

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

## 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**

June 3, 10, 17, 24

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](https://HaliburtonCounty.ca/SALC)

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## 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

- June 3, 2026** 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)  
3:30 p.m. at Minden Hills Branch (176 Bobcaygeon Road, Minden)
- June 17, 2026** 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)  
3:30 p.m. at Minden Hills Branch (176 Bobcaygeon Road, Minden)
- June 19, 2026** 11:00 a.m. at Dorset Branch (1051 Main Street, Dorset)  
1:30 p.m. at Stanhope Branch (1109 Northshore Road, Algonquin Highlands)
- June 23, 2026** 11:00 a.m. at Wilberforce Branch (1101 Holmes Road, Wilberforce)

For more information please visit: [HaliburtonCounty.ca/SALC](https://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

**June 12, 2026**

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

**June 3, 2026**

Wilberforce Branch  
2:00 p.m. to 4:00 p.m.

**June 9, 2026**

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

**June 11, 2026**

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

For more information please visit: [HaliburtonCounty.ca/SALC](https://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:

**June 4, 2026**  
**June 18, 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](https://HaliburtonCounty.ca/SALC)

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## BREATHWORK WORKSHOP

Join us for a guided diaphragmatic breathwork class.

Diaphragmatic breathing can help with energy, digestion, clarity, creativity, improved sleep and more!



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

Dates:

**June 4, 2026**  
**June 11, 2026**

Minden Hills Community Centre  
55 Parkside St  
Minden, ON

Time:

**10:00 a.m.**

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

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HIGHLANDS  
Seniors Active Living Centre  
2026

Ontario 

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## NEEDLE FELTING: BUMBLEBEES

Join us for a relaxing and creative afternoon as we learn the art of needle felting and create adorable wool bumblebees. Using soft wool and simple needling techniques, participants will sculpt their own small felted insect to take home.

No experience is needed and all materials are provided  
Registration is required.



Register online at [www.haliburtonlibrary.ca/Programs-Events](http://www.haliburtonlibrary.ca/Programs-Events)  
Or call 705-457-2241



Date: **June 12, 2026**

Time: **11:00 a.m. to 12:00 p.m.**

Haliburton County Public Library:  
**Wilberforce Branch**



Date: **June 10, 2026**

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

Haliburton County Public Library:  
**Minden Branch**



Date: **June 11, 2026**

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

Haliburton County Public Library:  
**Cardiff Branch**



Date: **June 4, 2026**

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

Haliburton County Public Library:  
**Dysart Branch**



Date: **June 26, 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](http://HaliburtonCounty.ca/SALC)

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## SENIOR BALANCE FITNESS CLASS



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 in person or by calling (705) 286-1936

Dates:

**June 5, 2026**

**June 12, 2026**

**June 19, 2026**

**June 26, 2026**

Time:

**Fridays at 9:00 a.m.**

Location:

**S.G. Nesbitt Memorial Arena**

**55 Parkside Street, Minden**

**Ph# 705-286-1936**

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

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## **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:

**June 5, 2026**

**June 12, 2026**

**June 19, 2026**

Time:

**10:00 a.m.**

Location:

**Abbey Gardens**

**1012 Garden Gate Dr, Haliburton**

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)  
Or visit: [abbeygardens.ca](https://abbeygardens.ca)

# 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, June 6, 13, 20 & 27 at 2:30 p.m.

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

🎲 Monday, June 8, 15, & 22 at 1:00 p.m.

🎲 Thursday, June 11, 18 & 25 at 7:00 p.m.

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

# FREE ONLINE INFORMATION SESSION

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

## SOUND ADVICE ON HEARING HEALTH

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 8<sup>th</sup>, 2026**  
Time: **10:00 a.m. to 10:45 a.m.**

Facilitators:  
**Anna McIntosh**

In Partnership with:  
**Canadian Hearing Services**

Scan here to  
**REGISTER**



\*This is a free  
virtual/online event.

For more information or to register, please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

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## QI GONG SESSION

Join us for a Qi Gong lesson!

Qi Gong health benefits include:

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



Date:  
**June 10, 2026**

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

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

Session will be held in  
the white Event Tent.

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

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## HISTORICAL DOWNTOWN WALKING TOUR

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.



Date:

**June 9, 2026**

**(alternative rain date: June 10, 2026)**

Time:

**10:00 a.m.**

Location:

**Haliburton Welcome Centre**

7 York St  
Haliburton, ON

Please pre-register by e-mailing: [kbutler@haliburtonhighlandsmuseum.com](mailto:kbutler@haliburtonhighlandsmuseum.com)

For more information please visit: [HaliburtonCounty.ca/SALC](http://HaliburtonCounty.ca/SALC)

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## 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.



Register at [Dysarteta.ca/SAL](https://Dysarteta.ca/SAL) or call 705-457-1740 x 635

Time:  
**Tuesdays at 11:00 a.m.**

Dates:  
**June 9, 2026**  
**June 16, 2026**  
**June 23, 2026**  
**June 30, 2026**

Location:  
**A.J LaRue Arena**  
**728 Mountain Street, Haliburton**

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

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

# 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 June 10**

Time:

**1:30 p.m.**

Location:

**Minden Legion**

12847 Hwy 35, Minden, ON

For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

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# 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 June 9, 2026**  
**Tuesday June 16, 2026**  
**Tuesday June 23, 2026**  
**Tuesday June 30, 2026**

Location:

**Wilberforce Legion**  
1007 Burleigh Road  
Wilberforce, ON

Time:

**1:00 p.m.**

Phone# 705-448-2221

For more information please visit: [HaliburtonCounty.ca/SALC](https://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.

### 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.



Thursday  
June 11 & 25

10:30am - 11:30am  
by donation  
55+



OXTONGUE LAKE COMMUNITY CENTRE

ADVENTURE BEGINS HERE



For more information and to register:

[recreation@algonquinhighlands.ca](mailto:recreation@algonquinhighlands.ca)

705-766-9968

[www.algonquinhighlands.ca](http://www.algonquinhighlands.ca)

For more information please visit: [HaliburtonCounty.ca/SALC](http://HaliburtonCounty.ca/SALC)

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## 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:  
**June 12, 2026**

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

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

For more information please visit: [HaliburtonCounty.ca/SALC](https://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:  
**June 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](https://HaliburtonCounty.ca/SALC)

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# FREE ONLINE INFORMATION SESSION

Join us for a free Haliburton County  
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## POLLINATOR GARDENS

Garden for Our Future – The Benefits of Planting Pollinator Gardens

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.

Scan here to  
**REGISTER**



\*This is a free  
virtual/online event.

Date: **June 22, 2026**

Time: **10:00 a.m. to 10:45 a.m.**

Facilitator: Diana Westland

In Partnership with Haliburton  
County Master Gardeners

For more information or to register, please visit: [HaliburtonCounty.ca/SALC](https://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:  
**June 25, 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](https://HaliburtonCounty.ca/SALC)

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# 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



For more information please visit: [HaliburtonCounty.ca/SALC](https://HaliburtonCounty.ca/SALC)

If you require a paper survey, please contact us:

✉ [SALC@haliburtoncounty.ca](mailto:SALC@haliburtoncounty.ca) ☎ 705-286-1333 x 256