



August





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

						Board Games Wilberforce Legion @ 2:30 p.m.
2	Civic Holiday  3	Seniors Stretch Class AJ LaRue Arena @ 8:30 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. HHHS Balanced Fitness Zoom (virtual only) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. 4	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 & 11 a.m. Exercise with Georgia Minden Legion @ 1:30 p.m. Summer Open House Gardens of Haliburton @ 1:30 p.m. - Guided Tours 2:30 p.m. - Live Music by Gord Kidd 5	Senior Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m. 6	Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 a.m. & 11:00 a.m. 7	Board Games Wilberforce Legion @ 2:30 p.m. 8
9	Painting Class Wilberforce Legion @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. Qi Gong Session Abbey Gardens @ 2:00 p.m. 10	Seniors Stretch Class AJ LaRue Arena @ 8:30 a.m. HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. SALC Webinar: Community Support Services Webinar (via Zoom) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. 11	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 & 11 a.m. Spot the Scam Oxtongue Community Centre @ 6:30 p.m. 12	Tai Chi with Kelly Gardens of Haliburton @ 9:45 a.m. SALC Webinar: Early Settler Medicine & the Legacy of Dr. Agnes Jamieson Webinar (via Zoom) @ 10:00 a.m. HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Senior Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m. 13	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 a.m. & 11:00 a.m. Creative Connections Aging Together As Community and Arts Council ~ Haliburton Highlands West Guilford Rec Centre 10:30 a.m. - 2:30 p.m. Free event 12+ 14	Board Games Wilberforce Legion @ 2:30 p.m. 15
 16	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong Session Abbey Gardens @ 2:00 p.m. 17	Seniors Stretch Class AJ LaRue Arena @ 8:30 a.m. HHHS Balanced Fitness Zoom (virtual only) @ 10:00 a.m. Seniors Balance & Cardio Fitness Class A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. 18	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St.@ 9:30 & 11 a.m. SALC Webinar: Information Session with Service Canada Webinar (via Zoom) @ 10:00 a.m. Crafternoon Stanhope Library @ 1:00 p.m. Exercise with Georgia Minden Legion @ 1:30 p.m. 19	Painting Class Wilberforce Legion @ 10:00 a.m. Senior Stretch Class Stanhope Firefighters Community Hall @ 2:30 p.m. Haliburton Highlands Time Travellers Car Show Gardens of Haliburton @ 4:30 p.m. Games and Cards Minden Legion @ 7:00 p.m. 20	Gentle Stretch, Balance & Relaxation Abbey Gardens @ 10:00 a.m. HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 a.m. & 11:00 a.m. 21	Thrive in the Gym Dorset Rec Centre @ 10:00 a.m. Board Games Wilberforce Legion @ 2:30 p.m. 22
23	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong Session Abbey Gardens @ 2:00 p.m. 24	SALC Webinar: Exploring the Warning Signs of Dementia Webinar (via Zoom) @ 10:00 a.m. HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. 25	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 & 11 a.m. Minden Skating Club High Tea Party Gardens of Haliburton @ 2:30 p.m. 26	HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Poetry with Patricia Gardens of Haliburton @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m. 27	HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 a.m. & 11:00 a.m. Wills & Estates with Angrove Law Wilberforce Library @ 11:00 a.m. 28	Board Games Wilberforce Legion @ 2:30 p.m. 29
30	Games and Cards Minden Legion @ 1:00 p.m. Qi Gong Session Abbey Gardens @ 2:00 p.m. 31					



Games & Cards / Board Games Come hang out with friends, bring a neighbour, or meet someone new! Simply drop in! This month, board game events take place at the Minden Legion (12847 Hwy 35, Minden, 705-286-4541), Haliburton Legion (719 Mountain Street, Haliburton, 705-457-2571), and Wilberforce Legion (1007 Burleigh Road, Wilberforce, 705-448-2221).	Various Dates and Times	Webinars Date: August 11, 2026. Topic: Community Support Services & More with HHHS. Description: Join us to learn about Community Support Services offered by Haliburton Highlands Health Services. Supporting seniors to maintain a safe, secure, independent and healthy quality of life. Date: August 13, 2026. Topic: Early Settler Medicine and the Legacy of Dr. Agnes Jamieson with Minden Hills Cultural Centre. Description: This webinar explores the history of rural medicine and early settler healthcare in Ontario through artifacts and stories from the Minden Hills Cultural Centre collection. Participants will also learn about Dr. Agnes Jamieson’s life and lasting legacy, including her contributions to local community and the art gallery that bears her name. Date: August 19, 2026. Topic: Service Canada Information Session: Programs and Services. Description: Service Canada provides Canadians with a single point of access to a wide range of government services and benefits. Join us to virtually learn about all Service Canada’s programs and services. Date: August 25, 2026. Topic: Exploring the Warning Signs of Dementia with Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton. Description: In this presentation from the Alzheimer Society, we will look at the differences between normal aging and symptoms that are not typical of the aging process, leading to an exploration of the 10 warning signs of dementia. We’ll also discuss the services available through the Alzheimer Society and have some time to answer any questions you may have about brain health and dementia.	August 11, 13, 19 & 25 at 10 a.m.
Seniors Stretch Class Join Georgia Shank, certified seniors’ fitness instructor, as she focuses on loosening tight muscles, increasing joint mobility, and improving posture through stretching. You can use a chair for support and are welcome to stretch from the floor on your own yoga mat or one of the mats provided. The class is designed for all fitness levels and modifications will be available to suit your needs. Please note: the class space is not accessible, and you must be able to walk up two flights of stairs to participate. Clean indoor exercise shoes are required. Location: AJ LaRue Arena (728 Mountain Street, Haliburton ON)	August 4, 11 & 18 at 8:30 a.m.		
Seniors Balance & Cardio Fitness Classes Georgia Shank, certified seniors fitness instructor, will provide modifications to suit your needs. Chairs are available for those wishing to exercise from a chair. Please note: the Haliburton space is not accessible and you must be able to walk up two flights of stairs to participate. Clean indoor exercise shoes are required. Location: A.J. LaRue Arena, 728 Mountain St., Haliburton. Phone: Please register at www.dysartetal.ca or call 705-457-1740 x.635.	August 4, 11 & 18 at 11:00 a.m.		
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. Location: Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON. Phone: 705-448-2221	August 4, 11 & 18 at 1:00 p.m.		
Exercise with Georgia 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. All fitness levels welcome. Bring indoor shoes and water! Register at your first class! Location: Minden Legion, 12847 Hwy 35, Minden, ON.	August 5 & 19 at 1:30 p.m.		
Senior Stretch Class Join certified instructor Georgia Shank for a 45-minute senior stretch class. The 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. Location: Stanhope Firefighters Community Hall (1123 North Shore Rd, Algonquin Highlands). To Register: Call 705-766-9968 or visit https://www.algonquinhighlands.ca/explore-play/recreation/ .	August 6, 13 & 20 at 2:30 p.m.		
Gentle Stretch, Balance & Relaxation <i>A Mindful Movement Class.</i> 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 everyday activities. Each session includes light breathwork and quiet moments of rest to encourage a sense of calmness. No experience needed—come as you are! Wear comfortable clothes, bring water to hydrate and a yoga mat. Location: Abbey Gardens, 1012 Garden Gate Dr, Haliburton, Ontario, K0M 1S0.	August 7 & 21 at 10:30 a.m.		
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. Location: Wilberforce Legion, 1007 Burleigh Road, Wilberforce, Ontario, K0L 3C0. Phone: 705-448-2221.	August 10 & 20 at 10:00 a.m.		
Qi Gong Session Join us for a Qi Gong lesson. An hour session typically includes: a little warm up, the “Ba Duan Jin” (8 Silk Brocades) and Qi Gong Set (about 30 minutes). To end off the session, the group will choose between a second Qi Gong set “Yi Jin Jing”, Tai Chi Spiral Qi Gong, Tai Chi, seated meditation, Yoga Nidra or Kung Fu stepping for mobility. Location: Abbey Gardens, 1012 Garden Gate Dr, Haliburton.	August 10, 17, 24 & 31 at 2:00 p.m.		
Spot the Scam Learn how to spot scams before they happen in this program. The Technology Coordinator of the Haliburton County Public Library, Liat Mandel, will discuss how scammers use social engineering to gain access to their victims’ information and money. Registration required. Location: Oxtongue Community Centre, 3791 ON-60, Algonquin Highlands. To Register: Call 705-766-9968.	August 12 at 6:30 p.m.		
Creative Connections: Aging Together As Community and Arts Council ~ Haliburton Highlands Choose 2 workshop artists: Zentangle-Noelia Marziali; Painting-Harvey Walker; Trading Cards-Chris Lynd; Theatre-Ella Leis; Get the Colour-Kathy Marlene Bailey. Location: West Guilford Rec Centre (1061 Kennisis Lake Rd, Dysart). To Register: Use QR code and visit Facebook, website agingtogether.ca or call 905-717-5334. Free event. All are welcome, 12 years or older.	August 14 at 10:30 a.m. – 2:30 p.m.		
Crafternoon Drop-In 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! Location: Stanhope Library (1109 North Shore Road, Algonquin Highlands)	August 19 from 1:00 p.m. to 3:00 p.m.		
Thrive in the Gym Book your 30 minute personal training session now, spaces are limited. Learn to use the fitness equipment and receive personalized training led by experienced instructor Georgia Shank. Location: Dorset Rec Centre (1051 Main St, Dorset) To Register: Pre-registration is required. Register by visiting https://townshipofalgonquinhighlands.perfectmind.com or call 705-766-9968. Program is free for 55+.	August 22 from 10:00 a.m. to 4:00 p.m.		
Wills & Estates with Angrove Law Join us for an informative session on wills, estates, and planning for the future. Hilary from Angrove Law will discuss how to ensure your wishes are carried out, protect your assets, and appoint trusted individuals to make decisions on your behalf if you are unable to do so. Registration required Location: Haliburton County Public Library – Wilberforce Branch. To Register: Visit https://www.haliburtonlibrary.ca/Programs-Events .	August 28 from 11:00 a.m. to 2:00 p.m.		
Fall 2026 Workshop			
Living a Healthy Life with Chronic Pain Workshop Do you live with challenges and complications as a result of chronic pain? Workshop Date/Time: Every Wednesday, from September 9 to October 14, 2026. 10:00 a.m. to 12:30 p.m. Location: Royal Canadian Legion – Haliburton Branch. 719 Mountain Road, Halibuton. In the Mountbatten Room. <u>Pre-registration is required.</u> For more information, please call 1-866-971-5545 or register online at www.ceselfmanagement.ca			
Ontario We look forward to seeing you soon! Funding for this program has been provided by the Ministry for Seniors and Accessibility.			