November



Haliburton HIGHLANDS
Seniors Active Living Centre
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Cardiff Legion Breakfast** Cardiff Legion @ 9:00 a.m.	2 **Games and Cards** Minden Legion @ 1 p.m. **QiGong with Kelly** Haliburton Legion @ 2:00 p.m.	3 **HHHS Balanced Fitness** Haliburton Legion OR Microsoft Teams(virtual)@10:00 a.m. **SALC Webinar:** **Diabetes Education & Healthy Food** Webinar (via Zoom) @ 10:00 a.m. **Senior Skate and Social** A.J. LaRue Arena @ 11:00 a.m. **Euchre** Cardiff Legion @ 7:00 p.m.	4 **Chair Yoga with Lorrie** Gardens of Haliburton @ 9:45 a.m. **HHHS Balanced Fitness** Minden Aud. OR Microsoft Teams @9:30 a.m. & 11:00 a.m. **Geneology for Seniors** Dysart Library @ 12:30 p.m. **Tech Help Walk-in-Clinic** Wilberforce Library @ 1:00 p.m.	5 **Breathwork Class** Minden Comm. Ctr @ 10a.m. **Tech Help Walk-in-Clinic** Dysart Library @ 11:00 a.m. **SALC Needle Felting: Coasters** Dysart Library @ 2:00 p.m. **Games and Cards** Minden Legion @ 7:00 p.m. **Shuffleboard** Cardiff Legion @ 7:00 p.m.	6 **HHHS Balanced Fitness** Minden Aud. 6 McPherson St. OR Microsoft Teams (virtual) @ 9:30 a.m. **Seniors Active Living Fair** Haliburton Legion @ 10:00 a.m. to 2:00 p.m. **American Mahjong** Harcourt Community Centre @ 1:00 p.m. to 3:30 p.m.	7 **Board Games** Wilberforce Legion @ 2:30 p.m.
8 **Euchre** Cardiff Legion @ 12:30 p.m. 	9 **Games and Cards** Minden Legion @ 1:00 p.m. **QiGong with Kelly** Haliburton Legion @ 2:00 p.m.	10 **HHHS Balanced Fitness** Haliburton Legion OR Microsoft Teams(virtual)@10:00 a.m. **Senior Skate and Social** A.J. LaRue Arena @ 11:00 a.m. **Falls Prevention** Minden Community Centre @ 1:30 p.m. - 2:30 p.m. **Cooking Class** SIRCH Bistro & Bakery @ 3:00 p.m. to 4:30 p.m. **Euchre** Cardiff Legion @ 7:00 p.m.	11 **HHHS Balanced Fitness** Minden Aud. OR Microsoft Teams @9:30 a.m. & 11:00 a.m. **Fall Planters & Wreath Making** Abbey Gardens @ 1:00 p.m. to 2:30 p.m. 	12 **Breathwork Class** Minden Comm. Ctr @ 10a.m. **Chair Yoga** Oxtongue Lake Comm. Ctr @10:30a.m. **HHHS Balanced Fitness** Wilberforce Legion @ 11:00 a.m. **Board Games and Cards** A.J. LaRue Arena @ 1:00 p.m. **Falls Prevention** Minden Community Ctr @ 1:30 p.m. **Mindful Movement for Vitality** Stanhope Firefighters Hall @ 2:30 p.m. **Games and Cards** Minden Legion @ 7:00 p.m. **Shuffleboard** Cardiff Legion @ 7:00 p.m.	13 **HHHS Balanced Fitness** Minden Aud. 6 McPherson St. OR Microsoft Teams (virtual) @ 9:30 a.m. **SALC Needle Felting: Coasters** Wilberforce Library @ 11:00 a.m. **American Mahjong** Harcourt Community Centre @ 1:00 p.m. to 3:30 p.m.	14 **The Garden Gathering:** **A Gardening Discussion** Dysart Library @ 1:00 p.m. **Board Games** Wilberforce Legion @ 2:30 p.m.
15 	16 **Games and Cards** Minden Legion @ 1:00 p.m. **Painting Class** Wilberforce Legion @ 10:00 a.m.	17 **HHHS Balanced Fitness** Haliburton Legion OR Microsoft Teams(virtual)@10:00 a.m. **SALC Webinar:** **Benefits of Volunteering** Webinar (via Zoom) @ 10:00 a.m. **Geneology for Seniors** Wilberforce Library @ 11:00 a.m. **Senior Skate and Social** A.J. LaRue Arena @ 11:00 a.m. **Falls Prevention** Minden Community Ctr @ 1:30 p.m. **Euchre** Cardiff Legion @ 7:00 p.m.	18 **HHHS Balanced Fitness** Minden Aud. OR Microsoft Teams @9:30 a.m. & 11:00 a.m. **Crafternoon Drop-In** Stanhope Library @ 1:00 p.m. **Geneology for Seniors** Dysart Library @ 12:30 p.m.	19 **Wellness Clinic** Cardiff Community Centre @ 11 a.m. to 2 p.m. **Geneology for Seniors** Highland Grove Library @ 11:30 a.m. **Falls Prevention** Minden Community Ctr @ 1:30 p.m. **Poetry with Patricia** Gardens of Haliburton @ 2:30 p.m. **Games and Cards** Minden Legion @ 7:00 p.m. **Shuffleboard** Cardiff Legion @ 7:00 p.m.	20 **HHHS Balanced Fitness** Minden Aud. 6 McPherson St. OR Microsoft Teams (virtual) @ 9:30 a.m. **Geneology for Seniors** Dorset Library @ 11:00 a.m. Stanhope Library @ 1:30 p.m. **SALC Needle Felting: Coasters** Dorset Library @ 1:00 p.m. **American Mahjong** Harcourt Community Centre @ 1:00 p.m. to 3:30 p.m. **Santa Claus Parade** Haliburton Village @ 6:30 p.m.	21 **Santa Claus Parade** Downtown Minden @ 11:00 a.m. **Music Jam Session** Cardiff Legion @ 1:00 p.m. **Board Games** Wilberforce Legion @ 2:30 p.m.
22	23 **Games and Cards** Minden Legion @ 1:00 p.m. **QiGong with Kelly** Haliburton Legion @ 2:00 p.m.	24 **HHHS Balanced Fitness** Haliburton Legion OR Microsoft Teams(virtual)@10:00 a.m. **Senior Skate and Social** A.J. LaRue Arena @ 11:00 a.m. **Falls Prevention** Minden Community Ctr @ 1:30 p.m. **Cooking Class** SIRCH Bistro & Bakery @ 3:00 p.m. to 4:30 p.m. **Euchre** Cardiff Legion @ 7:00 p.m.	25 **HHHS Balanced Fitness** Minden Aud. OR Microsoft Teams @9:30 a.m. & 11:00 a.m.	26 **Breathwork Class** Minden Comm. Ctr @ 10 a.m. **Chair Yoga** Oxtongue Lake Comm. Ctr @10:30a.m. **HHHS Balanced Fitness** Wilberforce Legion @ 11:00 a.m. **Board Games and Cards** A.J. LaRue Arena @ 1:00 p.m. **Falls Prevention** Minden Community Ctr @ 1:30 p.m. **Mindful Movement for Vitality** Stanhope Firefighters Hall @ 2:30 p.m. **Games and Cards** Minden Legion @ 7:00 p.m. **Shuffleboard** Cardiff Legion @ 7:00 p.m.	27 **HHHS Balanced Fitness** Minden Aud. 6 McPherson St. OR Microsoft Teams (virtual) @ 9:30 a.m. **Tech Help Walk-in-Clinic** Stanhope Library @ 12:00 p.m. **American Mahjong** Harcourt Community Centre @ 1:00 p.m. to 3:30 p.m.	28 **Gardens of Haliburton** **Christmas Bazaar** Gardens of Haliburton @ 11:00 a.m. **Board Games** Wilberforce Legion @ 2:30 p.m. 
29	30 **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.					

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

November

For more information: haliburtoncounty.ca/SALC SALC@haliburtoncounty.ca 705-286-1333 x.256 (general info)

Haliburton HIGHLANDS Seniors Active Living Centre 2026

Falls Prevention Program — **Various Dates and Times (See Calendar)**
Pre-registration and intake assessment required. 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. **Location:** Minden Community Ctr Rm 2 (55 Parkside St, Minden). **Registration Required:** Please call 1-855-285-2944 or 705-457-1392 ext. 226. No registration fee.

QiGong for Seniors — **November 2, 9, 23 & 30 at 2:00 p.m.**
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:** Remembrance Hall - Haliburton Legion Branch 129 (719 Mountain St., Haliburton, ON)

Senior Skate and Social — **November 3, 10, 17 & 24 from 11:00 a.m. to 1:00 p.m.**
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)

Tech Help Walk-In Clinic — **November 3, 4 & 27**
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 — **November 4, 17, 18, 19 & 20**
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.

Breathwork Class — **November 5, 12 & 26 at 10:00 a.m.**
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

SALC Needle Felting: Coasters — **November 5, 13 & 20**
Get creative with needle felting! Join us at Haliburton County Public Library to create your own unique felted coaster using colourful wool and simple needle felting techniques. No experience necessary and all materials will be provided.
Location: Locations vary. Please check calendar for date, time and location. **Email:** hhggroup@gmail.com. Registration is required.

American Mahjong — **November 6, 13, 20 & 27 from 1:00 p.m. to 3:30 p.m.**
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.. **Location:** Harcourt Community Centre (Midway St. Harcourt, Ontario) No registration required.

Cooking Class — **November 10 & 24 at 3:00 p.m.**
Join us for a fun, hands-on cooking series designed just for seniors! Class #1: Back to basics-Knife Skills & Kitchen Confidence. Class #2: The Freezer is your Friend. Space is limited to 10 participants per class. **Location:** Sirch Bakery and Bistro (49 Maple Ave, Haliburton).
To Register: Register ahead of time for one or all classes by emailing joanne_paquin@sirch.on.ca

Fall Planters & Wreath Making — **November 11 from 1:00 p.m. to 2:30 p.m.**
Celebrate the holidays with a hands-on workshop creating seasonal planters and beautiful wreaths using colours, textures, and natural materials inspired by nature. Take home your own creations to enjoy or share. **Location:** Abbey Gardens (1012 Garden Gate Drive, Haliburton) **To Register:** Please visit abbeygardens.ca

Mindful Movement for Vitality — **November 12 & 26 at 2:30 p.m.**
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:** Stanhope Firefighters Community Hall (1095 North Shore Road, Algonquin Highlands)
Register: Visit www.algonquinhighlands.ca or call 705-766-9968 **Email:** recreation@algonquinhighlands.ca

Chair Yoga — **November 12 & 26 at 10:30 a.m.**
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:** Oxtongue Lake Community Centre (3971 ON-60, Dwight) **To Register:** Visit www.algonquinhighlands.ca or call 705-766-9968. **Email:** recreation@algonquinhighlands.ca

Board Games & Cards — **November 12 & 26 from 1:00 p.m. to 3:00 p.m.**
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

The Garden Gathering: A Gardening Discussion — **November 14 at 1:00 p.m.**
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 gardening enthusiasts. All experience levels welcome!
Location: Dysart Library (78 Maple Ave, Haliburton). Registration is required.

Painting Class — **November 16 & 30 at 10:00 a.m.**
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.

Crafternoon Drop-In — **November 18 from 1:00 p.m. to 3:00 p.m.**
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 — **November 19 from 11:00 a.m. to 2:00 p.m.**
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: Cardiff Community Centre, 2747 Monck Rd., Cardiff.

SALC Webinars — **November 3 & 17**

Date: November 3, 2026 at 10:00 a.m.
Topic: Diabetes Education & Healthy Foods with Haliburton Highlands Health Services.

Date: November 17, 2026 at 10:00 a.m.
Topic: Benefits of Volunteering with Haliburton Highlands Health Services.

To Register please visit: https://www.HaliburtonCounty.ca/SALC

Seniors Active Living Fair — **November 6 from 10:00 a.m. to 2:00 p.m.**
Join us for a day dedicated to active and healthy living! 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. Free Event. Registration required. **Location:** Haliburton Legion (719 Mountain St, Haliburton).

To Register: Email SALC@haliburtoncounty.ca OR call 705-286-1333 x 243
OR visit www.haliburtoncounty.ca/SALC

Games & Cards / Board Games — **Various Dates and Times**
Come hang out with friends, bring a neighbour, or meet someone new!
Simply drop in! Board game events take place at:

- **Minden Legion** (12847 Hwy 35, Minden, 705-286-4541);
- **Harcourt Community Centre** (1032 Midway Street, Harcourt, 705-457-1740 x.635);
- **Haliburton Legion** (719 Mountain Street, Haliburton, 705-457-2571); and
- **Wilberforce Legion** (1007 Burleigh Road, Wilberforce, 705-448-2221).

HHHS Programs - FITNESS

- HHHS Balanced Fitness at Minden Auditorium, 6 McPherson St. Minden.
  Wednesdays @ 9:30 a.m. & 11:00 a.m. / Fridays @ 9:30 a.m.
  Also available on Microsoft Teams.
- HHHS Balanced Fitness at Haliburton Legion, 719 Mountain St., Haliburton.
  Tuesdays at 10:00 a.m. Also available on Microsoft Teams.
  Note: Microsoft Teams link available by request.
  Phone: 705-457-2941 x 2932 Email: bgraham@hhhs.ca
- HHHS Balanced Fitness at Wilberforce Legion, 1007 Burleigh Rd., Wilberforce.
  2nd & 4th Thursday at 11:00am-12:00pm

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

Active Social Senior. Minden Auditorium. 6 McPherson St. Minden. Every Wednesday, at 9:30 a.m. and 11:00 a.m.

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.