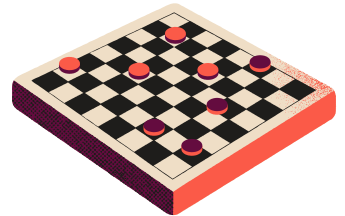
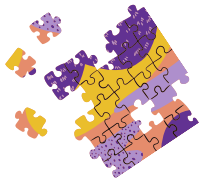


Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

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, August 1, 8, 15, 22 & 29 at 2:30 p.m.

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

🎲 Monday, August 10, 17, 24 & 31 at 1:00 p.m.

🎲 Thursday, August 6, 13, 20 & 27 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

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 venue is not wheelchair accessible.
Participants must be able to walk up two flights of stairs.

Dates:

Tuesday, August 4
Tuesday, August 11
Tuesday, August 18

Time: 8:30 a.m.

Location:

AJ LaRue Arena
728 Mountain Street, Haliburton

Register Today:

www.dysartetal.ca/salc

For more information please visit: 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, August 5
Wednesday, August 19

Time:

1:00 p.m.

Location:

Minden Legion
12847 Hwy 35, Minden, ON

For more information please visit: 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, August 4, 2026
Tuesday, August 11, 2026
Tuesday, August 18, 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

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, August 4
Tuesday, August 11
Tuesday, August 18

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

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:

August 7, 2026

August 21, 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

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:

August 6, 2026
August 20, 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

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

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



Dates:

August 10, 2026

August 17, 2026

August 24, 2026

August 31, 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

FREE ONLINE INFORMATION SESSION

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

COMMUNITY SUPPORT SERVICES AND MORE

Join us to learn about Community Support Services
offered by Haliburton Highlands Health Services.



Supporting seniors to maintain a safe, secure,
independent & healthy quality of life.

Date: **August 11, 2026**

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

Facilitators:

Caroline Kooistra, Client Wellness Supervisor
at Haliburton Highlands Health Services

In Partnership with:

Haliburton Highlands Health Services

**Scan here to
REGISTER**



*This is a free
virtual/online event.

For more information or to register, 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, August 4
Tuesday, August 11
Tuesday, August 18

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

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

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:
August 6, 2026
August 13, 2026
August 20, 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

Haliburton
HIGHLANDS
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2026

Ontario 

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by the Ministry for Seniors and Accessibility.

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

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.



Call 705-766-9968 to register.

Date:

Wednesday August 12

Time:

6:30 p.m.

Location:

**Oxtongue Community Centre
3791 ON-60, Algonquin Highlands**

For more information please visit: HaliburtonCounty.ca/SALC

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2026

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FREE ONLINE INFORMATION SESSION

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

EARLY SETTLER MEDICINE AND THE LEGACY OF DR. AGNES JAMIESON



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 13, 2026**

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

Facilitator: **Veronika Kawnik—summer student, heritage interpreter**

In Partnership with **Minden Hills Cultural Centre**

**Scan here to
REGISTER**



*This is a free
virtual/online event.

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

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2026

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FREE ONLINE INFORMATION SESSION

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

SERVICE CANADA INFORMATION SESSION:

Service Canada Programs and Services

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits.

Service Canada will be visiting your community to deliver an information session about:

Service Canada Programs and Services

Location	Date	Time
Join us virtually to learn about all Service Canada's programs and Services. A great opportunity to ask questions.	Wednesday, August 19th, 2026	10 a.m. to 11 a.m.

Information on Service Canada's programs, services and benefits can be found online at Canada.ca or by calling 1 800 O-Canada.

Service
Canada

Date: **Wednesday August 19, 2026**

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

In Partnership with: **Service Canada**

*This is a free virtual/online event.

Scan here to REGISTER



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

Haliburton
HIGHLANDS
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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:
August 19, 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
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2026

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

THRIVE IN THE GYM - PERSONAL TRAINING SESSIONS

Book your 30 minute personal training session now, spaces are limited.
Learn to use the fitness equipment and receive personal training led by
experienced instructor Georgia Shank.



**Thrive
In the Gym!**

Adventure Begins Here

Personal Training in the Dorset
Recreation Centre Fitness Room

Saturday August 22, 2026

Learn to use the fitness equipment
and receive personalized training
led by experienced instructor,
Georgia Shank.

- 30 Minute Sessions ✓
- Individual or Couple Sessions ✓
- Open to Age 55+ ✓

by donation

For More Information
705-766-9968
recreation@algonquinhighlands.ca
algonquinhighlands.ca



Date:
Saturday August 22, 2026
Time:
10:00 a.m. – 4:00 p.m.

Location:
**Dorset Rec Centre
1051 Main St, Dorset**

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
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Seniors Active Living Centre
2026

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FREE ONLINE INFORMATION SESSION

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

EXPLORING THE 10 WARNING SIGNS OF DEMENTIA



Dementia

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.

Date: **August 25, 2026**

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

Facilitator: **Shelby Barrie – Education Coordinator**

In Partnership with:

**Alzheimer Society of Peterborough, Kawartha
Lakes, Northumberland & Haliburton**

**Scan here to
REGISTER**



*This is a free
virtual/online event.

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

Haliburton
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2026

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by the Ministry for Seniors and Accessibility.

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

WILLS AND 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 on your behalf if you are unable to do so.



Date:
Friday, August 28

Time:
11:00 a.m. – 2:00 p.m.

Location:
**Haliburton County Public Library–
Wilberforce Branch**

Please pre-register by visiting <https://www.haliburtonlibrary.ca/Programs-Events>.

For more information please visit: HaliburtonCounty.ca/SALC

*It's my health.
It's my life.*



**Do you live with challenges
and complications as a result
of chronic pain?**

Join us for a **free** six-week
Living a Healthy Life with Chronic Pain workshop.

DATES

TIME

LOCATION

FREE ONLINE INFORMATION SESSION

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



2026 SALC WEBINARS

Sign up for an
upcoming webinar :

DATE

TOPIC

August 11th at 10:00 a.m.	Community Support Services & More , with HHHS
August 13th at 10:00 a.m.	Early Settler Medicine & the Legacy of Dr. Agnes Jamieson , with Minden Hills Cultural Centre
August 19th at 10:00 a.m.	Service Canada Information Session: Programs & Services , with Service Canada
August 25th at 10:00 a.m.	Exploring the Warning Signs of Dementia , with the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton
September 15th at 10:00 a.m.	Community Paramedicine , with Haliburton County Paramedic Services
September 29th at 10:00 a.m.	Senior Exercise and Importance of Healthy Moving , with HHHS
October 20th at 10:00 a.m.	Winter Driving , with the Ministry of Transportation
November 3rd at 10:00 a.m.	Diabetes Education & Health Foods , with HHHS
November 17th at 10:00 a.m.	Benefits of Volunteering , with HHHS
December 1st at 10:00 a.m.	Falls Prevention , with HHHS
December 15th at 10:00 a.m.	Christmas Past in the Highlands , with Haliburton Highlands Museum

SALC Webinars are free virtual/online events.

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

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