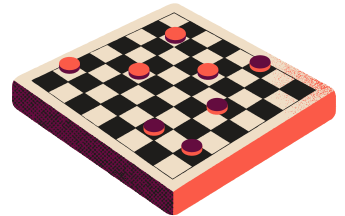
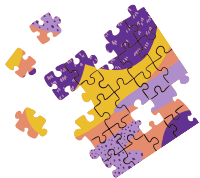


Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

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, September 5, 12, 19 & 26 at 2:30 p.m.

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

🎲 Monday, September 7, 14, 21 & 28 at 1:00 p.m.

🎲 Thursday, September 3, 10, 17 & 24 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, September 1
Tuesday, September 8
Tuesday, September 15
Tuesday, September 22
Tuesday, September 29

Time: 11:00 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:

Tuesday September 1, 2026
Tuesday September 8, 2026
Tuesday September 15, 2026
Tuesday September 22, 2026
Tuesday September 29, 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

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

September 2, 2026

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

September 3, 2026

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

September 10, 2026

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

September 15, 2026

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

For more information please visit: 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

- | | |
|---------------------|---|
| September 2 | 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)
3:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden) |
| September 16 | 12:30 p.m. at Dysart Branch (78 Maple Avenue, Haliburton)
3:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden) |
| September 17 | 11:30 a.m. at Highland Grove Branch (5373 Loop Rd, Highlands East) |
| September 22 | 11:00 a.m. at Wilberforce Branch (1101 Holmes Road, Wilberforce) |
| September 25 | 11:00 a.m. at Dorset Branch (1051 Main Street, Dorset)
1:30 p.m. at Stanhope Branch (1109 North Shore Rd, Algonquin Highlands) |

For more information 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:
Friday, September 11
Friday, September 18
Friday, September 25

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 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:

September 11, 2026
September 18, 2026
September 25, 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

Haliburton
HIGHLANDS
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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

PRESERVING YOUR BOUNTY: A CANNING AND PRESERVING WORKSHOP

Join local gardening expert Maureen Moore at the Dysart library and share ideas on how to safely can, pickle, dry or freeze fresh produce from your garden.

Learn about preserving your garden bounty by canning, or pickling. The workshop will include tips on how to safely preserve food, shared experiences and lots of tasty recipes. We encourage all participants to bring along a favourite recipe for sharing (not required).



Pre-registration is not required.

For more information, please visit haliburtonlibrary.ca/Programs-Events or call 705-457-2241.

Date:

Saturday, September 12, 2026

Time:

2:00 p.m.

Location:

Haliburton County Public Library

Dysart Branch

78 Maple Ave, Haliburton

For more information please visit: 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:
September 16, 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
HIGHLANDS
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Ontario 

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

Hosted in partnership with Haliburton Highlands Health Services & Haliburton County Community Paramedics in several communities throughout Haliburton County.

Dates & Locations:

- 
September 16, 2026
 2pm to 4pm
 Dorset Community Centre
 1051 Main St., Dorset ON
- 
November 19, 2026
 11am to 2pm
 Cardiff Community Centre
 2747 Monck Rd., Cardiff ON
- 
January 20, 2027
 10am to 2pm
 Haliburton Legion
 719 Mountain St., Haliburton ON
- 
March 11, 2027
 10am to 2pm
 Minden Community Centre
 55 Parkside St., Minden ON

On-site services could include:

- Connection to Community Supports
- Blood Pressure Checks
- Flu Vaccinations
- Point-of-Care Glucose Testing
- Inhaler Education
- Medication Reviews with a Pharmacist
- Light refreshments & snacks

**FREE
EVENT!**

Please note:

Services may vary by location.

Primary care practitioners will not be on site.

The Wellness Clinics will bring multiple healthcare-related partners together for a drop-in clinic designed for older adults but open to all individuals looking for support.

- ❗ **No appointment needed.**
- ❗ **Please bring your health card, if you have one.**
- ❗ **Free local event transportation available.**

Please call 705-286-1333 x 243 to inquire/book in advance.

Contact Us



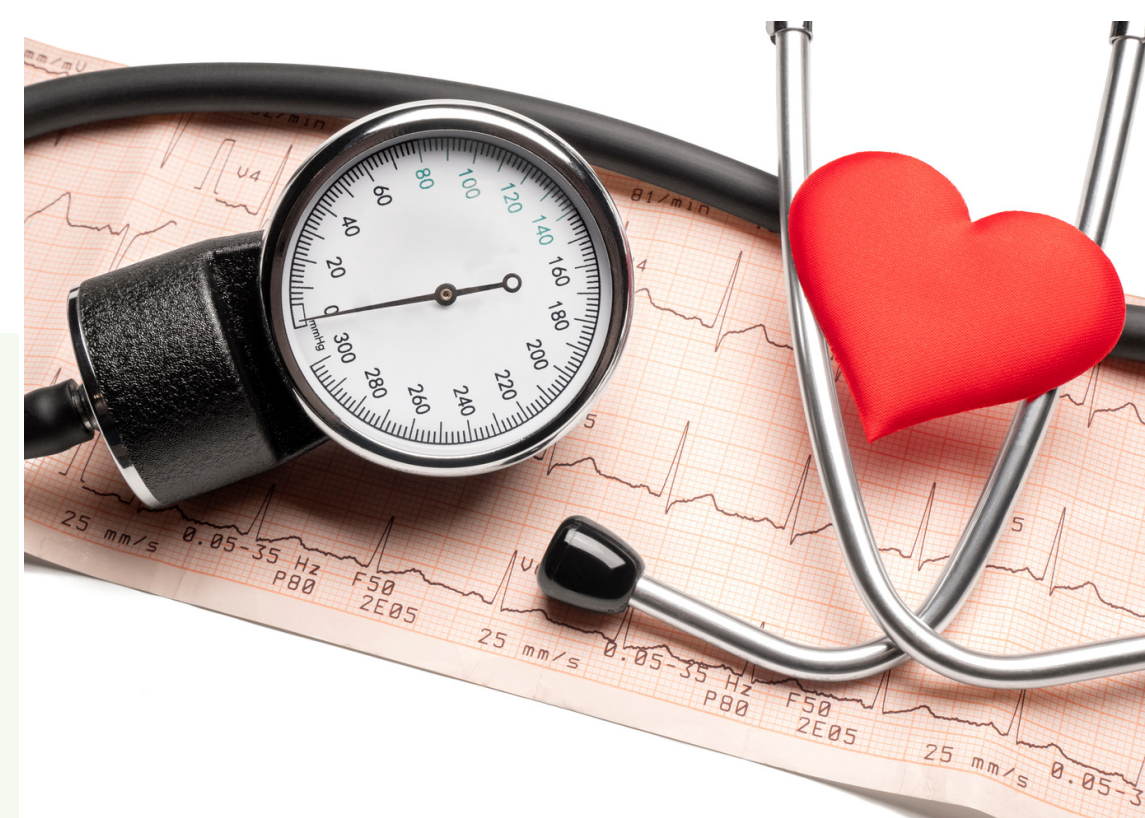
Phone Number:

705-286-1333 X 243



Email:

salc@haliburtoncounty.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:

September 17, 2026
September 28, 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

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

GAMES

Join Alyssa and play games in the auditorium at the A.J. LaRue Arena.
There are many board games and card games to choose from!

Please note that you must be able to walk up two flights of stairs to access the auditorium.



Date:
Friday, September 17, 2026

Time:
1:00 p.m.

Location:
AJ LaRue Arena
728 Mountain St, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
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

READING E-BOOKS AND LISTENING TO E-AUDIOBOOKS

Bring your smartphone, tablet, e-reader, or laptop and learn how to access thousands of free eBooks and eAudiobooks with your library card. You'll learn step-by-step how to download Libby, borrow books, and use our reading technology items including; Kobo Clara eReaders, C-Pens, and Envoy Connect. You'll also learn about all the personalized options you can use on Libby and e-readers to make reading more accessible!



Date:
Friday, September 18, 2026
Time:
1:30 p.m.

Location:
Haliburton County Public Library
Dysart Branch
78 Maple Ave, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

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

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.



Dates:

September 23, 2026

(alternative rain date: September 24, 2026)

Time:

2:00 p.m.

Location:

Haliburton Welcome Centre

7 York St
Haliburton, ON

Please pre-register by e-mailing: kbutler@haliburtonhighlandsmuseum.com

For more information please visit: HaliburtonCounty.ca/SALC

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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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.

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
September
24

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

Haliburton
HIGHLANDS
SENIORS ACTIVE LIVING CENTRE

OXTONGUE LAKE COMMUNITY CENTRE

ADVENTURE BEGINS HERE



For more information and to register:

recreation@algonquinhighlands.ca

705-766-9968

www.algonquinhighlands.ca

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!

PREVENTING FALLS, SAFETY TIPS, AND COMMUNITY PARAMEDICINE

Join the Haliburton County
Community Paramedic team
to learn about preventing
falls and safety tips, and
about what community
paramedicine looks like in
Haliburton County.



Date: **September 15th , 2026**

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

In Partnership with:
**Haliburton County
Paramedic Services**

**Scan here to
REGISTER**



*This is a free
virtual/online event.

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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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by the Ministry for Seniors and Accessibility.

FREE ONLINE INFORMATION SESSION

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

SENIOR EXERCISE AND IMPORTANCE OF HEALTHY MOVING

Join us to learn about:

- Falls Prevention
- Balance/Strength/Endurance
- Health Benefits of fitness in seniors
- Chronic disease management
- How to get started
- Overcoming barriers



Date: **September 29th, 2026**
Time: **10:00 a.m. to 11:00 a.m.**

Facilitator: **Jamie Allen-Russell**,
Recreation Therapist,
Adult Day Program-Community
Support Services at HHHS

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

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

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