

Sunday, March 15, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Sunday, March 15 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 16, 2026

Mindfulness Meditation - Session 4

Date and Time: Monday, March 16 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)

Tuesday, March 17, 2026

Generations in the Kitchen

Date and Time: Tuesday, March 17 1:00 pm - 3:00 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.

Saturday, March 21, 2026

Buzz into Spring

Date and Time: Saturday, March 21 1:00 pm - 4:00 pm

Address: Save Max Sports Centre

Spring Has Sprung in Brampton!

Brampton Recreation invites you to Buzz into Spring at our exciting FREE community events! Join us on March 21 at Save Max Sports Centre and March 29 at Cassie Campbell Community Centre for a fun-filled celebration welcoming the spring season.

Families can enjoy interactive activities, entertainment, and opportunities to connect with the community. This inclusive, family-friendly event is free and open to all we can't wait to celebrate the start of spring with you!

Event Highlights Include:

- Arts and crafts
- Cookie decorating
- Face painting
- Food trucks
- Games and activities
- Interactive booths
- Meet and greet with Buzz and other fun characters!
- And more!

<https://calendar.caledon.ca>