

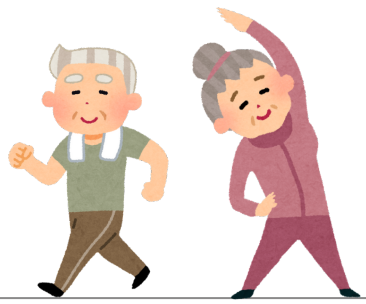
December



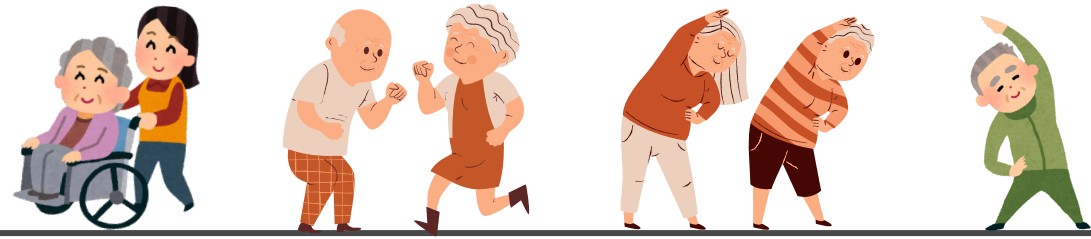
Haliburton HIGHLANDS

Seniors Active Living Centre

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7	1 Games and Cards Minden Legion @ 1:00 p.m.	2 Genealogy for Seniors Minden Library @ 10:30 a.m. Dysart Library @ 1:30 p.m. Seniors Cooking Workshop Series <i>"No Power, No Problem"</i> SIRCH Bistro/Bakery @ 3:30 p.m.	3 Yarners Social Minden Library @ 10:00 a.m. Senior Chair Fit Group Haliburton Legion @ 11:00 a.m. Tech Help Walk-In Clinic Dysart Branch @ 1 pm to 3 pm	4 Painting Class Wilberforce Legion @ 10:00 a.m. Needle Felting Snowmen Dysart Branch @ 2:00 p.m.	5 Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Needle Felting Snowmen Wilberforce Branch @ 11:00 a.m.	6 Board Games Wilberforce Legion @ 2:30 p.m.
7	8 SALC Webinar: Historical Holiday Traditions Webinar (via Zoom) @ 10 a.m. Games and Cards Minden Legion @ 1:00 p.m.	9 	10 Tai Chi with Kelly Gardens of Haliburton @ 9:45 a.m. Yarners Social Minden Library @ 10:00 a.m. Genealogy for Seniors Dorset Library @ 10:30 a.m. Stanhope Library @ 1:00 p.m. Needle Felting Snowmen Minden Branch @ 2:00 p.m.	11 Games and Cards Minden Legion @ 7:00 p.m.	12 Senior Balance Fitness Class SG Nesbitt Memorial Arena @ 9:00 a.m. Tech Help Walk-In Clinic Wilberforce Branch @ 10am to 12pm Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m.	13 Board Games Wilberforce Legion @ 2:30 p.m.
14 	15 Games and Cards Minden Legion @ 1:00 p.m.	16 Seniors Cooking Workshop Series <i>"Mind Meals"</i> SIRCH Bistro/Bakery @ 3:30 p.m.	17 Yarners Social Minden Library @ 10:00 a.m. Senior Chair Fit Group Haliburton Legion @ 11 a.m. Genealogy for Seniors Goederham Library @ 12:30 p.m. Wilberforce Library @ 3:00 p.m. Crafternoon Stanhope Library @ 1 p.m. Christmas High Tea Party Gardens of Haliburton @ 2:15 p.m. Tech Help Walk-In Clinic Minden Hills Branch @ 1pm to 4pm	18 Painting Class Wilberforce Legion @ 10 a.m. Genealogy for Seniors Highland Grove Library @ 12:00 p.m. Cardiff Library @ 2:00 p.m. Games and Cards Minden Legion @ 7 p.m.	19 Seniors Cardio & Balance Fitness Class A.J. LaRue Arena @ 11:00 a.m. Tech Help Walk-In Clinic Stanhope Branch @ 12:30pm to 2pm Needle Felting Snowmen Dorset Branch @ 1:00 p.m.	20 Board Games Wilberforce Legion @ 2:30 p.m.
21	22 Games and Cards Minden Legion @ 1:00 p.m.	23 	24 Christmas Eve Musical with 'Gord Kidd' Gardens of Haliburton @ 6:45 p.m.	25 	26	27 Board Games Wilberforce Legion @ 2:30 p.m.
28	29 Games and Cards Minden Legion @ 1:00 p.m.	30	31 New Years Bash! Featuring live band 'Heart & Soul' Gardens of Haliburton @ 7:00 p.m.			

December



For more information:

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

SALC@haliburtoncounty.ca

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

Genealogy for Seniors**December 2, 10, 17, 18**

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, time and location. **Phone:** 705-489-3109 or email hgggroup@gmail.com. No registration required.

Seniors Cooking Workshop Series**December 2 & 16 from 3:30 p.m. to 5:30 p.m.**

Join us for a fun, hands-on 8-session cooking program for seniors! Learn to stretch your food dollars, make healthy grab-and-go snacks, stock your pantry, cook without power, boost your brain and immune health, adapt meals for special diets, and even turn leftovers into something new. Registration is required. Space is limited!

Location: Haliburton SIRCH Bistro/Bakery **Phone:** Contact Joanne, Food Security Coordinator, at 705-457-1742 or email cookingclass@sirch.on.ca to reserve your spot.

Yarners Social**December 3, 10, & 17 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

Senior Chair Fit Group with Georgia Shank**December 3 & 17 at 11:00 a.m.**

This is a 60-minute fitness class for seniors. All fitness levels welcome. Bring indoor shoes and water! No registration required.

Location: Haliburton Legion, 719 Mountain Street, Haliburton.

Tech Help Walk-In Clinic**December 3, 12, 17 & 19**

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.

Needle Felting Snowmen**December 4, 5, 10, 19**

Join us for a fun, hands-on workshop where you’ll learn how to needle felt your very own mini snowperson! No experience needed. All materials provided.

Location: Haliburton County Public Library – Various Branches (See calendar for specific location). **Registration Required:** www.haliburtonlibrary.ca/Programs-Events

Painting Class**December 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.

Seniors Balance & Cardio Fitness Classes**December 5, 12 & 19 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 Street, Haliburton, Ontario, K0M 1S0.

Phone: Please register at Dysartetal.ca/SAL or call 705-457-1740 x.635.

Seniors Balance Fitness Classes**December 5 & 12 at 9:00 a.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.

Register [online](https://mindenhills.ca) (mindenhills.ca) or in person at the SG Nesbitt Memorial Arena. Any available space in the class will be available in a drop-in option after October 31, 2025.

Crafternoon Drop-In**December 17, 1 p.m. to 3 p.m.**

Looking for a creative way to spend your afternoon? 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.

SALC Webinars**December 8 at 10:00 a.m.**

Date: December 8, 2025 at 10:00 a.m. **Topic:** Historical Holiday Traditions

Learn about historical holiday traditions and what we know of holiday celebrations in Haliburton’s early days.

Join Kate Butler, museum director of the Haliburton Museum for a festive presentation on Christmas past.

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);
- **Wilberforce Legion** (1007 Burleigh Road, Wilberforce, 705-448-2221).

Gardens of Haliburton – Free Programs

- Tai Chi with Kelly on Wednesday, December 10th at 9:45 a.m.
- Christmas High Tea Party on Wednesday, December 17th at 2:15 p.m.
- Christmas Eve Musical with ‘Gord Kidd’ on Wednesday, December 24th at 6:45p.m.
- New Years Bash! Featuring live band ‘Heart & Soul’ on Wednesday, December 31st at 7:00 p.m.

To Register: Please call 705-457-4848 ext. 101 to confirm your attendance!

Location: Gardens of Haliburton, 1 Sunnyside Street, Haliburton ON.

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!

Ontario

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