

Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

GENEALOGY FOR SENIORS

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.

**No Registration Required*



Dates, Times & Library Locations

- April 1** 12:30 a.m. at Dysart Branch (78 Maple Avenue, Haliburton)
3:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden)
- April 2** 11:30 a.m. at Highland Grove Branch (5373 Loop Road, Highland Grove)
- April 10** 11:00 a.m. at Dorset Branch (1051 Main Street, Dorset)
1:30 p.m. at Stanhope Branch (1109 Northshore Road, Algonquin Highlands)
- April 22** 3:30 p.m. at Wilberforce Branch (1101 Holmes Road, Wilberforce)
- April 29** 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)
3:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden)

For more information please visit: HaliburtonCounty.ca/SALC

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YARNERS SOCIAL

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.



Bring your yarn and creativity as we gather to chat, knit/crochet, and enjoy each other's company. You can learn new techniques, exchange ideas, or simply enjoy the calming rhythm of your craft.

Plus, you'll get to meet fellow yarning enthusiasts and make new friends! Whether you're making a scarf, sweater, or just want to chat while you stitch, come join the circle and let's knit the morning away!

Dates:

Every week on Wednesdays

April 1, 8, 15, 22 & 29

Time:

10:00 a.m. - 12:00 p.m.

Location:

Minden Hills Library

176 Bobcaygeon Road, Minden ON

Ph# 705-286-2491

For more information please visit: HaliburtonCounty.ca/SALC

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NEEDLE FELTING: LADYBUGS

Join us for a relaxing and creative afternoon as we learn the art of needle felting and create adorable wool ladybugs.

In this hands-on workshop, participants will use soft wool fibres and special felting needles to sculpt their own small felted insect to take home.

Registration is required.



Register online at www.haliburtonlibrary.ca/Programs-Events
Or call 705-457-2241



Date: **April 2, 2026**
Time: **2:00 p.m. to 3:00 p.m.**
Haliburton County Public Library:
Dysart Branch



Date: **April 9, 2026**
Time: **2:00 p.m. to 3:00 p.m.**
Haliburton County Public Library:
Cardiff Branch



Date: **April 14, 2026**
Time: **11:00 a.m. to 12:00 p.m.**
Haliburton County Public Library:
Wilberforce Branch



Date: **April 15, 2026**
Time: **2:00 p.m. to 3:00 p.m.**
Haliburton County Public Library:
Minden Hills Branch



Date: **April 24, 2026**
Time: **1:00 p.m. to 2:00 p.m.**
Haliburton County Public Library:
Dorset Branch

For more information please visit: HaliburtonCounty.ca/SALC

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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. Pay what you can.

Dates:

April 2, 2026
April 16, 2026

Time:

10:00 a.m.

Location:

Wilberforce Legion
1007 Burleigh Road, Wilberforce
Ph# 705-448-2221

For more information please visit: HaliburtonCounty.ca/SALC

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EXERCISE CLASSES WITH GEORGIA

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.



Dates:

Tuesday, April 14, 2026
Tuesday, April 21, 2026
Tuesday, April 28, 2026

Time:
1:00 p.m.

Location:

Wilberforce Legion
1007 Burleigh Road
Wilberforce, ON
Phone# 705-448-2221

For more information please visit: HaliburtonCounty.ca/SALC

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CHAIR YOGA

with Instructor Ardith Symmes.

Classes are designed to work on improving balance and maintaining mobility, with the focus on breathing, body awareness, flexibility, and stress reduction.



Thursdays

April 9

April 23

10:30am - 11:30am

FREE 55+

Haliburton
HIGHLANDS
Seniors Active Living Centre

OXTONGUE LAKE COMMUNITY CENTRE



For more information and to register:

recreation@algonquinhighlands.ca

705-766-9968

www.algonquinhighlands.ca

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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QI GONG FOR SENIORS

Join Kelly Outram at Haliburton Legion and experience the health benefits of Qi Gong!

Qi Gong health benefits include:


- Reduces stress, anxiety & depression
- Improved balance, strength, flexibility & sleep quality
- Increases circulation, & mental clarity



Dates:
Monday, April 13
Monday, April 20
Monday, April 27

Time: **2:30 p.m.**

Location:
Haliburton Legion
719 Mountain Street
Haliburton, ON

 705-457-2571

For more information please visit: HaliburtonCounty.ca/SALC

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TECH HELP WALK-IN CLINIC



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. One session per person per day.

Just show up and stake your place in line. You may need to wait a bit (sometimes up to a few hours if spots fill early), so plan ahead. It's like a walk-in-clinic for your tech issues.

During your 30-minute session, you'll receive guidance on one specific tech issue, such as setting up or troubleshooting your computer, smartphone, software, apps, or internet connection. Please bring your device(s) and a specific question or issue you need help with. One tech issue per session.

DATES, TIMES & LOCATIONS

April 14, 2026

Minden Hills Branch
2:00 p.m. to 4:00 p.m.

April 17, 2026

Wilberforce Branch
10:00 a.m. to 12:00 p.m.

April 15, 2026

Dysart Branch
1:00 p.m. to 3:00 p.m.

April 22, 2026

Stanhope Branch
1:00 p.m. to 3:00 p.m.

For more information please visit: HaliburtonCounty.ca/SALC

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EXERCISE CLASSES WITH GEORGIA

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.



Dates:

Wednesday, April 8, 2026
Wednesday, May 13, 2026
Wednesday, June 10, 2026

Time:
1:30 p.m.

Location:

Minden Legion
12847 Hwy 35
Minden, ON
Phone# 705-286-4541

For more information please visit: HaliburtonCounty.ca/SALC

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CRAFTERNOON DROP-IN

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!

Date:
April 15, 2026

Time:
1:00 p.m. to 3:00 p.m.

Haliburton County Public Library:
Stanhope Branch
1109 North Shore Road
Algonquin Highlands
705-489-2402

For more information please visit: HaliburtonCounty.ca/SALC

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MINDFUL MOVEMENT IN THE FOREST



Join us for a gentle, unhurried 60 min (or so!) forest wander. You'll be guided through soft stretches, slow meditative movements and easeful breathwork that help calm the nervous system - and build strength, balance and flexibility. All while we enjoy the grounding and peace the forest offers.

Please wear comfortable footwear as terrain can be uneven at times.
Light rain or shine.

Donna Raetsen Kemp Bio:

As a certified yoga and forest therapy guide with 10+ years of experience, Donna specializes in breathwork and restorative practices that help guide you towards balance and ease. Inspired by the natural world, she integrates somatic awareness, gentle movement and mindful breathing to support each person's unique path. She believes in creating a warm, welcoming space where every body feels safe to connect and restore.

Dates:
April 22, 2026

Time:
1:30 p.m.

Location:
**Abbey Gardens
1012 Garden Gate Dr, Haliburton**

Please park by
the pony paddock.

For more information please visit: HaliburtonCounty.ca/SALC

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SAVOURING STORIES

A lively and engaging food conversation circle where food, culture, and history meet.

Each month, explore the fascinating world of food through stories, history, and shared experiences. From ancient culinary traditions to modern innovations, we'll uncover the stories behind the meals that shape our world.



If you're a passionate foodie, a history buff, or simply curious about how food connects us all, Savouring Stories is the perfect space to deepen your appreciation for what's on your plate. Come and share your favorite food memories, learn about the origins of iconic dishes, and discuss how food has shaped cultures and societies across time.

**Come and see what we can cook up!
No registration required.**

Dates:
April 23, 2026

Time:
11:00 a.m. to 1:00 p.m.

Location:
**Haliburton County Public Library
Highland Grove Branch**
5373 Loop Road, Highland Grove
Ph# 705-448-2652

For more information please visit: HaliburtonCounty.ca/SALC

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CALLING CRIBBAGE PLAYERS



Join us in the Schofield Room.

Cards & Boards provided!

Dates:
Friday, April 24, 2026

Time: **10:00 a.m.**

Location:
Haliburton Legion
719 Mountain Street
Haliburton, ON

☎ 705-457-2571

For more information please visit: HaliburtonCounty.ca/SALC

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GARDEN DESIGN WITH NATIVE PLANTS

This interactive workshop is all about choosing the right native plants for your space and creating gardens with continuous blooms and a natural, layered feel. You'll work through a simple garden design exercise to try out these ideas, and we'll also tour one of our naturalistic garden spaces.



With a bit of luck, we'll get to spot some early spring bloomers too!



Cara Steele Bio:

Cara is the ecologist at Abbey Gardens and oversees all aspects of environmental restoration on the property, managing project design, plant sourcing, implementation, and community engagement. She has 16 years of experience in ecological restoration, with a portfolio that includes forest, grassland, shoreline, and ecological garden projects. She holds a Bachelor of Science in Marine and Freshwater Biology and a post-graduate certificate in Ecosystem Restoration.

Dates:
April 30, 2026

Time:
1:00 p.m.

Location:
**Abbey Gardens
1012 Garden Gate Dr, Haliburton**

For more information please visit: HaliburtonCounty.ca/SALC

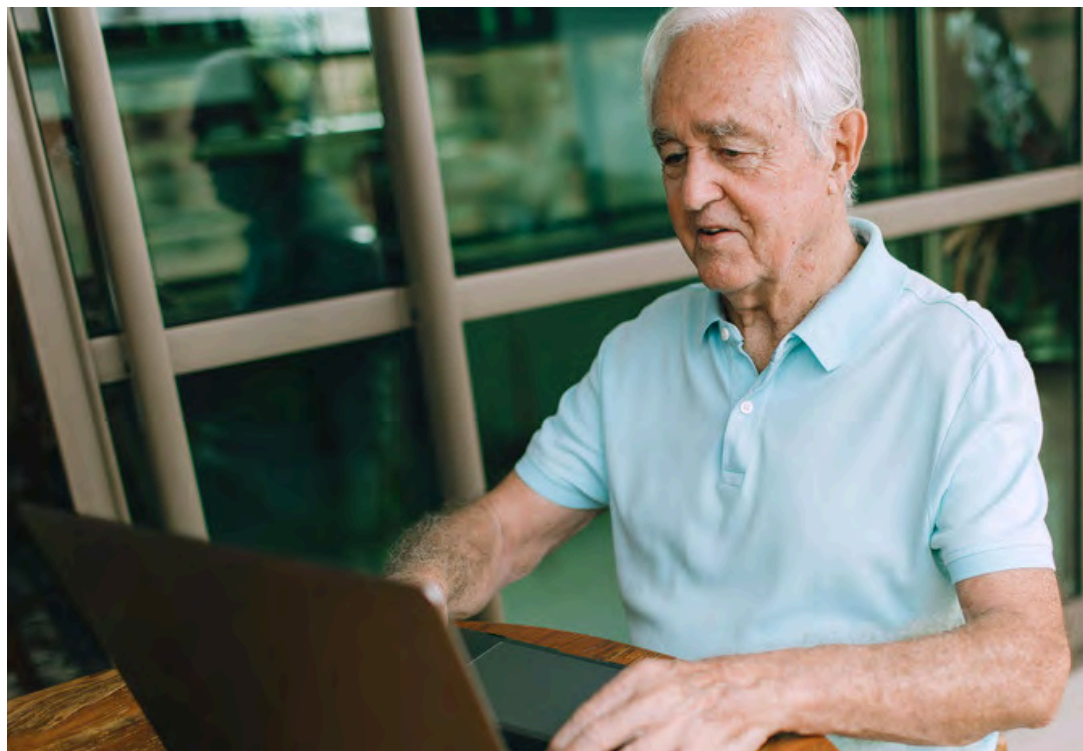
FREE ONLINE INFORMATION SESSION

Join us for a free Haliburton County
Seniors Active Living Centre (SALC) Webinar!

BONE HEALTH 101

What can you do to protect your bones?

Learn about
osteoporosis, the
risk of fracturing
and how to
maintain
healthy bones.



Date: **April 13, 2026**

Time: **10:00 a.m.**

In Partnership with:

Osteoporosis Canada

OSTEOPOROSIS

Scan here to
REGISTER



*This is a free
virtual/online event.

For more information or to register, please visit: HaliburtonCounty.ca/SALC

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RENEWAL OF LICENCE AT 80+

Why does it exist?

What do I need to know?

What to expect at
Service Ontario?

Who must pass a driving test?

How can I protect myself
from fraud?

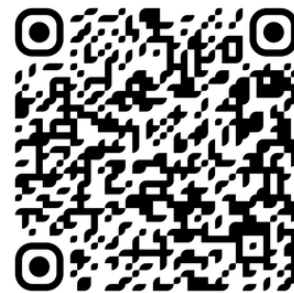


Date: **April 20, 2026**

Time: **10:00 a.m.**

In Partnership with:
**Ministry of Transportation
of Ontario**

Scan here to
REGISTER



*This is a free
virtual/online event.

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Haliburton County Community Resources Fair

A ONE-STOP EXPO FOR ID, SERVICES & SUPPORTS



DROP IN - NO APPOINTMENTS NEEDED



**THURSDAY,
APRIL 9, 2026**



10 A.M. - 3 P.M.



HALIBURTON LEGION

719 MOUNTAIN ST,
HALIBURTON

SERVICES INCLUDE:

Health Card Services & Photo ID
Social Insurance Number
CPP / OAS / GIS Pension
Hydro Help
Tax Filing
Employment Services
Career and Life Skills Development
Hepatitis C services

Community Support Services
Health & Mental Health Education
Sexual Health Resource / Navigation
OW/ODSP or Denied ODSP
Senior Supports & Program Info
Youth Services
Library Services
Energy Savings Information

SERVICE CANADA



ServiceOntario



**Kawartha Lakes Haliburton
Ontario Health Team**



envirocentre | Affordability



FREE CLINIC TRANSPORTATION

**FOR MORE INFO:
(705) 286-1333 X.256
OR CSWB@HALIBURTONCOUNTY.CA**

WITH
SUPPORT
FROM



Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

MUSIC COFFEE HOUSE

Come enjoy friendships and music with Mixed Bag musical duo - George Porter & Dave Bathe.



All welcome!

Dates:

Saturday, April 11

Time:

1:00 p.m. to 3:30 p.m.

Location:

Haliburton Legion
719 Mountain Street, Haliburton
(in the Club Room)

 705-457-2571

For more information please visit: HaliburtonCounty.ca/SALC

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GARDENING FOR SENIORS

Senior gardeners are invited to join us for a friendly afternoon of sharing ideas about gardening as we age. Experienced gardeners will share tips, tools, and techniques to help make gardening easier and safer – so you can continue to enjoy gardening for many years!



Registration preferred, drop-ins welcome.

Dates:
Saturday, April 11, 2026

Time:
11:00 a.m. – 12:00 p.m.

Location:
Minden Hills Library
176 Bobcaygeon Road, Minden ON
Ph# 705-286-2491

For more information please visit: HaliburtonCounty.ca/SALC

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Senior Wellness Workshop

Active living leads to a better quality of life for seniors.

Join us for an afternoon fill with information about Healthy aging

- 1 Daily movement keeps the body strong
- 2 Social connection improves happiness
- 3 Healthy habits support the mind
- 4 Family support encourages active aging

Wednesday April 29th 1:30 -3:00 pm
Haliburton Legion Branch 129
719 Mountain St Haliburton

To register or for more information
please call 514-213-7110




Date:
Wednesday, April 29

Time:
1:30 p.m. to 3:00 p.m.

Location:
Haliburton Legion
719 Mountain Street,
Haliburton

**To register,
please call:**

 514-213-7110

For more information please visit: HaliburtonCounty.ca/SALC

Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

GAMES, CARDS & BOARD GAMES

Come hang out with friends, bring a neighbour, or meet someone new!



No Registration Required.
Simply drop in!



Dates & Locations

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

◆ Saturday, April 4, 11, 18 & 25 at 2:30 p.m.

Minden Legion (12847 Hwy 35, Minden, 705-286-4541).

◆ Monday, April 13, 20 & 27 at 1:00 p.m.

◆ Thursday, April 2, 9, 16, 23 & 30 at 7:00 p.m.

For more information please visit: HaliburtonCounty.ca/SALC

Seniors Active Living Centre (SALC) Participant Feedback Survey

WE WANT TO HEAR FROM YOU!

Thank you for taking part in our SALC program!
We hope you had a great experience and we'd love to hear from you.

Your feedback helps us understand what's working, what's not, and
how we can keep growing to serve you better.

It only takes a few minutes, and your insights make a big difference!

Your Voice Matters.
Help Us Make Our SALC Events Even better!

Take the survey now:

Visit the Survey URL: <https://tinyurl.com/HHSALC>

OR

Scan QR Code



For more information please visit: HaliburtonCounty.ca/SALC

If you require a paper survey, please contact us:

✉ SALC@haliburtoncounty.ca ☎ 705-286-1333 x 256