legion @ 7 p.m.	24 Seniors Balance Fitness SG Nesbitt community room @ 9 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	25 Board Games Wilberforce Legion @ 2:30 p.m.
 26	27 Licence Renewal for 80+ Online presentation @ 9 a.m. Games and Cards Minden Legion @ 1 p.m.	 28	29 Genealogy for Seniors Gooderham Library @ 12:30 p.m. Genealogy for Seniors Wilberforce Library @ 3 p.m. Games Night Dorset Rec Centre @ 6:30 p.m.	30 Painting Class Wilberforce Legion @ 10 a.m. Mindful Meditation Abbey Gardens @ 10 a.m. ID Clinic -Haliburton Legion @ 10 a.m. Genealogy for Seniors Highland Grove Library @ 11 a.m. Cardiff Library @ 2 p.m.	31 Seniors Balance Fitness SG Nesbitt community room @ 9 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	

October



For more information:



haliburtoncounty.ca/SALC



SALC@haliburtoncounty.ca



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

Painting Class

October 2, 16, 30 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.

Museum & Heritage Village Tour

October 2 at 1 p.m.

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.

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

Seniors Balance and Cardio Fitness

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

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

Genealogy for Seniors

October 7, 15, 29, 30

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/place. **Phone:** 705-489-3109 or email hhgggroup@gmail.com. No registration required.

Advance Care Planning Info Day

October 8, 9:00 a.m.

“Your Voice, Your Choice,” advance care planning information day includes two panels: Living Decisions from 9:30 a.m. – 10:30 a.m. and Dying Decisions from 11:00 to noon.

Location: Haliburton Legion, 719 Mountain Street, Haliburton, Ontario, K0M 1S0. **Phone:** No registration required.

Slowspokes

October 9, 16, 23 at 10 a.m.

Gentle bike rides on village pathways. Ride length catered to ability. Bring your own bike/helmet or borrow from Rotary. Free thanks to a grant from Ontario Trillium Foundation

Location: Meet at Caboose Bike Hub, 9 York Street, Haliburton, Ontario, K0M 1S0. **Phone:** 705-457-4767 (no registration required).

Online Webinars

October 15, 10 a.m., October 27, 9 a.m.

Bring your questions and join the discussion! With Service Canada, learn more about Pensions, the Canadian Dental Care Plan, and the new Canada Disability Benefit. The Ministry of Transportation of Ontario will share information about licence /renewals for residents who are 80+. Please register for these sessions at haliburtoncounty.ca/SALC.

Qi Gong lesson

October 15 at 2:30 p.m.

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.

Fall Planting Workshop for Seniors

October 18 at 12 p.m.

Workshop starts at Minden Hills Cultural Centre and planting follows at “Betty’s Garden” at Hyland Crest Long-Term Care.

Location: Minden Hills Cultural Centre, 176 Bobcaygeon Road, Minden Hills, K0M 2K0. **Phone:** Call 705-455-2613 to register.

Stretch It Out Cooking Class

October 21 at 3:30 p.m.

Learn to stretch your food dollars in a cooking program for seniors! Come cook, connect, and bring home the skills (and meals!) to make healthy eating easy and affordable.

Location: SIRCH Bistro Bakery, 49 Maple Avenue, Unit 4, Haliburton, K0M 2K0. **Phone:** Call 705-457-1742 or joanne_paquin@sirch.on.ca to reserve your spot.

Forest Bathing

October 22 at 1:00 p.m.

On this gentle, guided forest therapy walk, you’ll be invited to engage with the forest in ways that soothe your senses, ease stress, and lift your spirits. Lunch is available. Rain or shine, walks last approximately two hours and cover less than one kilometre at a relaxed pace. Please note: Forest terrain is uneven.

Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** Please visit AbbeyGardens.ca to register.

Mindful Meditation

October 30, 10 a.m.

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.

Community Services & ID Clinic

October 30, 10 a.m.

A one-stop shop for Service Canada, Service Ontario services and an information fair with local community services. Free transportation is available.

Location: Haliburton Legion, 719 Mountain Street, Haliburton, Ontario, K0M 1S0.

Phone: 705-286-1333 x.256 or cswb@haliburtoncounty.ca. No appointments required.

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 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).

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 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!



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