



July



Sunday

Monday

Tuesday




Wednesday

Thursday

Friday

Saturday



			 1 Canada Day Celebration & Live Music by The WEB Gardens of Haliburton @ 2:30 p.m.	2 Painting Class Wilberforce Legion @ 10:00 a.m. Games and Cards Minden Legion @ 7:00 p.m.	3 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m.	4 Board Games Wilberforce Legion @ 2:30 p.m.
5 	6 SALC Webinar: Emergency Preparedness & Community Paramedicine Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m.	7 HHHS Balanced Fitness Zoom (virtual only) @ 10:00 a.m.	8 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Guided Tour of the Haliburton Highlands Museum Haliburton Highlands Museum @ 11:00 a.m.	9 HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Creative Writing with Susan E. Wadds Minden Library @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	10 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m.	11 Board Games Wilberforce Legion @ 2:30 p.m.
12	13 Games and Cards Minden Legion @ 1:00 p.m.	14 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	15 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Chair Yoga with Lorrie Gardens of Haliburton @ 9:45 a.m. SALC Webinar: Sacred Traditions: Artifacts of Church Life Webinar (via Zoom) @ 10:00 a.m. Crafternoon Stanhope Library @ 1:00 p.m. Exercise with Georgia Minden Legion @ 1:00 p.m.	16 Painting Class Wilberforce Legion @ 10:00 a.m. Seniors Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Poetry with Patricia Gardens of Haliburton @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	17 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. Meet the Author: Fay Martin Dorset Library @ 10:30 a.m. Returning to the Earth: Understanding Green Burial Dysart Library @ 11:00 a.m. Summer Open House Gardens of Haliburton @ 1:30 p.m. - Tours & light refreshments 2:30 p.m. - Live Music by Mixed Bags	18 Fitness Success Workshop Dorset Recreation Centre @ 10:00 a.m. & 1:00 p.m. Board Games Wilberforce Legion @ 2:30 p.m.
19	20 SALC Webinar: Info Session with Lakelands Public Health Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m.	21 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Zoom (virtual only) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	22 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Demystify AI 2: Issues and Challenges Dysart Library @ 2:00 p.m.	23 HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Seniors Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	24 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. Returning to the Earth: Understanding Green Burial Minden Library @ 2:00 p.m.	25 Board Games Wilberforce Legion @ 2:30 p.m.
26	27 Games and Cards Minden Legion @ 1:00 p.m.	28 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	29 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Exercise with Georgia Minden Legion @ 1:00 p.m.	30 Demystify AI 2: Issues and Challenges Dysart Library @ 2:00 p.m. Seniors Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	31 HHHS Balanced Fitness Minden Auditorium @ 9:30 a.m. & 11:00 a.m.	



For more information:

haliburtoncounty.ca/SALC

SALC@haliburtoncounty.ca

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

Painting Class **July 2 & 16 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.

Gentle Stretch, Balance & Relaxation **July 3, 17 & 24 at 10:00 a.m.**
A Mindful Movement Class. A gentle movement class focused on stretching, balance and ease in the body and mind. We move slowly and simply to help release stiffness, improve steadiness and support greater comfort in everyday activities. Each session includes light breathwork and quiet moments of rest to encourage a sense of calmness. No experience needed-come as you are! Wear comfortable clothes, bring water to hydrate and a yoga mat.
Location: Abbey Gardens, 1012 Garden Gate Dr, Haliburton, Ontario, K0M 1S0.

Guided Tour of the Haliburton Highlands Museum **July 8 at 11:00 a.m.**
The museum's historic buildings, dating back to the 1870's and 1880's, are open for the summer season! Join museum staff for a one-hour tour, exploring the lives of the early settlers to the area, including a visit to Reid House, the 1882 village home which was the museum's original home when it opened in the 1960's. Pre-registration not required. Questions or more information - please email kbutler@haliburtonhighlandsmuseum.com. **Location:** Haliburton Highlands Museum, 66 Museum Rd, Haliburton.

Creative Writing with Susan E. Wadds **July 9 at 2:00 p.m.**
Join Susan E. Wadds, award-winning author of *What the Living Do*, for a welcoming and supportive creative writing workshop based on the Amherst Writers & Artists method. Susan's writing has appeared in publications including *Room*, *carte blanche*, and *The Blood Pudding*. She is a certified AWA workshop facilitator, a graduate of the Humber School for Writers' Union of Canada and the Canadian Authors Association. Designed for writers of all experience levels, this small-group session encourages self-expression through a variety of visual, tactile, and poetic prompts. Participants will explore different forms of writing in a safe, inclusive atmosphere where every voice is valued. Registration is required. **Location:** Haliburton County Public Library- Minden Hills Branch (176 Bobcaygeon Rd, Minden).

Exercise Classes with Georgia **July 14, 21 & 28 at 1:00 p.m. (Wilberforce), July 15 & 29 at 1:00 p.m. (Minden)**
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. / Minden Legion, 12847 Hwy 35, Minden, ON. **Phone:** 705-448-2221

Seniors Balance & Cardio Fitness Classes **Every Tuesday from July 14 until August 18 at 11:00 a.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. 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 St., Haliburton. **Phone:** Please register at www.dysartetel.ca or call 705-457-1740 x.635.

Seniors Stretch Class **Every Tuesday from July 14 until August 18 at 9:00 a.m.**
Join Georgia Shank, certified seniors' fitness instructor, as she focuses on loosening tight muscles, increasing joint mobility, and improving posture through stretching. You can use a chair for support and are welcome to stretch from the floor on your own yoga mat or one of the mats provided. The class is designed for all fitness levels and modifications will be available to suit your needs. Please note: the class 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:** AJ LaRue Arena (728 Mountain Street, Haliburton ON)

Senior Stretch Class **July 16, 23 & 30 at 2:30 p.m.**
Join certified instructor Georgia Shank for a 45-minute senior stretch class. The class is a gentle stretching and mobility program. Please bring your own yoga mat and water bottle. Stretching is a very effective way to reduce pain and increase strength and mobility. **Location:** Stanhope Firefighters Community Hall (1123 North Shore Rd, Algonquin Highlands). **To Register:** Call 705-766-9968 or visit <https://www.algonquinhighlands.ca/explore-play/recreation/>.

Meet the Author: Fay Martin **July 17 at 10:30 a.m.**
Join Fay Martin at the Dorset Branch for an engaging author talk and Q&A exploring caregiving, community, and the stories that shape our lives. Fay Martin is the author of *Dementia Widow*, a deeply personal memoir about love, loss, and survival through fifteen years of dementia caregiving. A retired social worker, researcher, community organizer, and longtime Haliburton County resident, Fay brings warmth, insight, and honesty to conversations about resilience, aging, and social change. Participants will have the opportunity to hear from Fay about her writing journey and ask questions during the discussion. No registration required. **Location:** Haliburton County Public Library- Dorset Branch (1051 Main St, Dorset).

Crafternoon Drop-In **July 17 from 1:00 p.m. to 3:00 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)

Returning to the Earth: Understanding Green Burial **July 17 at 11am (Dysart Branch) & July 24 at 2pm (Minden Branch)**
Join Terry Moore, President of the Haliburton Highlands Green Burial Society, for an engaging presentation and community discussion on green burial and environmentally sustainable end-of-life choices. Learn how green burial offers a natural return to the earth while supporting land conservation and reducing environmental impact. Terry will share the growing movement toward green burial in Haliburton County, local advocacy efforts, and why more families are exploring meaningful alternatives that reflect their connection to nature and the environment. Questions and discussion are welcome. Registration preferred, drop-ins welcome. **Location:** Haliburton County Public Library - Various Branches (see calendar for specific times and location).

Fitness Success Workshop **July 18 at 10:00 a.m. & 1:00 p.m.**
Fitness Success Workshop, with instructor Georgia Shank. Learn how to use the fitness equipment and what does a fitness routine look like along with the benefits of proper use and regular exercise. Level up your fitness room skills and become a healthier you. **Location:** Dorset Recreation Centre (1051 Main St, Dorset).
To Register: Call 705-766-9968 or visit <https://www.algonquinhighlands.ca/explore-play/recreation/>.

Demystify AI 2: Issues and Challenges **July 22 & 30 at 2:00 p.m.**
As artificial intelligence becomes common in our daily lives, questions and issues are emerging about privacy, misinformation, bias, copyright, cybersecurity, environmental impacts and the future of work. Join us for a discussion of the real-world challenges surrounding AI and learn practical strategies for recognizing and interacting with AI-generated contents and tools. Registration required. **Location:** Haliburton County Public Library - Various Branches (see calendar for specific location).

Webinars **July 6, 15 & 20 at 10am**
Date: July 6, 2026. **Topic:** Emergency Preparedness and Community Paramedicine with Haliburton County Paramedic Services.

Date: July 15, 2026 **Topic:** Sacred Traditions - Artifacts of Church Life with Minden Hills Cultural Centre

Date: July 20, 2026 **Topic:** Information Session with Lakelands Public Health

For more information and to register please visit:
<https://www.haliburtoncounty.ca/SALC>

HHHS Programs - FITNESS

- HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON Wednesdays @ 9:30am-10:30am and 11am-12pm. Also available on Zoom.
- HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON Fridays @ 9:30am-10:30am and 11am-12pm. Also available on Zoom.
- HHHS Balanced Fitness at Haliburton Legion, 719 Mountain St., Haliburton, ON 2nd & 4th Tuesday at 10:00 a.m. - 11:00 a.m. / Zoom EVERY Tuesday

Zoom Link:

<https://us06web.zoom.us/j/89896817548?pwd=oagLHniFeqvby5y94VFZibY4S7CTa.1>
Meeting ID: 898 9681 7548 Passcode: 246666

- HHHS Balanced Fitness at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON 2nd & 4th Thursday at 10:30am-11:30am

HHHS Programs - SOCIAL RECREATION PROGRAMMING

HHHS Social Recreation Drop-In at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON. 2nd and 4th Thursday, 10:00am-1:00pm

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 second 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.



Fall 2026 Workshop

Living a Healthy Life with Chronic Pain Workshop

Do you live with challenges and complications as a result of chronic pain?

Workshop Date/Time: Every Wednesday, from September 9 to October 14, 2026. 10:00 a.m. to 12:30 p.m.

Location: Royal Canadian Legion - Haliburton Branch. 719 Mountain Road, Haliburton. In the Mountbatten Room.

Pre-registration is required. For more information, please call 1-866-971-5545 or register online at www.ceselfmanagement.ca