

July



Sunday

Monday


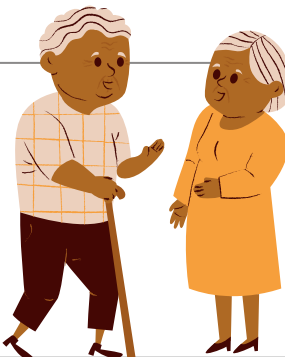



Tuesday

Wednesday

Thursday

Friday

Saturday

		1	2	Painting Class Wilberforce Legion @ 10 a.m.	4	5
			Games and Cards Dorset Rec Centre @ 6:30 p.m. – 8:30 p.m.	Games and Cards Minden Legion @ 7 p.m. – 10 p.m.	Board Games Haliburton Legion @ 10 a.m. – 12 noon	Board Games Wilberforce Legion @ 2:30 p.m. – 5 p.m.
	6	7		9	10	12
	Games and Cards Minden Legion @ 1 p.m. – 4 p.m.		Games and Cards Dorset Rec Centre @ 6:30 p.m. – 8:30 p.m.	Games and Cards Minden Legion @ 7 p.m. – 10 p.m.	Board Games Haliburton Legion @ 10 a.m. – 12 noon	Board Games Wilberforce Legion @ 2:30 p.m. – 5 p.m.
13	14	15	16	17	18	19
Drum Circle Haliburton Legion @ 1 p.m. – 2:20 p.m.	Games and Cards Minden Legion @ 1 p.m. – 4 p.m.	Learn to Disc Golf Abbey Gardens @ 10 a.m. – noon	Forest Bathing Abbey Gardens @ 10 a.m. – noon Games and Cards Dorset Rec Centre @ 6:30 p.m. – 8:30 p.m.	Painting Class Wilberforce Legion @ 10 a.m. Games and Cards Minden Legion @ 7 p.m. – 10 p.m.	Board Games Haliburton Legion @ 10 a.m. – 12 noon	Board Games Wilberforce Legion @ 2:30 p.m. – 5 p.m.
20	21	22	23	24	25	26
	Games and Cards Minden Legion @ 1 p.m. – 4 p.m.		Games and Cards Dorset Rec Centre @ 6:30 p.m. – 8:30 p.m.	Games and Cards Minden Legion @ 7 p.m. – 10 p.m.	Board Games Haliburton Legion @ 10 a.m. – 12 noon	Board Games Wilberforce Legion @ 2:30 p.m. – 5 p.m.
	27	28	29	30	31	
	Games and Cards Minden Legion @ 1 p.m. – 4 p.m.		Games and Cards Dorset Rec Centre @ 6:30 p.m. – 8:30 p.m.	Games and Cards Minden Legion @ 7 p.m. – 10 p.m.		

July



For more information:  [haliburtoncounty.ca/SALC](https://www.haliburtoncounty.ca/SALC)  SALC@haliburtoncounty.ca  705-286-1333 x.256 (general info)

Games & Cards / Board Games

Come hang out with friends, bring a neighbour, or meet someone new at board game events happening throughout the County. Play one of the many games on offer, or bring your own if you’re looking to play a favourite game. No experience necessary. Refreshments are available. Simply drop in! This month, board game events take place at the **Minden Legion** (12847 Hwy 35, Minden, 705-286-4541), **Dorset Recreation Centre** (1051 Main Street, Dorset, 705-766-9968), **Haliburton Legion** (719 Mountain Street, Haliburton, 705-457-2571), and **Wilberforce Legion** (1007 Burleigh Road, Wilberforce, 705-448-2221).

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.
Location: Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. **Phone:** 705-448-2221.

Drum Circle

Did you know? Drumming reduces stress, tension, anxiety, and lowers blood pressure. It boosts your immune system, promotes physical healing and feelings of well-being. Everyone is welcome to a free, community drum circle with Bazza, Joe and Chris. No experience necessary. Drums and instruments are available or bring your own! Simply drop in!
Location: Haliburton Legion, 719 Mountain Street, Haliburton, Ontario, K0M 1S0. **Phone:** 705-457-2571.

Learn to Disc Golf

Join us for a tour of the Abbey Gardens Disc Golf Trail! Play disc golf on this stunning property. The course showcases the amazingly diverse ecological landscapes. This is suitable for all skill levels, from those who are avid disc golfers to those who have never played before. It is for anyone willing to experience something new. Hosted by Victoria Fenninger. Lunch is available.
Items to bring: comfortable shoes for hiking/walking; water and a small snack, clothing comfortable for hiking and walking. Please call to register.
Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** 705-754-4769.

Forest Bathing

On this gentle, guided forest therapy walk, you’ll be invited to engage with the forest in ways that soothe your senses, ease stress, and lift your spirits. A series of simple, thoughtful invitations help you tune in to the natural world – awakening calm, curiosity, and presence. You may begin to notice and appreciate the forest in beautiful new ways. Your body, mind and spirit will thank you. Hosted by Donna, a certified Forest Therapy Guide. Lunch is available.
Rain or shine, walks last approximately two hours and cover less than one kilometer at a relaxed pace. We’ll take plenty of pauses. Please note: Forest terrain is often uneven, with roots, rocks, and gentle slopes. Sturdy walking or hiking shoes are essential, and walking poles are welcome. If you have any mobility concerns, feel free to reach out in advance to discuss whether this walk will be comfortable for you. Please call to register.
Location: Abbey Gardens, 1012 Garden Gate Drive, Algonquin Highlands, Ontario, K0M 1S0. **Phone:** 705-754-4769.

Haliburton County Seniors Active Living Centre (SALC) Program, 2025 – 2026

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!

The SALC Program is designed to provide social, cultural, learning, and recreational opportunities for seniors to stay fit, healthy and socially connected in their communities.

SALC programming is available in Haliburton County beginning in July 2025, 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!

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