

August

Haliburton
HIGHLANDS
Seniors Active Living Centre
2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			Games and Cards Dorset Rec Centre @ 6:30 p.m.	Games and Cards Minden Legion @ 7 p.m.	Board Games Haliburton Legion @ 10 a.m.	Board Games Wilberforce Legion @ 2:30 p.m.
		Of Light and Life gallery tour with artist Michael Dumas Minden Hills Cultural Centre @ 1 p.m. Museum & Heritage Village Tour Minden Hills Cultural Centre @ 2 p.m.	Games and Cards Dorset Rec Centre @ 6:30 p.m.	Learn to Disc Golf Abbey Gardens @ 10 a.m. Board Games Harcourt Community Centre @ 1 p.m. Games and Cards Minden Legion @ 7 p.m.	Board Games Haliburton Legion @ 10 a.m.	Board Games Wilberforce Legion @ 2:30 p.m.
	Games and Cards Minden Legion @ 1 p.m.		Forest Bathing Abbey Gardens @ 10 a.m. Games and Cards Dorset Rec Centre @ 6:30 p.m.	Painting Class Wilberforce Legion @ 10 a.m. Games and Cards Minden Legion @ 7 p.m.	Board Games Haliburton Legion @ 10 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	Board Games Wilberforce Legion @ 2:30 p.m.
	Games and Cards Minden Legion @ 1 p.m.		Garden Walk and Talk Abbey Gardens @ 10 a.m. Qi Gong lesson Abbey Gardens @ 2:30 p.m. Games and Cards Dorset Rec Centre @ 6:30 p.m.		Board Games Haliburton Legion @ 10 a.m. Seniors Balance & Cardio Fitness AJ LaRue auditorium @ 11	Board Games Wilberforce Legion @ 2:30 p.m.
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For more information:



[haliburtoncounty.ca/SALC](https://www.haliburtoncounty.ca/SALC)



SALC@haliburtoncounty.ca



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

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

Of Light and Life gallery tour, Museum & Heritage Village Tour

Artist Michael Dumas provides a tour of his exhibit, *Of Light and Life*, in the Agnes Jamieson Gallery, at 1 p.m. He plans to bring some of his sketchbooks, as well as examples of the supplies he typically uses for his work. At 2 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: 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.

August 5, 1 p.m., 2 p.m.

Location: Minden Hills Cultural Centre, 176 Bobcaygeon Road, Minden Hills, ON, K0M 2K0. **Phone:** Please register for the tours: 705-286-3763 x.548, rwong@mindenhills.ca

Learn to Disc Golf

Join us for a tour of the Abbey Gardens Disc Golf Trail! Play disc golf on this stunning property. Suitable for all skill levels, from those who are avid disc golfers to those who have never played before. Lunch is available. Items to bring: comfortable clothing and shoes for hiking/walking; water, a small snack. Visit AbbeyGardens.ca to register.

August 7, 10 a.m. – 12 p.m.

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

Forest Bathing

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 often uneven, with roots, rocks, and gentle slopes. Sturdy walking or hiking shoes are essential, and walking poles are welcome. Please visit AbbeyGardens.ca to register.

August 13, 10 a.m. – 12 p.m.

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

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.

August 14, 28, 10 a.m. – 2 p.m.

Location: Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. **Phone:** 705-448-2221.

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: this space is not accessible and you must be able to walk up two flights of stairs to participate. Clean indoor exercise shoes are required.

August 15, 22, 29, 11 a.m. – 12 p.m.

Location: A.J. LaRue Arena, 728 Mountain Street, Haliburton, Ontario, K0M 1S0. **Phone:** Please register at Dysartetal.ca/SALC or call 705-457-1740 x.635.

Garden Walk & Talk

This experience takes you through a flourishing display of seasonal vegetables, fragrant herbs, and colourful flowers. This walk is perfect for gardening enthusiasts eager to discover practical tips they can apply at home to foster their own sustainable spaces. Please visit AbbeyGardens.ca to register.

August 20, 10 a.m. – 12 p.m.

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

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.

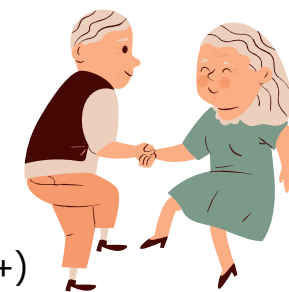
August 20, 2:30 – 3:30 p.m.

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

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!

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

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