

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, October 1
Thursday, October 15
Thursday, October 29

Time:
1:00 p.m.

Location:
AJ LaRue Arena
728 Mountain St, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

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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:

October 1, 2026

October 15, 2026

October 22, 2026

October 29, 2026

Time:

10:00 a.m.

Location:

**Minden Community Centre-
Room 1**

55 Parkside St, Minden

For more information please visit: HaliburtonCounty.ca/SALC

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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
October 8th

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



OXTONGUE LAKE COMMUNITY CENTRE

ADVENTURE BEGINS HERE



Township of Algonquin Highlands

For more information and to register:

recreation@algonquinhighlands.ca

705-766-9968

www.algonquinhighlands.ca

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.

Haliburton County Community Resources Fair

A ONE-STOP EXPO FOR ID, SERVICES & SUPPORTS



DROP IN - NO APPOINTMENTS NEEDED



**WEDNESDAY,
OCTOBER 21, 2026**



10 A.M. - 3 P.M.



HALIBURTON LEGION

719 MOUNTAIN ST,
HALIBURTON

SERVICES INCLUDE:

Health Card Services & Photo ID
Social Insurance Number
CPP / OAS / GIS Pension
Hydro Help
Tax Filing
Employment Services
Career and Life Skills Development
Hepatitis C services

Community Support Services
Health & Mental Health Education
Sexual Health Resource / Navigation
OW/ODSP or Denied ODSP
Senior Supports & Program Info
Youth Services
Library Services
Energy Savings Information

SERVICE CANADA

ServiceOntario

**CANADA REVENUE AGENCY
(CRA)**

Kawartha Lakes Haliburton
Ontario Health Team

YWCA
PETERBOROUGH
HALIBURTON

HHH
HALIBURTON HIGHLANDS
HEALTH SERVICES

Kawartha Lakes
Jump In

COMMUNITY LIVING
Trent Highlands

Job QUEST
Opening Doors to Employment

AGING
TOGETHER
AS
COMMUNITY
HALIBURTON HIGHLANDS

IDCHC
DURHAM COMMUNITY HEALTH CENTRE
Our Health. Our Community. Our Durham.
Formerly known as Careo Community Health Centre

youth wellness
hubs
ONTARIO

carrefours
bien-être
pour les jeunes
DE L'ONTARIO



**john
howard
society**
of the
Kawarthas

HALIBURTON COUNTY
PARAMEDIC
SERVICE

PARN



**COMMUNITY
LEGAL CLINIC**
SIMCOE • HALIBURTON
KAWARTHA LAKES

envirocentre | Affordability

**CENTRAL
FOOD
NETWORK**

FLEMING
CREW Employment Centre

FLEMING
Skills On Demand
Work & Academic Upgrading

SIRCH
community
services

FUEL FOR WARMTH
Serving Haliburton County

**the
Road Ahead**
MOBILE WELLNESS CLINIC

FREE CLINIC TRANSPORTATION

FOR MORE INFO:

(705) 286-1333 X.256

OR CSWB@HALIBURTONCOUNTY.CA

WITH
SUPPORT
FROM

Haliburton
HIGHLANDS
COMMUNITY SAFETY AND WELL-BEING

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:
October 21, 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 

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DEMYSTIFY AI 101

This interactive session will explain what AI is, how it works, and where it's encountered in daily life. In this basic overview, participants will learn about the useful applications of AI, along with its downsides, including privacy concerns, and the creation of realistic looking but false content. Participants will leave with practical tips and an understanding of the role of AI in today's world. This session is aimed at those with limited tech knowledge. Registration required.



Registration Required

Date:
October 29, 2026

Time:
1:00 p.m. – 2:30 p.m.

Location:
Haliburton County Public Library-
Dysart Branch

For more information please visit: HaliburtonCounty.ca/SALC

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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, October 6, 2026
Tuesday, October 13, 2026
Tuesday, October 20, 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

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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

- | | |
|-------------------|---|
| October 7 | 12:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden)
3:30 p.m. at Dysart Branch (78 Maple Ave, Haliburton) |
| October 20 | 11:00 a.m. at Wilberforce Branch (1101 Holmes Road, Wilberforce) |
| October 21 | 12:30 p.m. at Dysart Branch (78 Maple Ave, Haliburton)
3:30 p.m. at Minden Branch (176 Bobcaygeon Road, Minden) |
| October 22 | 11:30 a.m. at Highland Grove Branch (5373 Loop Rd, Highlands East) |
| October 23 | 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

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HISTORY & MYSTERIES

Join the staff of the Haliburton Highlands Museum for a special one-hour walking tour filled with ghostly tales, along with stories of mysterious disappearances and unexplained happenings from our community's history!



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

Date:
October 28, 2026
(Rain Date: October 29)

Time:
2:00 p.m.

Location:
Haliburton Welcome Centre
7 York St, Haliburton

For more information please visit: HaliburtonCounty.ca/SALC

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MINDEN HILLS MUSEUM & HERITAGE VILLAGE GUIDED TOUR

Join us for a guided tour of the Heritage Village and explore Bowron House, the Cookhouse, Stanhope Schoolhouse, Bethel Church, and Sterling Bank.

Discover how early settlers in the Minden area lived, worked, learned, worshipped, and built their community through stories and artifacts from the past.



Date:

Tuesday, October 6

Time:

10:00 a.m.

Location:

Minden Hills Heritage Village

176 Bobcaygeon Rd, Minden

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

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NEEDLE FELTING: TURKEYS

Create your own colourful needle-felted turkey in this fun, hands-on fall program! Learn basic needle felting techniques while making a festive decoration to take home.

No experience is necessary.
Registration is required.



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



Date: **October 1st, 2026**

Time: **2:00 p.m. to 3:30 p.m.**

Haliburton County Public Library:
Dysart Branch



Date: **October 7th, 2026**

Time: **2:00 p.m. to 3:30 p.m.**

Haliburton County Public Library:
Minden Branch



Date: **October 8th, 2026**

Time: **2:00 p.m. to 3:30 p.m.**

Haliburton County Public Library:
Cardiff Branch



Date: **October 21st, 2026**

Time: **1:00 p.m. to 2:30 p.m.**

Haliburton County Public Library:
Stanhope Branch



Date: **October 30th, 2026**

Time: **1:00 p.m. to 2:30 p.m.**

Haliburton County Public Library:
Dorset Branch

For more information please visit: HaliburtonCounty.ca/SALC

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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:

October 5, 2026
October 15, 2026
October 26, 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

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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:

Monday, October 5
Monday, October 19
Monday, October 26

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

Location:

Haliburton Legion
719 Mountain Street
Haliburton, ON

☎ 705-457-2571

For more information please visit: HaliburtonCounty.ca/SALC

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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

Date:
October 2, 2026

Time:
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

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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, October 6
Tuesday, October 13
Tuesday, October 20

Time: 11:00am

Location:

AJ LaRue Arena
728 Mountain Street, Haliburton

Register Today:

www.dysartetal.ca/salc

For more information please visit: HaliburtonCounty.ca/SALC

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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

October 6, 2026

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

October 7, 2026

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

October 15, 2026

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

October 16, 2026

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

For more information please visit: HaliburtonCounty.ca/SALC

the Stories Within...

every life has stories worth telling

Free Event!

Register by Sept 27th with Zeffy



agingtogetherhc@gmail.com
or call 905-717-5334

...start telling yours

**Sunday October 4, 2026
10AM-4PM**

(attend part or all of the day)

Haliburton Legion



10 - 12 : Movie: "Silver Screammers" with Introduction and Q&A with director Sean Cisterna

12 - 1 : LUNCH - Time for more questions for the director and time to circulate, chat, share ideas, and continue conversations

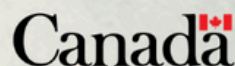
1 - 1:20 : Talk "The Power of Storytelling"

1:20 - 3:45 : Interactive Workshops ** no storytelling experience required **

3:45 - 4:00 : LEAP (Lived Experience Advisory Partnership Committee) Recruitment Presentation with Christine Keenan, KLHOHT



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



FREE ONLINE INFORMATION SESSION

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

WINTER DRIVING

Safe winter driving practices to keep in control of our vehicle



- How to prepare our vehicle?
- How to prepare ourselves for winter driving?
- Safe winter driving practices to keep in control of our vehicle.
- What to expect from winter road maintenance?

Date: **October 20, 2026**

Time: **10:00 a.m. to 11:00 a.m.**

In Partnership with the Ministry of
Transportation of Ontario (MTO)

**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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FREE ONLINE INFORMATION SESSION

Join us for a free Haliburton County
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2026 SALC WEBINARS

Sign up for an
upcoming webinar :

DATE

TOPIC

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!

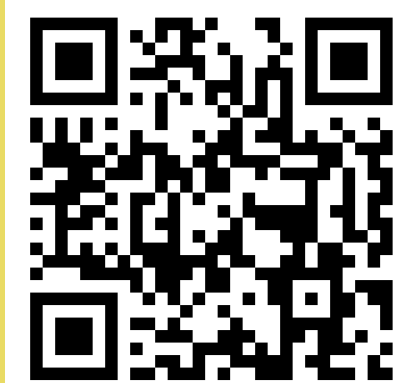
Your Voice Matters.
Help Us Make Our SALC Events Even better!

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