

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

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:

July 2, 2026
July 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

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, July 4, 11, 18 & 25 at 2:30 p.m.

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

🎲 Monday, July 6, 13, 20 & 27 at 1:00 p.m.

🎲 Thursday, July 2, 9, 16, 23 & 30 at 7:00 p.m.

For more information please visit: HaliburtonCounty.ca/SALC

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

GENTLE STRETCH, BALANCE & RELAXATION

A MINDFUL MOVEMENT CLASS

Join us for 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 every day activities.

Movements are adaptable, with options for seated and standing.

No experience needed - come as you are!



Items to bring: Comfortable clothes, water and a yoga mat.

Dates:

July 3, 2026

July 17, 2026

July 24, 2026

Time:

10:00 a.m.

Location:

Abbey Gardens

1012 Garden Gate Dr, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC
Or visit: abbeygardens.ca

FREE ONLINE INFORMATION SESSION

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

EMERGENCY PREPAREDNESS AND COMMUNITY PARAMEDICINE



Date: **July 6th , 2026**

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

In Partnership with:
Haliburton County Paramedic Services

Scan here to
REGISTER



*This is a free
virtual/online event.

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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

GUIDED TOUR OF THE HALIBURTON HIGHLANDS MUSEUM

The museum's historic buildings, dating back to the 1870s and 1880s are open for the summer season!

Join the 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 1960s.



Pre-registration is not required.

Date:
July 8, 2026

Time:
11:00 a.m.

Location:
**Haliburton Highlands Museum
66 Museum Road, Haliburton**

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

CREATIVE WRITING WITH SUSAN E. WADDS

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, and a proud member of both The Writers' Union of Canada and the Canadian Authors Association.



Admission is by donation and no pre-registration is required.

Date:
Thursday July 9, 2026

Time:
2:00 p.m.

Location:
**Haliburton County Public Library-
Minden Hills Branch**
176 Bobcaygeon Rd,
Minden, ON

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

SENIOR STRETCH CLASS

Join certified instructor Georgia Shank for a 45-minute senior stretch class. This 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.



55+ BY DONATION

Senior Stretch Class

with qualified instructor Georgia Shank
Stanhope Firefighters Community Hall
Thursdays, 2:30pm-3:15pm
July 16th - August 20th, 2026



Join certified instructor Georgia Shank for a 45 minute senior stretch class. This class is a gentle stretching and mobility program. Please bring your own yoga mat. Stretching is a very effective way to reduce pain and increase strength and mobility.



Aventure Begins Here  705-766-9968  algonquinhighlands.ca

Dates:
Thursday July 16 , 2026
Thursday July 23, 2026
Thursday July 30, 2026
Time:
2:00 p.m. to 3:45 p.m.

Location:
Stanhope Firefighters Community Hall
1123 North Shore Rd
Algonquin Highlands
To Register:
Please call 705-766-9968 or visit algonquinhighlands.ca

For more information please visit: HaliburtonCounty.ca/SALC

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

SENIORS BALANCE & CARDIO FITNESS CLASSES

Join Georgia Shank, a certified seniors fitness instructor, for balance and cardio fitness classes.

Each class will start with a warm-up, followed by balance and cardio exercises, rounded off by a cool down stretch.

Clean indoor exercise shoes are required. All other equipment will be provided.



Please note: the class space is not accessible, and you must be able to walk up two flights of stairs to participate.

Time:
11:00 a.m.

Dates:
Tuesday, July 14
Tuesday, July 21
Tuesday, July 28

Location:
A.J. LaRue Arena
728 Mountain St, Haliburton

To register, please visit:
www.dysartetal.ca
or call
705-457-1740 x 635

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

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, July 14, 2026
Tuesday, July 21, 2026
Tuesday, July 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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

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, July 15, 2026
Wednesday, July 29, 2026

Time:

1:00 p.m.

Location:

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

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!

SACRED TRADITIONS - ARTIFACTS OF CHURCH LIFE

This webinar explores how churches have shaped identity, community life, and major life events through artifacts, records, and religious traditions.

We will examine baptismal records, hymnals, burial registers, and other documents, mostly pertinent to Bethel Church, to understand how faith communities marked birth, belonging, marriage, death and remembrance. The presentation will also explore the symbolism found in everyday objects and church imagery, highlighting how religious traditions preserve shared values and community memory.



Date: **July 15, 2026**

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

In Partnership with:
Minden Hills Cultural Centre

Presented by: **Veronika
Kawnik—summer student,
heritage interpreter**

Scan here to
REGISTER



*This is a free
virtual/online event.

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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

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:
July 17, 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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

MEET THE AUTHOR: FAY MARTIN

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.



Questions during the discussion are welcome. No registration required.

Date:
Friday July 17, 2026

Time:
10:30 a.m. - 11:30 a.m.

Location:
**Haliburton County Public Library-
Dorset Branch**
1051 Main St
Dorset, ON

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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

RETURNING TO THE EARTH: UNDERSTANDING GREEN BURIAL

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 impacts.

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 environment.



Date: **July 17, 2026**

Time: **11:00 a.m. – 12:00 p.m.**

Haliburton County Public Library –
Dysart Branch

Date: **July 24, 2026**

Time: **2:00 p.m. – 3:00 p.m.**

Haliburton County Public Library –
Minden Branch

Questions and discussion are welcome. Registration preferred, drop-ins welcome.

For more information please visit: HaliburtonCounty.ca/SALC

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

FITNESS SUCCESS WORKSHOP

Fitness Success Workshop, with Georgia Shank. Learn how to use the fitness equipment and what a fitness routine looks like along with the benefits of proper use and regular exercise. Level up your fitness room skills and become a healthier you.



FITNESS SUCCESS WORKSHOP

WITH INSTRUCTOR GEORGIA SHANK

Saturday, July 18, 2026 10am-1pm or 1pm-4pm

- Learn how to use the fitness equipment
- What does a fitness routine look like
- Benefits of proper use and regular exercise

LEVEL UP YOUR FITNESS ROOM SKILLS

BECOME A HEALTHIER YOU

Pre-registration required



Dorset Recreation Centre
recreation@algonquinhighlands.ca
705-766-9968



Date:
Saturday July 18, 2026

Times:
10:00 a.m. to 1:00 p.m.
1:00 p.m. to 4:00 p.m.

Location:
Dorset Recreation Centre
1051 Main St
Dorset

To Register:

Please call 705-766-9968 or visit algonquinhighlands.ca

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

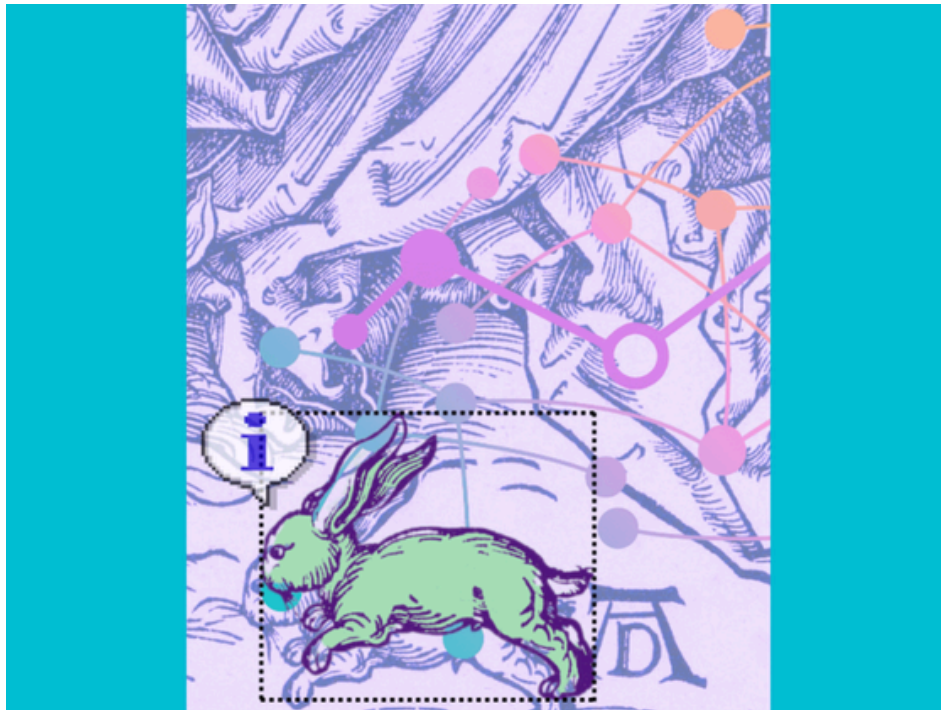
Ontario 

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

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

DEMYSTIFY AI 2: ISSUES AND CHALLENGES

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 content and tools.



Registration Required

Date: **July 22, 2026**

Time: **2:00 p.m. - 3:00 p.m.**

Haliburton County Public Library-
Dysart Branch

Date: **July 30, 2026**

Time: **2:00 p.m. - 3:00 p.m.**

Haliburton County Public Library-
Minden Hills Branch

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

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/HHSALC26>

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