

Sunday, March 1, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Sunday, March 1 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 2, 2026

Mindfulness Meditation - Session 4

Date and Time: Monday, March 2 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 4, 2026

Echoes of the Heart at Headwater Arts

Date and Time: Wednesday, March 4 10:00 am - 5:00 pm

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

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Thursday, March 5, 2026

Echoes of the Heart at Headwater Arts

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Supporting Other's Mental Wellness - Lunch and Learn

Date and Time: Thursday, March 5 12:00 pm - 2:00 pm

Address: 7 Rotarian Way, Bolton

Join the Canadian Mental Health Association for a lunch and learn focused on practical ways to support the mental wellness of friends, family, and colleagues. This session will share strategies for recognizing when someone may need help, offering support in a caring way, and connecting them to available resources.

Free lunch provided for all registered participants.

Thursday March 5, 2026

12 - 2 p.m.

Rotary Place - Egan Room (7 Rotarian Way, Bolton)

Friday, March 6, 2026

Food and Friends: 55+ Social Breakfast Program

Date and Time: Friday, March 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.

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Saturday, March 7, 2026

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Sunday, March 8, 2026

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Monday, March 9, 2026

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

Echoes of the Heart at Headwater Arts

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

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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.

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

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.

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

Friday, March 13, 2026

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.

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Echoes of the Heart at Headwater Arts

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

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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.

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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.

Monday, March 23, 2026

Mindfulness Meditation - Session 4

Date and Time: Monday, March 23 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.

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Wednesday, March 25, 2026

Create an Online Store

Date and Time: Wednesday, March 25 9:00 am - 10:30 am

Address: 200 Lakeview Crt (Upper level) Orangeville, ON L9W 5J7

Who should attend?

Small business owners who are interested in creating an e-commerce website or looking for tips on how to optimize their existing online store.

What to expect?

Considering launching an online store? This session will provide small business owners with insights and guidance on e-commerce platforms.

Topics will include:

- Basic store setup and operation
- How to optimize the checkout experience

- Selling through social media
- Loyalty program apps
- Using Google Analytics to track performance

This workshop will be presented by Heather Pursifull, a software trainer and technical writer with over a decade of experience in the e-commerce industry.

[Register Here](#)

Saturday, March 28, 2026

Earth Hour Community Event

Date and Time: Saturday, March 28 6:00 pm - 10:00 pm

Address: 6215 Old Church Road, Caledon East, Ontario L7C 1J7

The Town of Caledon, Caledon Public Library, and ecoCaledon are hosting an exciting Earth Hour Community Event on Saturday March 28! Join us from 6pm to 10pm at the Caledon East Community Complex located at 6215 Old Church Road, Caledon East.

The exciting event will offer free family-friendly activities, sustainable 3D printing demonstrations, a vendor market, dimly lit yoga, treats, refreshments, giveaways and more – all in the spirit of environmental awareness.

All Caledon Public Library branches will also offer Earth Hour-themed activities on March 28 during regular business hours.

<https://calendar.caledon.ca>