

Wednesday, February 4, 2026

Mindfulness Meditation - Session 3

Date and Time: Wednesday, February 4 1:00 pm - 2:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 4-week program invites Caledon residents 55+ to explore the benefits of mindfulness meditation.

These guided sessions focus on helping seniors manage stress, reduce anxiety, and navigate emotions, while building resilience and promoting overall mental clarity. Each week, participants will learn practical strategies they can use in everyday life to enhance their wellbeing.

Please note that the sessions are duplicate, please register for only one, 4-week session that works for you.

Session 3 - Wednesdays, February 4 - 25, 2026 | 1 - 2:30 p.m. | Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

Thursday, February 5, 2026

CSC - Lunch & Learn

Date and Time: Thursday, February 5 11:00 am - 1:00 pm

Address: 7 Rotarian Way, Bolton, ON L7E 1Y2

The Caledon Seniors Centre at Rotary Place in Bolton is hosting a Lunch & Learn on Thursday, February 5 at 11:00 am.

Topic: Understanding Joint Pain

Presenter: Shirley Brennan, Self Management Program

What you will learn:

- what are the different kinds of arthritis
- what to do to manage arthritis
- interesting facts about back pain
- when to seek professional help
- treatments that work and don't work

A sandwich and dessert lunch will follow the presentation.

Cost: \$7

Pre-registration is required. Call the Centre at 905-951-6114.

Friday, February 6, 2026

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, February 6 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

Join us for a **FREE** breakfast, connect with fellow older adults, and enjoy a welcoming space where you can make new friends, share stories, and build community.

Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

Registration is required. [Click Here to Register](#)

Session 1: Runs weekly from January 9, 2026 until March 13, 2026 - Registration opens on December 1, 2025 and is required by January 2, 2026.

****Please note that you must register for each individual breakfast you would like to attend.****

This initiative is funded in part by the Government of Canada's New Horizons for Seniors Program.

Saturday, February 7, 2026

The African Inventors and Icons Exhibition

Date and Time: Saturday, February 7 10:00 am - 4:00 pm

Address: 12087 Bramalea Rd, Caledon East, ON L7C 2P9

The African Inventors and Icons Exhibition

This interactive mobile exhibition, hosted by the Canadian Multicultural Inventors Museum (CMIM) teaches visitors about the contributions Africans have made throughout history. The exhibit showcases innovators of African descent from Europe, the United Kingdom, Africa, the Caribbean, North America, Central America and South America, and Oceania.

More details can be found on the [CMIM website](#).

Exhibit Schedule

Exhibit hours are 10 a.m. – 4 p.m. for all dates:

- February 7: Mayfield Recreation Complex
- February 16: Caledon East Community Complex (Family Day)

- February 21: Southfields Community Centre
- February 28: Caledon Centre for Recreation and Wellness

CSC - Bridge Tournament & Bid Euchre Tournament

Date and Time: Saturday, February 7 11:30 am - 4:00 pm

Address: 7 Rotarian Way, Bolton, ON L7E 1Y2

The Caledon Seniors Centre is hosting a Bridge Tournament and Bid Euchre Tournament & Lunch on Saturday, February 7, 2026 at Rotary Place in Bolton.

Check-in at 11:30 am, lunch served at 12:00 pm and tournaments start at 1:00 pm.

The lunch menu is stuffed chicken, scallop potatoes, mixed vegetables, bun and lemon meringue pie.

Costs: lunch only \$16, Tournament only \$15 or Tournament and Lunch \$20. There will be prizes, door prizes and much more!

Pre-registration is required by Thursday, February 5 at 3:30 pm.

Call the Centre at 905-951-6114 to register and buy your tickets!

Wednesday, February 11, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Wednesday, February 11 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

Warm your feet and your heart. Join us for “Echoes of the Heart.”

Echoes of the Heart is Headwaters Arts' second themed member art show of 2026, celebrating love. The over twenty-five artworks on exhibit express the artist's interpretation that love comes in all forms, and Art comes in all forms.

The art show and sale features artwork by 14 local artists in a variety of mediums, including acrylic, watercolor and oil, clay, wood and textiles.

Meet the artists at the official Opening Reception to be held on Saturday, February 14, 2026, from 1-3 pm at the Headwaters Gallery in the Alton Mill Arts Centre, Alton, Ontario.

Come and see wonderful works of art by our local participating member artists who include: Bhavna Bhatnagar – Mississauga; Bill Carroll – Orangeville; Emilia Perri – Orangeville; Kevin Ellis – Mono; Lori Konger – Etobicoke; Lucy Kristan – Caledon East; Lynn Gilbank – Mono; Mina Zare – Mono; Marjorie Gegear – Guelph; Nahid Azari – Orangeville; Natalie Rose – Mono; Stuart Curtis – Shelburne; Pat Hertzberg – Caledon and Suzanne Walsh – Etobicoke.

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Session 3 - Wednesdays, February 4 - 25, 2026 | 1 - 2:30 p.m. | Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

Thursday, February 12, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Thursday, February 12 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

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Friday, February 13, 2026

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, February 13 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

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Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

Registration is required. [Click Here to Register](#)

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Echoes of the Heart at Headwater Arts

Date and Time: Friday, February 13 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

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Saturday, February 14, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Saturday, February 14 10:00 am - 5:00 pm

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Sunday, February 15, 2026

Echoes of the Heart at Headwater Arts

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Monday, February 16, 2026

Black History Month Exhibit

Date and Time: Monday, February 16 11:00 am - 4:00 pm

Address: 6315 Old Church Rd

The African Inventors and Icons Exhibition

This interactive mobile exhibition, hosted by the Canadian Multicultural Inventors Museum (CMIM) teaches visitors about the contributions Africans have made throughout history. The exhibit showcases innovators of African descent from Europe, the United Kingdom, Africa, the Caribbean, North America, Central America and South America, and Oceania.

More details can be found on the [CMIM website](#).

Exhibit Schedule

Exhibit hours are 10 a.m. – 4 p.m. for all dates:

- February 7: Mayfield Recreation Complex
- February 16: Caledon East Community Complex (Family Day)
- February 21: Southfields Community Centre
- February 28: Caledon Centre for Recreation and Wellness

Generations in the Kitchen

Date and Time: Monday, February 16 11:00 am - 1:00 pm

Address: 6311 Old Church Road

Generations in the Kitchen

Calling all older adults in Caledon! Bring a special young person in your life and enjoy an afternoon of cooking, baking, and decorating. Together you'll learn, laugh, and connect across generations.

Sessions, unless otherwise indicated, will take place at Town Hall in the Cafe (6311 Old Church Road), Registration is Required.

- **Tuesday, July 29, 2025 from 1 p.m. to 3 p.m.** | Registration opens on May 12 and closes on July 25.
- **Tuesday, August 26, 2025 from 1 p.m. to 3 p.m.** | Registration opens on May 12 and closes on August 22.
- **Tuesday, December 16, 2025 from 4 to 6 p.m.** | Registration opens on November 17 and closes on December 12.

- **Monday, February 16, 2026 from 11 a.m. to 1 p.m.** | Registration opens on January 12 and closes on February 13. | Note: This session will be held at the Southfields Community Centre (225 Dougall Avenue, Caledon)
- **Tuesday March 17, 2026 from 1 p.m. to 3 p.m.** | Registration opens on February 9 and closes on March 13.

****Please note that you must register individually for each session.****

This initiative is a funded in part of by the Government of Canada's New Horizons for Seniors Program.

Wednesday, February 18, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Wednesday, February 18 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

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Thursday, February 19, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Thursday, February 19 10:00 am - 5:00 pm

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Friday, February 20, 2026

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, February 20 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

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Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

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Echoes of the Heart at Headwater Arts

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Saturday, February 21, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Saturday, February 21 10:00 am - 5:00 pm

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Snowshoes and Snow-Clues | Caledon | Feb 21, 2026

Date and Time: Saturday, February 21 10:00 am - 12:00 pm

Address: 320 Glasgow Rd, Caledon, ON L7C 3L9

Join us on **Saturday, February 21, 2026** for a fun winter outing to track and identify signs of local animals and discover how they survive the chilly season! Try snowshoeing and leave behind tracks of your own.

Snowshoes will be provided, but supplies are limited. Please register with the number of adults, youth, and children attending to reserve a pair of snowshoes for your household. On a snow-free day, we'll enjoy a winter walk through the woods instead.

Meeting location for both sessions will be at [parking lot](#) of Dicks Dam Park (250 Glasgow Road, Bolton).

This program is FREE and generously supported by Peel Region!

Two Sessions Available

Explore Program (Ages 6+) | 10:00 am – 12:00 pm

- Beginner-friendly snowshoeing instruction
- Activities and concepts suitable for all ages
- Children must be accompanied by adults

Nature Program (Ages 13+) | 1:30 pm – 3:30 pm

- 2 km snowshoe route along the [Humber Valley Heritage Trail](#)
- Activities and concepts suitable for all ages
- Children (12+) must be accompanied by adults

Be Prepared

- Program takes place outdoors—dress warmly (toque, scarf, gloves)
- Wear winter boots for snowshoeing
- Porta potty available on site
- Bring water and snacks if needed
- Please leave pets at home, except for service animals

TRCA is committed to creating an accessible experience for all participants. If you require an accessibility accommodation, please email christopher.bialek@trca.ca at least 5 days prior to the event.

Cancellation Policy:

- Minimum registration required for the program to operate
- TRCA cancellations due to low registration or extreme weather: registrants will be contacted by email and phone at least 2 hours prior

Please direct any questions regarding the cancellation policy for this event to christopher.bialek@trca.ca

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Black History Month Celebration

Date and Time: Saturday, February 21 11:00 am - 2:00 pm

Black History Month Celebration

Celebrate Black History Month with us as we come together to learn, connect, and honor the stories that matter. This event shines a light on Black excellence, resilience, and creativity while fostering conversation and community around the past, present, and future. Come celebrate history, inspire the future, and uplift voices that continue to shape our world.

- Saturday February 21, 2026
- 11 a.m. - 2 p.m.
- Southfields Community Centre
- Light refreshments will be served.

No. 2 Construction Battalion Presentation

Captain (ret'd) Kevin Junor will be giving a presentation and interactive Q&A from 12-1 p.m., exploring the history, service, and legacy of the No. 2 Construction Battalion in World War I, veterans and serving members.

- Saturday February 21, 2026
- 12 - 1 p.m.
- Southfields Community Centre
- This is a free event. Space is limited.

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Caledon.ca/BlackHistoryMonth

Snowshoes and Snow-Clues | Caledon | Feb 21, 2026

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Sunday, February 22, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Sunday, February 22 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

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Wednesday, February 25, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Wednesday, February 25 10:00 am - 5:00 pm

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Come and see wonderful works of art by our local participating member artists who include: Bhavna Bhatnagar – Mississauga; Bill Carroll – Orangeville; Emilia Perri – Orangeville; Kevin Ellis – Mono; Lori Konger – Etobicoke; Lucy Kristan – Caledon East; Lynn Gilbank – Mono; Mina Zare – Mono; Marjorie Gegear – Guelph; Nahid Azari – Orangeville; Natalie Rose – Mono; Stuart Curtis – Shelburne; Pat Hertzberg – Caledon and Suzanne Walsh – Etobicoke.

Mindfulness Meditation - Session 3

Date and Time: Wednesday, February 25 1:00 pm - 2:30 pm

Address: 6215 Old Church Road, Caledon East

Hosted by the Canadian Mental Health Association Peel Dufferin in partnership with Age-Friendly Caledon, this free 4-week program invites Caledon residents 55+ to explore the benefits of mindfulness meditation.

These guided sessions focus on helping seniors manage stress, reduce anxiety, and navigate emotions, while building resilience and promoting overall mental clarity. Each week, participants will learn practical strategies they can use in everyday life to enhance their wellbeing.

Please note that the sessions are duplicate, please register for only one, 4-week session that works for you.

Session 3 - Wednesdays, February 4 - 25, 2026 | 1 - 2:30 p.m. | Caledon East Community Complex - Community Room (6215 Old Church Road, Caledon East)

Thursday, February 26, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Thursday, February 26 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

Warm your feet and your heart. Join us for “Echoes of the Heart.”

Echoes of the Heart is Headwaters Arts' second themed member art show of 2026, celebrating love. The over twenty-five artworks on exhibit express the artist's interpretation that love comes in all forms, and Art comes in all forms.

The art show and sale features artwork by 14 local artists in a variety of mediums, including acrylic, watercolor and oil, clay, wood and textiles.

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Friday, February 27, 2026

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, February 27 9:30 am - 11:30 am

Address: 6311 Old Church Road

Food and Friends: 55+ Social Breakfast Program

Join us for a **FREE** breakfast, connect with fellow older adults, and enjoy a welcoming space where you can make new friends, share stories, and build community.

Breakfast will take place Fridays at Town Hall in the Cafe (6311 Old Church Road, Caledon East) and run from 9:30 - 11:30 a.m.

Registration is required. [Click Here to Register](#)

Session 1: Runs weekly from January 9, 2026 until March 13, 2026 - Registration opens on December 1, 2025 and is required by January 2, 2026.

****Please note that you must register for each individual breakfast you would like to attend.****

This initiative is funded in part by the Government of Canada's New Horizons for Seniors Program.

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Open House - Election Sign By-law

Date and Time: Friday, February 27 4:30 pm - 7:00 pm

Address: Caledon East Community Complex (CECC) - 6215 Old Church Road, Caledon East

The Town of Caledon is hosting an Open House regarding a new proposed Election Sign By-law and associated amendments to the Town's existing Sign By-law. The Open House will take place on Friday, February 27, 2026, in the Caledon East Community Centre (CECC) Community Room, from 4:30 p.m. to 7:00 p.m.

Residents and community members are invited to attend the Open House, to ask questions, and get clarification regarding the proposed election sign by-law.

Comments can be submitted online at haveyoursaycaledon.ca/electionsignbylaw until February 20, 2026.

Residents can also provide formal input through delegating to Council for inclusion of the report's consideration by Council.

The Town is developing a dedicated Election Sign By-law to provide clearer rules and procedures related to election signage placement, timing and administration as part of completing the Council supported 2026 Municipal Election work plan. Drafts of the proposed By-laws are appended to the public notice on the Town's website.

A staff report proposing the new Election Sign By-law and the updated Sign By-law is scheduled for Council's consideration at the March 3, 2026 2:30 p.m. General Committee meeting. The completed report will be published as part of the meeting's agenda.

Contact: Kevin Klingenberg, Municipal Clerk

Phone: 905-584-2272

Email: elections@caledon.ca

Saturday, February 28, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Saturday, February 28 10:00 am - 5:00 pm

Address: 1402 Queen Street, Alton Village, Caledon, ON

Warm your feet and your heart. Join us for "Echoes of the Heart."

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The African Inventors and Icons Exhibition

Date and Time: Saturday, February 28 11:00 am - 4:00 pm

Address: 14111 Hwy 50, Bolton, ON L7E 2V2

The African Inventors and Icons Exhibition

This interactive mobile exhibition, hosted by the Canadian Multicultural Inventors Museum (CMIM) teaches visitors about the contributions Africans have made throughout history. The exhibit showcases innovators of African descent from Europe, the United Kingdom, Africa, the Caribbean, North America, Central America and South America, and Oceania.

More details can be found on the [CMIM website](#).

Exhibit Schedule

Exhibit hours are 10 a.m. – 4 p.m. for all dates:

- February 7: Mayfield Recreation Complex
- February 16: Caledon East Community Complex (Family Day)
- February 21: Southfields Community Centre
- February 28: Caledon Centre for Recreation and Wellness

<https://calendar.caledon.ca>