



June



Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

	1	2 HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Powerful Tools for Caregivers Workshop Haliburton Legion @ 10:30 a.m.	3 Yarners Social Minden Library @ 10:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Genealogy for Seniors Dysart @ 12:30 p.m. Minden Hills @ 3:30 p.m. Tech Help Walk-in-Clinic Wilberforce Library @ 2:00 p.m.	4 Painting Class Wilberforce Legion @ 10:00 a.m. Breathwork Class Minden Hills CC @ 10:00 a.m. SALC Needle Felting: Bumblebees Dysart Library @ 2:00 p.m.	5 Senior Balance Minden Community Centre @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. Live Music with Jeff Moulton Gardens of Haliburton @ 2:30 p.m.	6 Board Games Wilberforce Legion @ 2:30 p.m.
7 	8 SALC Webinar: Hearing Health Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m.	9 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Historical Downtown Walking Tour Haliburton Welcome Centre @ 10:00 a.m. Powerful Tools for Caregivers Workshop Haliburton Legion @ 10:30 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. Tech Help Walk-in-Clinic Dysart Library @ 1:00 p.m.	10 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Yarners Social Minden Library @ 10:00 a.m. Exercise with Georgia Minden Legion @ 1:30 p.m. SALC Needle Felting: Bumblebees Minden Library @ 2:00 p.m. Qi Gong Session Abbey Gardens @ 2:00 p.m.	11 Breathwork Class Minden Hills CC @ 10:00 a.m. HHHS Social Recreation Drop In Wilberforce Legion @ 10 a.m. to 1 p.m. Chair Yoga with Ardith Oxtongue Lake Comm. Ctr @ 10:30 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Tech Help Walk-in-Clinic Minden Library @ 2:00 p.m. SALC Needle Felting: Bumblebees Cardiff Library @ 2:00 p.m. Classic Car Show Gardens of Haliburton @ 4:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	12 Senior Balance Minden Community Centre @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. SALC Needle Felting: Bumblebees Wilberforce Library @ 11:00 a.m. Tech Help Walk-in-Clinic Stanhope Library @ 1:00 p.m. Guided Tour of the Haliburton Highlands Museum Haliburton Highlands Museum @ 2:00 p.m.	13 Board Games Wilberforce Legion @ 2:30 p.m.
14 Aging Together as Community 'We've Got Rhythm' BBQ Free Event West Guilford Recreation Centre Noon until 3 p.m.	15 Games and Cards Minden Legion @ 1:00 p.m.	16 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Powerful Tools for Caregivers Haliburton Legion @ 10:30 a.m. Seniors Balance & Cardio Fitness A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	17 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Yarners Social Minden Library @ 10:00 a.m. Genealogy for Seniors Dysart @ 12:30 p.m. Minden Library @ 3:30 p.m. Crafternoon Stanhope Library @ 1:00 p.m.	18 Painting Class Wilberforce Legion @ 10:00 a.m. Poetry with Patricia Gardens of Haliburton @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	19 Senior Balance Minden Community Centre @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. Genealogy for Seniors Dorset @ 11:00 a.m. Stanhope @ 1:30 p.m.	20 Board Games Wilberforce Legion @ 2:30 p.m.
21	22 SALC Webinar: Pollinator Gardens Webinar (via Zoom) @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m.	23 Seniors Stretch Class AJ LaRue Arena @ 9:00 a.m. HHHS Balanced Fitness Haliburton Legion @ 10:00 a.m. Powerful Tools for Caregivers Haliburton Legion @ 10:30 a.m. Genealogy for Seniors Wilberforce @ 11:00 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.	24 Senior Seminars Event hosted by MP Jamie Shmale and MPP Laurie Scott Haliburton Legion @ 8:30 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Yarners Social Minden Library @ 10:00 a.m. Summer High Tea Party Gardens of Haliburton @ 2:30 p.m.	25 HHHS Social Recreation Drop In Wilberforce Legion @ 10 a.m. to 1 p.m. Chair Yoga with Ardith Oxtongue Lake Comm. Ctr @ 10:30 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Savouring Stories Highland Grove Library @ 11:00 a.m. Games and Cards Minden Legion @ 7:00 p.m.	26 Senior Balance Minden Community Centre @ 9:00 a.m. HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. SALC Needle Felting: Bumblebees Dorset Library @ 1:00 p.m.	27 Board Games Wilberforce Legion @ 2:30 p.m.
28	29	30 HHHS Balanced Fitness Haliburton Legion @ 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.	 <h2>June is Seniors Month!</h2> <p>https://www.ontario.ca/page/celebrating-seniors-ontario</p>			



For more information:

haliburtoncounty.ca/SALC

SALC@haliburtoncounty.ca

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

Powerful Tools for Caregivers. A FREE six-week workshop for caregivers. **Every Tuesday starting June 2-July 14 (excluding June 30)**
Time: 10:30 a.m. to 12:00 p.m. Location: Haliburton Legion, 719 Mountain Road, Haliburton, ON. Pre-Registration is required. Please call 1-866-971-5545.

Tech Help Walk-In Clinic **June 3, 9, 11 & 12**
Stuck on a tech problem? Our Tech Help Walk-in-Clinic is here to assist you! Come into the library and grab a number, first come, first served. Each person gets a 30-minute session with our staff to tackle one specific technology challenge. **Location:** Check calendar for library branch locations & times.

Yarners Social **June 3, 10, 17 & 24 from 10 a.m. to 12 p.m.**
Grab your needles and join us for a relaxing and fun Yarners Social! Whether you're a seasoned knitter or crocheter or a complete beginner, this is the perfect opportunity to unwind, share tips, and work on your latest project in a friendly, supportive environment. No registration required. **Location:** Minden Library (176 Bobcaygeon Rd, Minden)

SALC Needle Felting: Bumblebees **June 4, 10, 11, 12 & 26**
Join us for a relaxing and social afternoon of needle felting as we create sweet little bumblebees! This beginner-friendly program will guide you step-by-step, with all materials provided. Enjoy a calm, creative activity while connecting with others, and take home your own handmade bumblebee! No experience needed- just come and enjoy! **Location:** Haliburton County Public Library - Various Branches (See calendar for specific location & times). **Registration Required:** www.haliburtonlibrary.ca/Programs-Events or call 705-457-2241 to register.

Breathwork Workshop **June 4 & 11 at 10:00 a.m.**
A guided diaphragmatic breathwork class. Diaphragmatic breathing can help with energy, digestion, clarity, creativity, improved sleep, and more! **Location:** Minden Hills Community Centre (located at the S.G. Nesbitt Memorial Arena, 55 Parkside St, Minden). **To register:** www.mindenhills.ca/recreation or 705-286-1260 x554

Painting Class **June 4 & 18 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 **June 5, 12 & 19 at 10:00 a.m.**
A gentle movement class focused on stretching, balance and ease in 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. Movements are adaptable, with options for seated and standing. No experience needed. Wear comfortable clothes, bring water to hydrate and a yoga mat. **Location:** Abbey Gardens, 1012 Garden Gate Dr, Haliburton.

Senior Balance **June 5, 12, 19 & 26 at 9:00 a.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. 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. Register at MindenHills.ca/recreation

Historical Downtown Walking Tour **June 9 (Rain Date: June 10) at 10:00 a.m.**
Join Haliburton Highlands Museum staff for a one-hour stroll into our community's past! Learn the history of some of the historical buildings in town, as well as tales of the characters who lived, worked and played in our community in decades past. **Location:** Meet at Haliburton Welcome Centre, 7 York St, Haliburton. **To Register:** Please e-mail kbutler@haliburtonhighlandsmuseum.com.

Seniors Stretch Class **June 9, 16 & 23 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)

Exercise Classes with Georgia **June 9, 16, 23 & 30 at 1:00 p.m. (Wilberforce), June 10 at 1:30 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 **June 9, 16, 23 & 30 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.dysartetal.ca or call 705-457-1740 x.635.

Qi Gong Session **June 10 at 2:00 p.m.**
Join us for a Qi Gong lesson. An hour session typically includes: a little warm up, the "Ba Duan Jin" (8 Silk Brocades) and Qi Gong Set (about 30 minutes). To end off the session, the group will choose between a second Qi Gong set "Yi Jin Jing", Tai Chi Spiral Qi Gong, Tai Chi, seated meditation, Yoga Nidra or Kung Fu stepping for mobility. **Location:** Abbey Gardens, 1012 Garden Gate Dr, Haliburton.

Chair Yoga with Ardith **June 11 & 25 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 are welcome. **Location:** Oxtongue Lake Community Centre (3971 ON-60 Dwight, ON PIH 2J6) **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Guided Tour of the Haliburton Highlands Museum **June 12 at 2:00 p.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 era, including a visit to Reid House, the 1882 village home which was the museum's original home when it opened in the 1960s. Pre registration not required. **Location:** Haliburton Highlands Museum, 66 Museum Road, Haliburton.

Crafternoon Drop-In **June 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)

Savouring Stories **June 25 at 11:00 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 - Highland Grove Branch, (5373 Loop Rd., Highland Grove)

Webinars **June 8 & 22 at 10am**
Date: June 8th, 2026. **Topic:** Hearing Health in partnership with Canadian Hearing Services. **Description:** Join us to learn more about hearing health including hearing loss and aging, help with hearing aids, managing communication challenges and available supports through Canadian Hearing Services.

Date: June 22nd, 2026. **Topic:** Pollinator Gardens with Haliburton County Master Gardeners. **Description:** What are Pollinator Gardens? Why have they become so important? Diana Westland, Haliburton County Master Gardener will discuss the components of a good pollinator garden, and why these gardens have become so popular with gardeners, towns, and ecological organizations.

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);
• **Haliburton Legion** (719 Mountain Street, Haliburton, 705-457-2571); and
• **Wilberforce Legion** (1007 Burleigh Road, Wilberforce, 705-448-2221).

HHHS Programs - FITNESS
HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON
Wednesdays at 9:30am to 10:30am and 11:00am-12:00pm
Fridays @ 9:30am-10:30am and 11am-12pm

HHHS Balanced Fitness at Haliburton Legion, 719 Mountain St., Haliburton, ON
Tuesdays at 10:00 a.m. - 11:00 a.m.

HHHS Balanced Fitness at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON
2nd & 4th Thursday at 10:30am-11:30am (June 11 & 25)

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

Genealogy for Seniors **June 3, 17, 19 & 23**
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. **Email:** hhggroup@gmail.com. No registration required.

Aging Together As Community - 'We've Got Rhythm' BBQ **June 14, 12 - 3pm**
Fun, family event with children's activities, Pockets the Clown/Facepainter, live music, Soundspace Ceremony, Bollywood Dancing. Free Event. **Location:** West Guilford Recreation Centre
Register by June 8, email: agingtogetherhc@gmail.com or call 705-879-9412.

Senior Seminars **June 24 at 8:30am**
Senior Seminars Event hosted by MP Jamie Shmale and MPP Laurie Scott on June 24th, starting at 8:30 a.m. Join for a day of information and connection at the Haliburton Legion. **Location:** Haliburton Legion, 719 Mountain Street, Haliburton.

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.