

**Making the most
of your life
through active
living...**

**We provide multiple
activities for our clients,
designed specifically to
promote ongoing mental
& physical wellness.**

**We proudly support
Adults with disabilities
(18+) and Seniors (55+).**

**Our goal is to support
each of our clients to
maintain a healthy ,
active & socially
connected quality of life.**

Haliburton Highlands Health Services
Community Support Services
7185 Gelert Rd, PO Box 956
Haliburton , ON
K0M 1S0
www.hhhs.ca
Phone: 705 457 2941 ext 2922
Fax: 705 457 5077

Social Recreation Activities

- Balanced Fitness
 - Chair Yoga*
 - Chair Fitness*
 - Supported Exercise*
- Contract Bridge
- Cribbage
- Falls Prevention Program
- Need to Know Education Series
 - Spring/Fall*
- Yoga
- Wii Bowling



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Social Recreation Community Support Services



Making Community Matter



Haliburton Highlands Health Services
www.hhhs.ca

Tel: 705 457 2941



How do I sign up?

- Community Support Services
@ 705-457-2941 or
1-855-285-2944 ext. 2922
- Call our Community Outreach
Coordinator to discuss the
activities you are interested in
and how to sign up for a
location & activity nearest you

The benefits of Social Recreation...

Social Recreation activities are a must to living a longer, independent and healthier life! Connecting with others and being a part of your community can help you live longer, feel better, think a little more clearly and have more energy.

What else do I need to know?

- Activities are offered in
Minden, Haliburton &
Wilberforce
- Diner's Club \$12.00
- Yoga \$10.00
- All other programs are free



How we make a difference...

"I can't imagine our life without the Diner's Clubs. Each month my wife and I look forward to attending the 6 community lunches, where we get to visit with friends and enjoy a lovely meal. It keeps us connected and gives us something to look forward to each week!"

**Improve your health & wellness and live the
best life possible, by participating in our Social Recreation programs today.**

705-457-2941 *call to receive our calendar or *Balanced Fitness Schedule*