

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

## LET'S GET MOVING! Falls Prevention Course

This health education and exercise program is designed to help people increase their awareness of fall risk factors, improve mobility and balance, and connect others to individuals who experience similar concerns.



### WHEN:

January 15, 2026 to  
April 2, 2026

**Tuesdays & Thursdays  
@ 2pm for 12 weeks**

### LOCATION:

Minden Community Centre  
55 Parkside St, Minden ON  
K0M 2K0

Registration and intake assessment is required.  
Limited space available for this 12-week program.  
Toll Free: 1-855-285-2944 or 705-457-1392, Ext. 2928

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

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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, March 2**

**Monday, March 9**

**Monday, March 16**

**Monday, March 23**

**Monday, March 30**

(Note: Classes run weekly on Mondays until March 30th)

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

Location:

**Haliburton Legion**

719 Mountain Street

Haliburton, ON

☎ 705-457-2571

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:

**Tuesday, March 3, 2026**  
**Tuesday, March 10, 2026**  
**Tuesday, March 17, 2026**  
**Tuesday, March 24, 2026**

Time:

**1:30 p.m.**

Location:

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

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

## Seniors Stretch Class with Georgia

A great way to stay healthy, social and strong this winter!



### Dates:

Tuesday, March 3  
Tuesday, March 10  
Tuesday, March 17  
Tuesday, March 24

**Time:** 9:00am

### Location:

AJ LaRue Arena  
728 Mountain Street, Haliburton

**Please note:** the venue is not wheelchair accessible. Participants must be able to walk up two flights of stairs.

**Register Today:** [www.dysartetal.ca/salc](http://www.dysartetal.ca/salc)

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

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## SNOWSHOEING AT ABBEY GARDENS

Join us for a beautiful snowshoe adventure as we explore the Abbey Gardens trails. This outing is suitable for all experience levels. Bring your own snowshoes or borrow a pair at the Abbey Gardens Food Hub.

Poles are recommended, please bring your own. It's a wonderful chance to get outside and enjoy the magic of winter!

**Snow or shine**, snowshoe lasts approximately **1.5 hours**.  
**Forest terrain is often uneven**, with roots, rocks, and gentle slopes.

### Items to bring:

- Comfortable and warm boots for snowshoeing
- Clothing comfortable and warm for snowshoeing
- Water



Dates:  
**March 4, 2026**

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

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

Please meet Heather  
at the Food Hub

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

## 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**

March 4, 11, 18 & 25

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)

# 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

- |                 |   |
|-----------------|---|
| <b>March 5</b>  | 11:30 a.m. at Highland Grove Branch (5373 Loop Road, Highland Grove)<br>2:00 p.m. at Cardiff Branch (2778 Monck Road, Cardiff)      |
| <b>March 13</b> | 11:00 a.m. at Dorset Branch (1051 Main Street, Dorset)<br>1:30 p.m. at Stanhope Branch (1109 Northshore Road, Algonquin Highlands)  |
| <b>March 18</b> | 1:00 p.m. at Gooderham Branch (1032 Gooderham Street, Gooderham)<br>3:00 p.m. at Wilberforce Branch (1101 Holmes Road, Wilberforce) |
| <b>March 25</b> | 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)<br>3:30 p.m. at Minden Hills Branch (176 Bobcaygeon Road, Minden)         |

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

## 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:

**March 5, 2026**  
**March 19, 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)

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

## NEEDLE FELTING: SPRING NESTS

Join us at the library to needle felt your own spring nest! As the first signs of spring begin to appear, create a nature-inspired felted nest of your own. Using soft wool and natural textures, participants will design a small spring nest inspired by birds and the season's early hints of life.

This guided needle felting program offers a relaxed introduction to the craft, with all materials provided and no experience needed.

Take your time, enjoy the creative process, and leave with a unique spring keepsake.



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



Date: **March 5, 2026**  
Time: **2:00 p.m. to 3:00 p.m.**  
Haliburton County Public Library:  
**Dysart Branch**



Date: **March 6, 2026**  
Time: **11:00 a.m. to 12:00 p.m.**  
Haliburton County Public Library:  
**Wilberforce Branch**



Date: **March 11, 2026**  
Time: **2:00 p.m. to 3:00 p.m.**  
Haliburton County Public Library:  
**Minden Branch**



Date: **March 12, 2026**  
Time: **2:00 p.m. to 3:00 p.m.**  
Haliburton County Public Library:  
**Cardiff Branch**



Date: **March 27, 2026**  
Time: **1:00 p.m. to 2:00 p.m.**  
Haliburton County Public Library:  
**Dorset Branch**

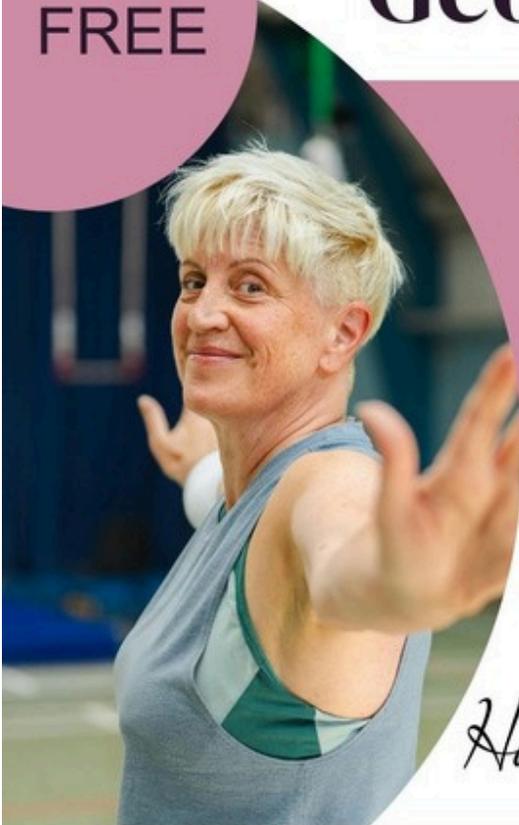
For more information please visit: [HaliburtonCounty.ca/SALC](http://HaliburtonCounty.ca/SALC)

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

## Functional Senior Fitness with Georgia



55+  
FREE



Thursdays 2:00pm

- January 8 & 22
- February 5 & 19
- March 5 & 19



STANHOPE FIREFIGHTERS  
COMMUNITY HALL

1095 North Shore Road, Algonquin Highlands

recreation@algonquinhighlands.ca

algonquinhighlands.ca

705-766-9968

Haliburton  
HIGHLANDS  
SENIORS ACTIVE LIVING CENTRE

A 50 minute class, including a warm-up cardio conditioning, strength conditioning, balance, and a cool down.

A total body workout for every day life!

Continue to stay independent, by staying active and strong.

Please bring indoor shoes and a water bottle



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

Haliburton  
HIGHLANDS  
Seniors Active Living Centre  
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Ontario 

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

## 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:

**March 6, 2026**

**March 13, 2026**

**March 20, 2026**

**March 27, 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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# 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.



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

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

Dates:  
**March 6, 2026**  
**March 13, 2026**  
**March 20, 2026**  
**March 27, 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

## 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, March 7, 14, 21 & 28 at 2:30 p.m.

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

🎲 Monday, March 2, 9, 16, 23 & 30 at 1:00 p.m.

🎲 Thursday, March 5, 12, 19, & 26 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!

## MENTAL HEALTH 101

This course provides a thorough introduction to mental health, distinguishing between mental health and mental illness, and addressing the societal stigma associated with mental illness. It delves deeper into specific conditions – depression, anxiety, and schizophrenia – to offer a comprehensive understanding of these complex mental states.

Depression, anxiety and schizophrenia are explored through their symptoms, impacts, and treatment options, highlighting their prevalence and significance in today's world.

The course aims to foster a deeper appreciation for mental health, challenge misconceptions, and equip learners with knowledge to support individuals affected by these conditions.



Date: **March 10, 2026**

Time: **12:00 p.m.**

In Partnership with:

**Canadian Mental Health Association**



**Canadian Mental  
Health Association**

**Haliburton, Kawartha, Pine Ridge**  
*Mental health for all*

**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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## **NATURE CONNECTIONS: WHISPERS OF THE THAW** **AWAKEN YOUR SENSES AS THE FOREST STIRS FROM ITS WINTER SLUMBER.**

Join us for a 90-minute restorative experience designed to bridge the gap between winter's stillness and spring's first breath. Together, we will move softly through the woods, listening for the sounds of the thaw and seeking subtle signs of spring.

Indoors and out. This accessible, slow-paced session balances the crisp outdoor air with cozy indoor reflection and a warm seasonal tea. It's the perfect way to shake off winter blues, find a moment of quiet awe, and reconnect with nature and each other.



### Event Highlights:

**Rain, Snow, or Shine:** We embrace the “whispers of the thaw” in all its forms; please dress in cozy layers and wear sturdy, warm, water-resistant footwear.

**A Slow Pace:** Our time together is unhurried and accessible, focusing on presence rather than distance.

### **Items to bring:**

- Comfortable and warm boots for snowshoeing
- Clothing comfortable and warm for snowshoeing
- Water

Dates:  
**March 11, 2026**

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

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

Please meet Donna  
at the Food Hub

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

## 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  
Jan. 15 & 29

Feb. 26

Mar. 12 & 26

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](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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# SENIORS ACTIVE LIVING FAIR

Haliburton  
HIGHLANDS

Join us for a day dedicated to active and healthy living for seniors! Explore community resources for health, safety, food and nutrition while enjoying presentations, demonstrations and engaging activities.



## FEATURING...

- ✔ Exhibitors
- ✔ Prizes!
- ✔ Presentations
- ✔ Complimentary Light Lunch
- ✔ Demonstrations

**FREE EVENT!**

**REGISTER  
NOW!**



Date:  
**Friday, March 13, 2026**



Location:  
**Haliburton Legion  
Branch 129  
719 Mountain Street**



Time:  
**9:00 a.m. to 1:00 p.m.**  
Registration opens at 8:30am



**705-286-1333 x 243**



**SALC@haliburtoncounty.ca**

This event is hosted by the County of Haliburton in partnership with Older Adult Centres' Association of Ontario OACAO with funding provided by the Government of Ontario.

Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

Est. 1973

**50**  
years of service

Funding provided by:

**Ontario** 

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

## LEGION COFFEE HOUSE

Come enjoy some after-lunch sweets and enjoy friendships and music!



**Jeff Moulton & Mike Clewlow** (on March 14)  
**North of 7 – Eric Casper & Earl Johnson** (on March 28)

### Dates:

Saturday, March 14  
Saturday, March 28

### Time:

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

### Location:

Haliburton Legion  
719 Mountain Street, Haliburton

 705-457-2571

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

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## INFO SESSIONS AT MINDEN LEGION

Join guest speakers for Information Sessions on a variety of topics.

Topic:

### Senior Wellness

with Haliburton Highlands Health Service staff



#### Learn about:

- Senior and physical fitness, and what you need to have a healthy body and mind as you get older.
- HHHS services and programs available to support you in living your best life.

**DATE:**

March 17, 2026

**TIME:**

3:00 p.m.

**LOCATION:**

Minden Legion

12847 Hwy 35

Minden, ON

 705-286-4541

Light refreshments will be served, no registration required.

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

## 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:  
**March 18, 2026**

Time:  
**12:00 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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## ANIMAL SKULL IDENTIFICATION

Join Robert Wong, Cultural Program Coordinator  
at the Minden Hills Cultural Centre, for an online webinar.

This webinar will showcase a diverse collection of local wildlife skulls, offering the audience a “close-up look” at key physical features.

Using these specimens, we will explore each animal’s habitat, diet, and adaptations to its environment.



Date: **March 23, 2026**  
Time: **10:00 a.m. to 10:45 a.m.**

Facilitators:  
**Robert Wong,**  
**Cultural Program Coordinator**  
at Minden Hills Cultural Centre

In Partnership with:  
**Minden Hills Cultural Centre**

Scan here to  
**REGISTER**



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virtual/online event.

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

## 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:  
**March 26, 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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## INFORMATION ABOUT TAX, BENEFITS AND CREDITS FOR ADULTS 65 AND OLDER

In Partnership with:  
**Canada Revenue Agency**

### Session Details:

Are you 65 or older? Or younger, but starting to think about retirement?

Filing your taxes can help you access benefits and credits.

During this webinar, we will discuss:

- What you need to know about taxes when you retire or turn 65.
- Common types of retirement income and how to reduce the amount of tax you need to pay through various credits like the age amount, pension income splitting, Disability Tax Credit, Home Accessibility Tax Credit and more.
- Credit payments you might be eligible to receive, like the Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit.
- Different ways to do your taxes.
- How to protect yourself from scams.



Date: **March 26, 2026**

Time: **12:00 p.m.**

**Scan here to REGISTER**



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## STRESS MANAGEMENT

In this session participants learn about stress – good and bad – and what it means for our functioning. Topics will include discussion on Cognitive Behavioural Therapy and positive psychology.

The material will delve into an understanding on simple ways participants can practically apply concepts of CBT and positive psychology to their daily life as a way to manage feelings of low mood, stress and anxiety.

This will include information on how to access free, province wide CBT programming in Ontario.



Date: **March 31, 2026**

Time: **12:00 p.m.**

In Partnership with:

**Canadian Mental Health Association**



**Canadian Mental  
Health Association**

**Haliburton, Kawartha, Pine Ridge**  
*Mental health for all*

**Scan here to  
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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

Scan QR Code



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