

## Sunday, March 8, 2026

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### Echoes of the Heart at Headwater Arts

Date and Time: Sunday, March 8 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.

# Monday, March 9, 2026

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## Mindfulness Meditation - Session 4

Date and Time: Monday, March 9 1:00 pm - 2:30 pm

Address: 15825 McLaughlin Road, Inglewood

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 4 - Mondays, March 2 - 23, 2026 | 1 - 2:30 p.m. | Inglewood Community Centre (15825 McLaughlin Rd, Inglewood)*

# Wednesday, March 11, 2026

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## Echoes of the Heart at Headwater Arts

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## Special Events By-law Open House

Date and Time: Wednesday, March 11 4:30 pm - 7:00 pm

Address: Caledon East Community Complex

The Town of Caledon is proposing a Special Events By-law and permit process to ensure temporary public events on private property follow clear protocols and comply with zoning and land use regulations.

### Why a Special Events By-law?

The Town is seeing an increased interest in hosting public events. The Town aims to establish clear requirements for large events to proactively address and improve any potential community impacts through the proposed Special Events By-law.

**Open House:** Wednesday, March 11 from 4:30 - 7 p.m. at the Caledon East Community Complex (Banquet Hall).

**Participate Online:** Submit your feedback by March 13 at [haveyoursaycaledon.ca/special-events-by-law](https://haveyoursaycaledon.ca/special-events-by-law).

Those wishing to provide formal input may do so by delegating to Council when the by-law is considered at an upcoming General Committee meeting. The staff report and draft by-law will be available as part of the meeting agenda on the Town's website.

## Thursday, March 12, 2026

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### Echoes of the Heart at Headwater Arts

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

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

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## Open House - Proposed Entrance By-law

Date and Time: Thursday, March 12 6:30 pm - 8:00 pm

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

The Town of Caledon is hosting an Open House to share a proposed new Entrance By-law, which outlines updated standards and procedures for creating or modifying entrances onto municipal roads.

### **Date & Time:**

Thursday, March 12, 2026

6:30 p.m. – 8:00 p.m.

**Location:** Community Room, Caledon East Community Complex (CECC) – 6215 Old Church Road, Caledon East

Residents are encouraged to attend and learn more about the proposed by-law and speak directly with Town staff.

A copy of the proposed by-law is available for review and feedback in advance of the open house at: [www.haveyoursaycaledon.ca/entrancebylaw](http://www.haveyoursaycaledon.ca/entrancebylaw).

Those wishing to provide formal input may do so by delegating to Council when the by-law is considered at an upcoming General Committee meeting. The staff report and draft by-law will be available as part of the meeting agenda on the Town's website.

**Contact:** [legal@caledon.ca](mailto:legal@caledon.ca)

## Friday, March 13, 2026

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### Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, March 13 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 a funded in part of by the Government of Canada's New Horizons for Seniors Program.*

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