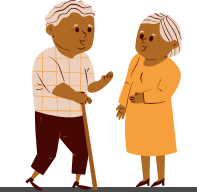




October



Haliburton
HIGHLANDS
Seniors Active Living Centre
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Breathwork Class Minden Comm. Ctr @ 10:00 a.m. 1 Board Games and Cards A.J. LaRue Arena @ 1:00 p.m. SALC Needle Felting: Turkeys! Dysart Library @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	Senior Balance Fitness Class 2 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.	Board Games Wilberforce Legion @ 2:30 p.m.
4 ATAC and TOM present The Stories Within Haliburton Legion 10:00 a.m.	5 Painting Class Wilberforce Legion @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. QiGong with Kelly Haliburton Legion @ 2:00 p.m.	6 HHHS Balanced Fitness Zoom (virtual only)@10:00 a.m. Minden Hills Museum & Heritage Village Guided Tour Minden Hills Museum @ 10:00 a.m. Senior Skate and Social A.J. LaRue Arena @ 11:00 a.m. Seniors Stretch Class AJ LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m. Tech Help Walk-in-Clinic Wilberforce Library @ 1:00 p.m.	7 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Chair Yoga with Lorrie Gardens of Haliburton @ 9:45 a.m. Genealogy for Seniors Minden Library @ 12:30 p.m. Dysart Library @ 3:30 p.m. Tech Help Walk-in-Clinic Dysart Library @ 1:00 p.m. SALC Needle Felting: Turkeys! Minden Hills Library @ 2:00 p.m.	8 HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Chair Yoga Oxtongue Lake Community Centre @10:30 a.m. SALC Needle Felting: Turkeys! Cardiff Library @ 2:00 p.m. Mindful Movement for Vitality Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	9 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.	10 Board Games Wilberforce Legion @ 2:30 p.m.
11	12 	13 HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. Seniors Stretch Class AJ LaRue Arena @ 11:00 a.m. Senior Skate and Social A.J. LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	14 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Genealogy for Seniors Dysart Library @ 12:30 p.m. Minden Library @ 3:30 p.m.	15 Painting Class Wilberforce Legion @ 10:00 a.m. Breathwork Class Minden Community Ctr @ 10:00 a.m. Board Games and Cards A.J. LaRue Arena @ 1:00 p.m. Tech Help Walk-in-Clinic Minden Library @ 2:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	16 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. Tech Help Walk-in-Clinic Stanhope Library @ 1:00 p.m.	17 Board Games Wilberforce Legion @ 2:30 p.m.
18 	19 Games and Cards Minden Legion @ 1:00 p.m. QiGong with Kelly Haliburton Legion @ 2:00 p.m.	20 HHHS Balanced Fitness Zoom (virtual only) @ 10:00 a.m. SALC Webinar: Winter Driving Webinar (via Zoom) @ 10:00 a.m. Senior Skate and Social A.J. LaRue Arena @ 11:00 a.m. Genealogy for Seniors Wilberforce Library @ 11:00 a.m. Seniors Stretch Class AJ LaRue Arena @ 11:00 a.m. Exercise Classes with Georgia Wilberforce Legion @ 1:00 p.m.	21 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. Community Resources Fair Haliburton Legion @ 10:00 a.m. Your Voice, Your Choice: Advance Care Planning Clinic Minden Auditorium @ 12:30 p.m. Genealogy for Seniors Dysart Library @ 12:30 p.m. Minden Library @ 3:30 p.m. SALC Needle Felting: Turkeys! Stanhope Library @ 1:00 p.m. Crafternoon Stanhope Library @ 1:00 p.m. SongBird Sound Session Gardens of Haliburton @ 2:30 p.m.	22 HHHS Social Recreation Drop-In Wilberforce Legion @ 10:00 a.m. Breathwork Class Minden Community Ctr @ 10:00 a.m. HHHS Balanced Fitness Wilberforce Legion @ 10:30 a.m. Genealogy for Seniors Highland Grove Library @ 11:30 a.m. Mindful Movement for Vitality Stanhope Firefighters Community Hall @ 2:30 p.m. Games and Cards Minden Legion @ 7:00 p.m.	23 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. Genealogy for Seniors Dorset Library @ 11:00 a.m. Stanhope Library @ 1:30 p.m. Pumpkins & Porch Lights Open House Gardens of Haliburton @ 1:30 p.m. to 6:30pm Live music at 2:30 p.m.	24 Board Games Wilberforce Legion @ 2:30 p.m.
25	26 Painting Class Wilberforce Legion @ 10:00 a.m. Games and Cards Minden Legion @ 1:00 p.m. QiGong with Kelly Haliburton Legion @ 2:00 p.m.	27 HHHS Balanced Fitness Haliburton Legion OR Zoom (virtual) @ 10:00 a.m. Senior Skate and Social A.J. LaRue Arena @ 11:00 a.m.	28 HHHS Balanced Fitness Minden Auditorium @ 9:30 & 11 a.m. History and Mysteries Haliburton Welcome Centre @ 2:00 p.m. A Spooktacular High Tea Gardens of Haliburton @ 2:30 p.m.	29 Breathwork Class Minden Community Ctr @ 10:00 a.m. Board Games and Cards A.J. LaRue Arena @ 1:00 p.m. Demystify AI 101 Dysart Library @ 1:00 p.m. Games and Cards Minden Legion @ 7:00 p.m.	30 HHHS Balanced Fitness Minden Auditorium, 6 McPherson St. @ 9:30 a.m. & 11:00 a.m. SALC Needle Felting: Turkeys! Dorset Library @ 1:00 p.m.	31  Halloween Bash & Trunk or Treat Gardens of Haliburton @ 6:45 p.m.

October 		 haliburtoncounty.ca/SALC  SALC@haliburtoncounty.ca		 705-286-1333 x.256 (general info)			
SALC 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 necessary. Location: Haliburton County Public Library – Various Branches (See calendar for specific location & times). Registration Required: www.haliburtonlibrary.ca/Programs-Events or call 705-457-2241 to register.				October 1, 7, 8, 21, 30			
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? Participants will be introduced to diaphragmatic breathing, supported to learn the techniques through demonstration and ongoing support during sessions. Questions are encouraged throughout. Fee: \$30/5 weeks or \$6/class. Location: Minden Community Ctr Rm 1 (55 Parkside St, Minden). To Register: mindenhills.ca/recreation, 705-286-1936				October 1, 15, 22 & 29 at 10:00 a.m.			
Board Games & 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 you must be able to walk up two flights of stairs to access the auditorium. Location: AJ LaRue Arena, 728 Mountain Street, Haliburton				October 1, 15 & 29 from 1:00 p.m. to 3:00 p.m.			
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 Ctr Rm 1 (55 Parkside St, Minden). To Register: mindenhills.ca/recreation, 705-286-1936				October 2 at 9:00 a.m.			
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. To Register: Please register at www.dysartetal.ca or call 705-457-1740 x.635.				October 2, 9, 16 & 23 at 11:00 a.m.			
The Stories Within The Stories Within: every life has stories worth telling...start telling yours! Free event! Attend ALL or part of the day. Lunch provided if attending the afternoon workshops. 10am-12pm: Movie “Silver Screammers” with Introduction and Q&A with Director Sean Cisterna. 12pm-1pm: Lunch- time for more questions for the Director and time to chat and share ideas. 1pm-1:20pm: Talk “The Power of Storytelling”. 1:20pm-3:45pm: Interactive Workshops *no storytelling experience required*. 3:45pm-4pm: LEAP (Lived Experience Advisory Partnership Committee) Recruitment Presentation with Christine Keenan, KLHOHT. Register by September 27 using the link on our website – agingtogether.ca or call 905-717-5334. Location: Haliburton Legion (719 Mountain St, Haliburton)				October 4 from 10:00 a.m. to 4:00 p.m.			
QiGong for Seniors Join us at the Haliburton Legion for QiGong for Seniors. Many health benefits including reducing stress, anxiety, and depression, improving balance, strength, flexibility & sleep quality and increasing circulation and mental clarity. Location: Haliburton Legion Branch 129 (719 Mountain St., Haliburton, ON)				October 5, 19 & 26 at 2:00 p.m.			
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. 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. Phone: 705-448-2221.				October 5, 15 & 26 at 10:00 a.m.			
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 in the past. Location: Minden Hills Heritage Village (176 Bobcaygeon Rd, Minden)				October 6 at 10:00 a.m.			
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 a.m.–11:50 a.m. take the opportunity to learn and increase your confidence on the ice. Helmets avilable for loan along with elbow pads, knee pads, and skate aids for anyone wishing to use them. Following your skate, head across the road to the Legion Branch 129 for a light lunch and social time. Pre-registration is required. To be included in the lunch, you must register by noon on the Thursday prior to the program. To Register: visit www.dysartetal.ca/seniorskate or call 705-457-1740x635. Location: A.J. LaRue Arena (728 Mountain Street, Haliburton)				October 6, 13, 20 & 27 from 11:00 a.m. to 1:00 p.m.			
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				October 6, 13 & 20 at 1:00 p.m.			
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)				October 6, 13 & 20 at 11:00 a.m.			
Chair Yoga 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.) To Register: Visit www.algonquinhighlands.ca or call 705-766-9968 Email: recreation@algonquinhighlands.ca				October 8 at 10:30 a.m.			
Mindful Movement for Vitality Move with confidence and ease. This gentle yoga-inspired flow blends strength, balance, and flexibility in a way that supports activities you love; from climbing stairs to paddling the lake. Accessible, energizing, and designed with 55+ in mind. Bring a yoga mat and refillable water bottle. Location: Stanhope Firefighters Community Hall (1123 North Shore Rd, Algonquin Highlands) To Register: Visit www.algonquinhighlands.ca or call 705-766-9968. Email: recreation@algonquinhighlands.ca				October 8 & 22 at 2:30 p.m.			
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)				October 21 from 1:00 p.m. to 3:00 p.m.			
History and 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-emailing kbutler@haliburtonhighlandsmuseum.com Location: Meet at the Haliburton Welcome Centre (7 York St. Haliburton)				October 28 at 2:00 p.m. (Rain Date: October 29 at 2:00 p.m.)			
Webinars October 20 at 10am Date: October 20, 2026. Topic: Winter Driving with the Ministry of Transportation. Description: Winter Driving: 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. For more information and to register please visit: https://www.haliburtoncounty.ca/SALC							
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.		October 7, 20, 21, 22, 23					
Your Voice, Your Choice: Advance Care Planning Clinic October 21 from 12:30 p.m. to 2:30 p.m. Come learn about substitute decision making/power of attorney, disucssing values, beliefs, worries and fears with your loved ones and communicating wishes with your primary care provider. Light lunch will be provided. Registration required. Please contact Beth Archibald at 705-457-1392 ext. 2930 or barchibald@hhhs.ca to register by October 14th. Location: Minden Auditorium (6 McPherson St, Minden)							
Demystify AI 101 This interactive session will explain what AI is, how it works, and where it’s encountered in daily life. You will learn about the useful applications of AI, along with it’s downsides. Registration is required. Location: Dysart Library (78 Maple Ave, Haliburton)		October 29 at 1:00 p.m.					
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).		Various Dates and Times					
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!							
Ontario 		Funding for this program has been provided by the Ministry for Seniors and Accessibility.					