

March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>2</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>3</p> <p>Seniors Stretch Class AJ LaRue Arena @ 9 a.m.</p> <p>Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p>	<p>4</p> <p>Yarners Social Minden Library @ 10:00 a.m.</p> <p>Snowshoeing Abbey Gardens @ 1:30 p.m.</p>	<p>5</p> <p>Painting Class Wilberforce Legion @ 10 a.m.</p> <p>Genealogy for Seniors Highland Grove Library @ 11:30 a.m. Cardiff Library @ 2:00 p.m.</p> <p>Functional Senior Fitness Stanhope @ 2:00 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p> <p>SALC Needle Felting: Spring Nests Dysart Library @ 2:00 p.m.</p> <p>Games and Cards Minden Legion @ 7:00 p.m.</p>	<p>6</p> <p>Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m.</p> <p>Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.</p> <p>SALC Needle Felting: Spring Nests Wilberforce Library @ 11:00 a.m.</p>	<p>7</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>8</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>9</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>10</p> <p>Seniors Stretch Class AJ LaRue Arena @ 9 a.m.</p> <p>SALC Webinar: Mental Health 101 Webinar (via Zoom) @ 12 p.m.</p> <p>Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p>	<p>11</p> <p>Yarners Social Minden Library @ 10:00 a.m.</p> <p>Balance, Strengthening with Georgia Haliburton Legion @ 11:00 a.m.</p> <p>Seniors Exercise Program Minden Legion @ 1:30 p.m.</p> <p>Nature Connection: Whispers of the Thaw Abbey Gardens @ 1:30 p.m.</p> <p>SALC Needle Felting: Spring Nests Minden Library @ 2:00 p.m.</p>	<p>12</p> <p>Chair Yoga with Ardith Oxtongue Lake Community Centre @ 10:30 a.m.</p> <p>SALC Needle Felting: Spring Nests Cardiff Library @ 2:00 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>13</p> <p>Seniors Active Living Fair Haliburton Legion @ 9:00 a.m.</p> <p>Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m.</p> <p>Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.</p> <p>Genealogy for Seniors Dorset Library @ 11:00 a.m. Stanhope Library @ 1:30 p.m.</p>	<p>14</p> <p>Legion Coffee House: Jeff Moulton & Mike Clewlow Haliburton Legion @ 1:00 p.m.</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>15</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>16</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>17</p> <p>Seniors Stretch Class AJ LaRue Arena @ 9 a.m.</p> <p>Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p> <p>Info Session: Senior Wellness Minden Legion @ 3:00 p.m.</p>	<p>18</p> <p>Yarners Social Minden Library @ 10:00 a.m.</p> <p>Craftnoon Stanhope Library @ 12 p.m. to 3 p.m.</p> <p>Genealogy for Seniors Gooderham Library @ 1:00 p.m. Wilberforce Library @ 3:00 p.m.</p>	<p>19</p> <p>Painting Class Wilberforce Legion @ 10 a.m.</p> <p>Functional Senior Fitness Stanhope @ 2:00 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>20</p> <p>Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m.</p> <p>Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.</p>	<p>21</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>22</p> <p>SALC Webinar: Animal Skull Identification Webinar (via Zoom) @ 10 a.m.</p> <p>Be Prepared: 72 hour Preparedness Workshop Haliburton Legion @ 10 a.m.</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>23</p> <p>SALC Webinar: Animal Skull Identification Webinar (via Zoom) @ 10 a.m.</p> <p>Be Prepared: 72 hour Preparedness Workshop Haliburton Legion @ 10 a.m.</p> <p>Games and Cards Minden Legion @ 1:00 p.m.</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>24</p> <p>Seniors Stretch Class AJ LaRue Arena @ 9 a.m.</p> <p>Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p>	<p>25</p> <p>Yarners Social Minden Library @ 10:00 a.m.</p> <p>Balance, Strengthening with Georgia Haliburton Legion @ 11:00 a.m.</p> <p>Seniors Exercise Program Minden Legion @ 1:30 p.m.</p> <p>Genealogy for Seniors Dysart Library @ 12:30 p.m. Minden Library @ 3:30 p.m.</p>	<p>26</p> <p>Chair Yoga with Ardith Oxtongue Lake Community Centre @ 10:30 a.m.</p> <p>Savouring Stories Highland Grove Library @ 11 a.m.</p> <p>SALC Webinar: Canada Revenue Agency Webinar (via Zoom) @ 12 p.m.</p> <p>Falls Prevention Program Minden Community Centre @ 2 p.m.</p> <p>Games and Cards Minden Legion @ 7 p.m.</p>	<p>27</p> <p>Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m.</p> <p>Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.</p> <p>SALC Needle Felting: Spring Nests Dorset Library @ 1:00 p.m.</p>	<p>28</p> <p>Legion Coffee House: North of 7 Eric Casper & Earl Johnson Haliburton Legion @ 1:00 p.m.</p> <p>Board Games Wilberforce Legion @ 2:30 p.m.</p>
<p>29</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>30</p> <p>QiGong for Seniors Haliburton Legion @ 2:30 p.m.</p>	<p>31</p> <p>SALC Webinar: Stress Management Webinar (via Zoom) @ 12:00 p.m.</p> <p>Exercise Classes with Georgia Wilberforce Legion @ 1:30 p.m.</p>				



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) **Tuesdays & Thursdays at 2pm (for 12 weeks) – January 15 to April 2, 2026**
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. Limited space available for this 12 week program.

QiGong for Seniors **March 2, 9, 16, 23 & 30 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

Seniors Stretch Class **March 3, 10, 17 & 24 at 9:00 a.m.**
Location: AJ LaRue Arena, 728 Mountain Street, Haliburton, Ontario, K0M 1S0

Exercise Classes with Georgia **March 3, 10, 17, 24 & 31 at 1:30 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

Snowshoeing at Abbey Gardens **March 4 from 1:30 p.m. to 3 p.m.**
Join us for a beautiful snowshoe adventure as we explore the Abbey Gardens trails. This outing is suitable for all experience levels. Bring your own snowshoes or borrow a pair at the Abbey Gardens Food Hub. Poles are recommended, please bring your own. **Location:** Abbey Gardens, 1012 Garden Gate Drive, Haliburton ON. Please meet Heather at the Food Hub.

Yarners Social **March 4, 11, 18, & 25 from 10 a.m. to 12 p.m.**
Grab your needles and join us for a relaxing and fun Yarners Social! No registration required. **Location:** Minden Library (176 Bobcaygeon Rd, Minden)

SALC Needle Felting: Spring Nests **March 5, 6, 11, 12 & 27**
Join us at the library to needle felt your own spring nest! Using soft wool and natural textures, participants will design a small spring nest inspired by birds and the season's early hints of life. All materials provided and no experience needed. **Location:** Haliburton County Public Library - Various Branches (See calendar for specific location & times). **Registration Required:** www.haliburtonlibrary.ca/Programs-Events

Genealogy for Seniors **March 5, 13, 18, & 25**
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 hhggroup@gmail.com. No registration required.

Painting Class **March 5 & 19 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.

Functional Senior Fitness with Georgia **March 5 & 19 at 2 p.m.**
A 50-minute class, including war-up cardio conditioning, strength training, balance, and cool down. A total body workout for every day life. Continue to stay independent and living at home by staying active and strong. Please bring indoor shoes and a water bottle. **Location:** Stanhope Firefighters Community Hall, 1095 North Shore Road, Algonquin Highlands **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Seniors Balance & Cardio Fitness Classes **March 6, 13, 20, & 27 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:** 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.

Balance, Strengthening with Georgia **March 11 & 25 at 11:00 a.m.**
Location: Haliburton Legion Branch 129, 719 Mountain Street, Haliburton, ON. K0M 1S0. **Phone:** 705-457-2571

Nature Connection: Whispers of the Thaw at Abbey Gardens **March 11 from 1:30 p.m. to 3 p.m.**
Join us for a 90-minute restorative experience designed to bridge the gap between winter's stillness and spring's first breath. **Location:** Abbey Gardens, 1012 Garden Gate Drive, Haliburton ON. Please meet Donna at the Food Hub.

Seniors Exercise Program **March 11 & 25 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.

Chair Yoga with Ardith **March 12 & 26 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 P1H 2J6 **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Legion Coffee House **March 14 & 28 at 1:00 p.m. to 3:30 p.m.**
Come enjoy some after lunch sweets and enjoy friendships & Music. Musician to be announced. **Location:** Haliburton Legion (719 Mountain Street, Haliburton)

Crafternoon Drop-In **March 18 from 12 p.m. to 3 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)

Savouring Stories **March 26 from 11 a.m. to 1 p.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)

Webinars

Date: March 10 at 12:00pm **Topic:** Mental Health 101, in partnership with CMHA. This course provides a thorough introduction to mental health, and addressing the societal stigma associated with mental illness.

Date: March 23 at 10:00 a.m. **Topic:** Animal Skull Identification. This webinar will showcase a diverse collection of local wildlife skulls, offering the audience a "close-up look" at key physical features. Using these specimens, we will explore each animal's habitat, diet, and adaptations to its environment.

Date: March 26 at 12:00pm **Topic:** Information about Tax, Benefits and Credits for Adults 65 years and older, in partnership with Canada Revenue Agency. Join us to review common retirement income sources, ways to reduce your taxes through credits, benefits you may qualify for like the GST/HST Credit, different options for filing your taxes, and how to protect yourself from scams.

Date: March 31 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.

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

Seniors Active Living Fair (FREE EVENT) March 13 at 9:00 a.m. to 1:00 p.m.

Join us for the Seniors Active Living Fair, in partnership with OACAO and the Ministry for Seniors and Accessibility (MSAA). Learn about available programs and services for seniors and gain knowledge about healthy aging and active lifestyles. Registration Required. **Location:** Haliburton Legion, 719 Mountain Street, Haliburton ON **To register please visit:** <https://www.haliburtoncounty.ca/SALC> Email: SALC@haliburtoncounty.ca Phone: 705-286-1333 x243

Info Sessions at the Minden Legion March 17 at 3 p.m.

Topic: Senior Wellness **Date:** March 17th at 3 p.m. Join Haliburton Highlands Health Services staff to learn about senior and physical fitness, and what you need to have a healthy body and mind as you get older. Learn about HHHS services and programs available to support you in living your best life. Light refreshments will be served, no registration required.

Workshop at the Haliburton Legion March 23 at 10:15 a.m. to 12:15 p.m.

Topic: Be Prepared - 72 Hour Preparedness Workshop **Date:** March 23rd from 10:15 a.m. to 12:15 p.m. Location: Haliburton Legion - Remembrance Hall Join Karen Aschenbrenner and learn about what is needed to be prepared for the first 72 hours of an emergency.

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).

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!

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

