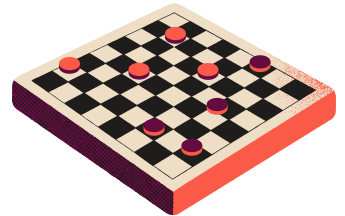
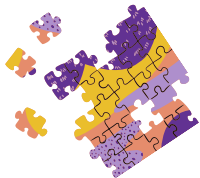


Join us for a free Haliburton County Seniors Active Living Centre (SALC) Event

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

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

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

🎲 Thursday, November 5, 12, 19 & 26 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

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:

November 2, 2026
November 9, 2026
November 23, 2026
November 30, 2026

Time: **2:00 p.m.**

Location:

Haliburton Legion
719 Mountain Street
Haliburton, ON

☎ 705-457-2571

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.

FREE ONLINE INFORMATION SESSION

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

DIABETES EDUCATION & HEALTHY FOODS

Join us to learn more about:

- The prevalence of diabetes both globally & nationally
- A very general overview of what diabetes is, focusing on type 2 diabetes
- The importance of routinely screening for diabetes
- Signs & symptoms of diabetes, and risk of complications
- An overview of management—medications and lifestyle factors
- Discussion about food—carbs, glycemic index
- An overview of the program, what is offered, and where it is located.



Date: **November 3, 2026**

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

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

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

SENIOR SKATE AND SOCIAL

This program begins on the ice at the A.J. LaRue Arena with NCCP trained CanSkate Coach Krista.

From 11:00-11:50a.m. take the opportunity to learn and increase your confidence on the ice. Following your skate, head across the road to the Legion Branch 129 for a light lunch and social time.

To be included in the lunch, you must register by noon on the Thursday prior to the program. Helmets are available for loan along with elbow pads, knee pads, and skate aids.



Pre-registration is required. Visit www.dysartetal.ca/seniorskate or call 705-457-1740x635

Dates:

November 3, 2026

November 10, 2026

November 17, 2026

November 24, 2026

Time:

11:00 a.m. to 1:00 p.m.

Location:

A.J. LaRue Arena

728 Mountain St, Haliburton

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

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

- November 4** 12:30 p.m. at Dysart Branch (78 Maple Ave, Haliburton)
- November 17** 11:00 a.m. at Wilberforce Branch (1101 Holmes Rd, Wilberforce)
- November 18** 12:30 p.m. at Dysart Branch (78 Maple Ave, Haliburton)
- November 19** 11:30 a.m. at Highland Grove Branch (5373 Loop Rd, Highlands East)
- November 20** 11:00 a.m. at Dorset Branch (1051 Main Street, Dorset)
1:30 p.m. at Stanhope Library (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

BREATHWORK

Did you know that diaphragmatic breathing can help you with energy, creativity, digestion, improved sleep, pain management and better overall well-being. Current research supports these claims.

Participants will be introduced to diaphragmatic breathing, supported to learn techniques through demonstration and ongoing support during sessions.

Questions are encouraged throughout. The instructor Suzanne, has years of experience instructing and teaching breathwork sessions. She is a Reiki master and has taught Qigong healing sounds.

Fee: \$30/5 weeks or \$6/class



Dates:
November 5, 2026
November 12, 2026
November 26, 2026
Time:
10:00 a.m.

Location:
**Minden Community Centre-
Room 1**
55 Parkside St, Minden

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

NEEDLE FELTING: COASTERS

Join us for a cozy afternoon of crafting and learn the basics of needle felting!

Using colourful wool and simple needle-felting techniques, participants will create their own unique felted coaster to take home. This beginner-friendly program is perfect for anyone curious about needle felting or looking for a relaxing creative activity. No previous experience is needed, and all materials will be provided. Registration required.



Register online at www.haliburtonlibrary.ca/Programs-Events
Or call 705-457-2241



Date: **November 5th, 2026**
Time: **2:00 p.m. to 3:30 p.m.**
Haliburton County Public Library:
Dysart Branch



Date: **November 13th, 2026**
Time: **11:00 a.m. to 12:00 p.m.**
Haliburton County Public Library:
Wilberforce Branch



Date: **November 20th, 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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Ontario 

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

SENIORS ACTIVE LIVING FAIR

Haliburton
HIGHLANDS
SENIORS ACTIVE LIVING CENTRE

Join us for a day dedicated to active and healthy living for seniors! Whether you are an older adult, caregiver, family member, friend, neighbour, service provider, or simply looking to learn more about community resources, the Seniors Active Living Fair offers a welcoming opportunity to connect with organizations, services, and supports that help people live healthy, safe, active, and independent lives.



Friday, November 6, 2026



10:00 a.m. to 2:00 p.m.

Doors open at 9:30am



Haliburton Legion Br. 129
719 Mountain Street

FEATURING...

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

NOTE: Registration is required



SALC@haliburtoncounty.ca

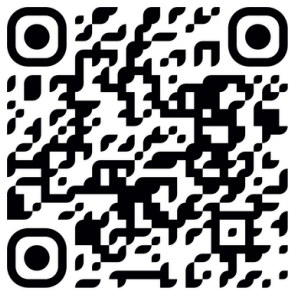


705-286-1333 x 243



HaliburtonCounty.ca/SALC

REGISTER NOW!



<https://www.bit.ly/45SOLRw>

FREE EVENT!

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



Funding provided by:

Ontario

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

AMERICAN MAHJONG

Welcome to American Mahjong!

Open to all American Mahjong players and those wanting to learn!

What to bring: Any American Mahjong cards. If you're purchasing a new card, please get a 2026 American Mahjong Card. If you have an American Mahjong set, please bring it as well!

Coins 25, 10 and 5 cent to add to the fun and a water bottle for yourself.



Registration not required.

Dates:

Friday November 6, 2026

Friday November 13, 2026

Friday November 20, 2026

Friday November 27, 2026

Time:

1:00 p.m. – 3:30 p.m.

Location:

Harcourt Community Centre

Midway St, Harcourt

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

FALLS PREVENTION PROGRAM

This 12-week health education and exercise program is offered by Jenna De Guzman, Occupational Therapist with HHHS and 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:

November 10, 17, 24
@ 1:30 p.m. – 2:30 p.m.

November 12, 19, 26
@ 1:30 p.m. – 3:30 p.m.

LOCATION:

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

Pre-registration and intake assessment is required.
To register please call 1-855-285-2944 or 705-457-1392 ext. 226.
No registration fee.

For more information please visit: HaliburtonCounty.ca/SALC

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

FALL PLANTERS & WREATH MAKING

Celebrate the holidays with a creative, hands-on workshop exploring the beauty of seasonal planters and wreath making! From 1:00–2:30 p.m., join facilitators Barbara Kraus and Ruthie from @Hintrlandscaping to discover how to combine festive colours, natural textures, greenery, and seasonal materials to create beautiful decorations inspired by nature.

Whether you're looking to add a personal touch to your holiday decor or create a thoughtful handmade gift, you'll enjoy a relaxing and inspiring experience! Take home your unique creations to display, share, or gift to someone special!



Date:
November 11, 2026
Time:
1:00 p.m. – 2:30 p.m.

Location:
Abbey Gardens
1012 Garden Gate Dr, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

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

BOARD GAMES AND CARDS

If you are looking to get out of the house and socialize with others, join Alyssa at the A.J. LaRue Arena auditorium for an afternoon of board games and/or cards.

Learn a new game or play an old favourite.

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



Date:
Thursday, November 12
Thursday, November 26

Time:
1:00 p.m.

Location:
AJ LaRue Arena
728 Mountain St, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

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



Haliburton
HIGHLANDS
SENIORS ACTIVE LIVING CENTRE

MINDFUL MOVEMENT FOR VITALITY

Stanhope Firefighters Community Hall

1095 North Shore Road, Algonquin Highlands

Move with confidence and ease. This gentle yoga-inspired flow blends strength, balance, and flexibility in a way that supports the everyday activities you love; from climbing stairs to paddling the lake. Accessible, energizing, and designed with 55+ in mind.

**2nd & 4th Thursday of
October and November**

October 8th, 22nd

November 12th & 26th

2:30pm-3:30pm



705-766-9968
recreation@algonquinhighlands.ca
algonquinhighlands.ca



Adventure Begins Here

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

THE GARDEN GATHERING: A GARDENING DISCUSSION

Good conversations grow great gardens! Join us at the Dysart Branch for a gardening discussion.

Share experiences, exchange tips, ask questions, and connect with fellow gardenening enthusiasts. All experience levels welcome!

Registration is required.



Date:
November 14, 2026

Time:
1:00 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

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:
November 16, 2026
November 30, 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
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!

BENEFITS OF VOLUNTEERING

Join us for a free
information session
to learn more about
the benefits of
volunteering!



Date: **November 17, 2026**

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

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

Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

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 Recreation 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



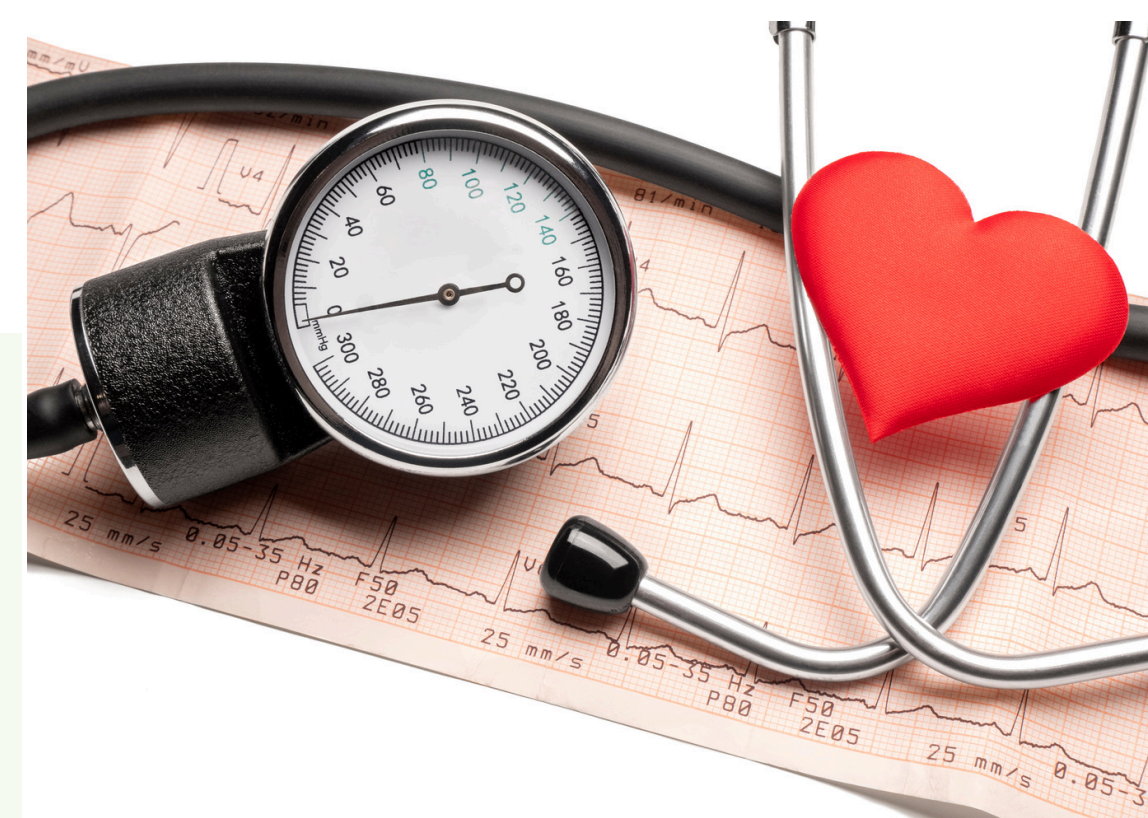
Phone Number:

705-286-1333 X 243



Email:

salc@haliburtoncounty.ca



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!

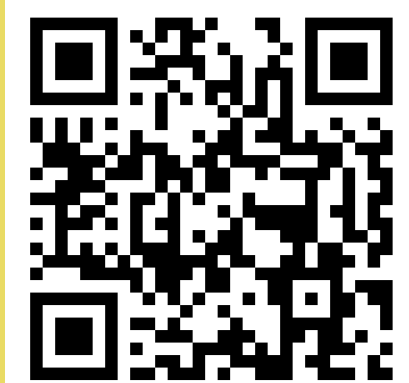
**Your Voice Matters.
Help Us Make Our SALC Events Even better!**

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