

September



Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6

Games and Cards
Minden Legion @ 1:00 p.m.

7

HHHS Balanced Fitness
Haliburton Legion
OR Zoom (virtual) @ 10:00 a.m.
Seniors Stretch Class
AJ LaRue Arena @ 11:00 a.m.
Exercise Classes with Georgia
Wilberforce Legion @ 1:00 p.m.
No More Silent Battles
Northern Lights Pavilion @ 7:00 p.m.

8

HHHS Balanced Fitness
Minden Auditorium @ 9:30 & 11 a.m.

9

HHHS Balanced Fitness
Wilberforce Legion @ 10:30 a.m.
Tech Help Walk-in-Clinic
Dysart Library @ 1:00 p.m.
Games and Cards
Minden Legion @ 7:00 p.m.

10

Senior Balance Fitness Class
Minden Community Centre
@ 9:00 a.m.
HHHS Balanced Fitness
Minden Auditorium, 6 McPherson St.
@ 9:30 a.m. & 11:00 a.m.
Seniors Balance & Cardio Fitness Class
A.J. LaRue Arena @ 11:00 a.m.

11

Preserving your Bounty: A Canning & Preserving Workshop
Dysart Library @ 2:00 p.m.
Board Games
Wilberforce Legion @ 2:30 p.m.

12



13

Games and Cards
Minden Legion @ 1:00 p.m.

14

SALC Webinar: Preventing Falls, Safety Tips, and Community Paramedicine
Webinar (via Zoom) @ 10:00 a.m.
HHHS Balanced Fitness
Zoom (virtual only) @ 10:00 a.m.
Seniors Stretch Class
AJ LaRue Arena @ 11:00 a.m.
Tech Help Walk-in-Clinic
Wilberforce Library @ 1:00 p.m.
Exercise Classes with Georgia
Wilberforce Legion @ 1:00 p.m.

15

HHHS Balanced Fitness
Minden Auditorium @ 9:30 & 11 a.m.
Geneology for Seniors
Dysart Library @ 12:30 p.m.
Minden Library @ 3:30 p.m.
Crafternoon
Stanhope Library @ 1:00 p.m.
Wellness Clinic
Dorset Community Centre @ 2pm to 4pm
SongBird Sound Therapy
Gardens of Haliburton @ 2:30 p.m.

16

Breathwork Class
Minden Community Centre @ 10:00 a.m.
Painting Class
Wilberforce Legion @ 10:00 a.m.
Geneology for Seniors
Highland Grove Library @ 11:30 a.m.
Games and Cards
Minden Legion @ 7:00 p.m.

17

Senior Balance Fitness Class
Minden Community Centre @ 9:00 a.m.
HHHS Balanced Fitness
Minden Auditorium, 6 McPherson St.
@ 9:30 a.m. & 11:00 a.m.
Seniors Balance & Cardio Fitness Class
A.J. LaRue Arena @ 11:00 a.m.
Reading eBooks & eAudiobooks
Dysart Library @ 1:30 p.m.

18

Board Games
Wilberforce Legion @ 2:30 p.m.

19

20

Games and Cards
Minden Legion @ 1:00 p.m.

21

HHHS Balanced Fitness
Haliburton Legion OR Zoom (virtual) @ 10:00 a.m.
Seniors Stretch Class
AJ LaRue Arena @ 11:00 a.m.
Geneology for Seniors
Wilberforce Library @ 11:00 a.m.
Exercise Classes with Georgia
Wilberforce Legion @ 1:00 p.m.

22

HHHS Balanced Fitness
Minden Auditorium @ 9:30 & 11 a.m.
Historical Downtown Walking Tour
Haliburton Welcome Centre @ 2:00 p.m.

23

Breathwork Class
Minden Community Centre @ 10:00 a.m.
Chair Yoga with Ardith
Oxtongue Lake Comm. Ctr @ 10:30 a.m.
HHHS Balanced Fitness
Wilberforce Legion @ 10:30 a.m.
Live Music "Simply Befuddled"
Gardens of Haliburton @ 2:00 p.m.
Poetry with Patricia
Gardens of Haliburton @ 2:30 p.m.
Games and Cards
Minden Legion @ 7:00 p.m.

24

Senior Balance Fitness Class
Minden Community Centre @ 9:00 a.m.
HHHS Balanced Fitness
Minden Auditorium, 6 McPherson St.
@ 9:30 a.m. & 11:00 a.m.
Seniors Balance & Cardio Fitness Class
A.J. LaRue Arena @ 11:00 a.m.
Geneology for Seniors
Dorset Library @ 11:00 a.m.
Stanhope Library @ 1:30 p.m.

25

Board Games
Wilberforce Legion @ 2:30 p.m.

26

27

Games and Cards
Minden Legion @ 1:00 p.m.

28

Painting Class
Wilberforce Legion @ 10:00 a.m.

SALC Webinar: Senior Exercise & Importance of Healthy Moving
Webinar (via Zoom) @ 10:00 a.m.
HHHS Balanced Fitness
Zoom (virtual only) @ 10:00 a.m.
Seniors Stretch Class
AJ LaRue Arena @ 11:00 a.m.
Exercise Classes with Georgia
Wilberforce Legion @ 1:00 p.m.

29

HHHS Balanced Fitness
Minden Auditorium @ 9:30 & 11 a.m.

30





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).

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)

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

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. **Location:** Check calendar for library branch locations & times.

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. **Location:** Locations vary. Please check calendar for date, time and location. **Email:** hhggroup@gmail.com. No registration required.

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.

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. Fee: \$24/4 weeks or \$6/class. **Location:** Minden Community Centre Room 2, (55 Parkside St, Minden)

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. Pre-registration is not required, or go to haliburtonlibrary.ca/Programs-Events - (705)457-2241 **Location:** Dysart Library (78 Maple Ave, Haliburton)

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)

Wellness Clinic

Bringing 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. **Location:** Dorset Community Centre, 1051 Main Street, Dorset.

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.

Breathwork Class

Did you know that diaphragmatic breathing can help you with energy, clarity, 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 the techniques through demonstration and ongoing support during sessions. Questions are encouraged throughout. The instructor, Suzanne, has years experience instructing and teaching breathwork sessions. She is a Reiki master and also has taught Qigong healing sounds. Fee: \$30/5 weeks or \$6/class. **Location:** Minden Community Centre Room 2, 55 Parkside St, Minden

GAMES

Join Alyssa and play games at 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. **Location:** AJ LaRue Arena, 728 Mountain Street, Haliburton

Reading eBooks and eAudiobooks

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! **Location:** Dysart Library (78 Maple Avenue, Haliburton)

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. **Location:** Meet at Haliburton Welcome Centre, 7 York St, Haliburton. **To Register:** Please e-mail kbutler@haliburtonhighlandsmuseum.com.

Chair Yoga with Ardith

Classes are designed to work on improving balance and maintaining mobility, with the focus on breathing, body awareness, flexibility, and stress reduction. All skill levels are welcome. **Location:** Oxtongue Lake Community Centre (3971 ON-60 Dwight, ON P1H 2J6) **Phone:** 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Various Dates and Times

September 1, 8, 15, 22, 29 at 11:00 a.m.

September 1, 8, 15, 22, 29 at 1:00 p.m.

September 2, 3, 10, 15

September 2, 16, 17, 22 & 25

September 11, 18, 25 at 11:00 a.m.

September 11, 18 and 25 from 9:00 a.m. to 10:00 a.m.

September 12 from 2:00 p.m. to 3:00 p.m.

September 16 from 1:00 p.m. to 3:00 p.m.

September 16 from 2:00 p.m. to 4:00 p.m.

September 17 & 28 at 10:00 a.m.

September 17 and 24 from 10:00 a.m. to 11:00 a.m.

September 17 from 1:00 p.m. to 3:00 p.m.

September 18 at 1:30 p.m.

September 23 (Rain Date: September 24) at 2:00 p.m.

September 24 at 10:30 a.m.

Hike Haliburton Festival

The Hike Haliburton Festival will see over 40 hikes throughout the beautiful Haliburton Highlands. Hikers of all ages and abilities will come to take in the wonder of the Haliburton Highlands during Canada's largest hiking festival!

To learn more and to register, please visit:
[MyHaliburtonHighlands.com/hike-haliburton/](https://www.haliburtonhighlands.com/hike-haliburton/)



Webinars

Date: September 15, 2026. **Topic:** Preventing Falls, Safety Tips, and Community Paramedicine with Haliburton County Paramedic Services. **Description:** Join the Haliburton County Community Paramedicine team to learn about preventing falls and safety tips, and about what community paramedicine looks like in Haliburton County.

Date: September 29, 2026 **Topic:** Senior Exercise and Importance of Healthy Moving with HHHS. **Description:** In this presentation from HHHS, we will be discussing falls prevention, balance/strength/endurance, health benefits of fitness in seniors, chronic disease management, how to get started and overcoming barriers.

For more information and to register please visit:

<https://www.haliburtoncounty.ca/SALC>

No More Silent Battles

A community conversation about home-based dementia care. Documentary plus panel. Dr. Jenny Ingram, Gerontologist, Director. Jenn Johnstone, CEO, Alzheimer's Society. **Location:** Northern Lights Pavilion (Haliburton High School). Admission by donation.

HHHS Programs - FITNESS

- HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON Wednesdays @ 9:30am-10:30am and 11am-12pm. Also available on Zoom.
- HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden, ON Fridays @ 9:30am-10:30am and 11am-12pm. Also available on Zoom.
- HHHS Balanced Fitness at Haliburton Legion, 719 Mountain St., Haliburton, ON 2nd & 4th Tuesday at 10:00 a.m. - 11:00 a.m. / Zoom EVERY Tuesday

Note: Zoom Link available by Request.
Phone: 705-457-2941 x 2932 Email: bgraham@hhhs.ca

- HHHS Balanced Fitness at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON 2nd & 4th Thursday at 10:30am-11:30am

HHHS Programs - SOCIAL RECREATION PROGRAMMING

HHHS Social Recreation Drop-In at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce, ON. 2nd and 4th Thursday, 10:00am-1:00pm

Haliburton County Seniors Active Living Centre (SALC) Program

Welcome to the second 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!

SALC programming is available in Haliburton County, 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.