

Sunday, March 1, 2026

"Noble Silence" Meditation Class

Date and Time: Sunday, March 1 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a few minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation nurtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost : Free

This meditation class is the perfect way to learn how and why to meditate in the way the Buddha taught. This class is free and open to the public. No need to register.

We will cover:

- Meditation posture
- Why we meditate
- The problems that happen in our meditation and how to overcome them
- Breathing meditation
- Loving-kindness meditation
- Meditation on the nature of the body
- Meditation on the parts of the body and the elements
- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Sunday, March 8, 2026

"Noble Silence" Meditation Class

Date and Time: Sunday, March 8 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

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Sunday, March 15, 2026

"Noble Silence" Meditation Class

Date and Time: Sunday, March 15 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

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Thursday, March 19, 2026

Celebrate Maple Syrup in the Park

Date and Time: Thursday, March 19 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

Category: Festivals and Events

Experience the Canadian tradition of maple syrup production through interactive demonstrations and kids activities at Terra Cotta Conservation Area. Explore the outdoors as you take a wagon ride to the sugarbush. End your visit with a pancake breakfast with real maple syrup and a treat from the Park Store.

Enjoy a variety of family-friendly activities, including:

- **NEW!** Take a trackless train ride that's fun for the whole family.
- Explore historical and modern demonstrations of maple syrup production.
- Explore the sugarbush and watch how sap is collected.
- Fireside Chats: See a traditional sweat lodge (Madoodiswan) and learn how Indigenous Peoples honor Mother Earth's sacred connection to healing. Listen to traditional helpers (Oshkaabewis) while a fire keeper shares stories and songs that reflect our responsibilities to the land.
- Play giant games and get creative with the Maple Mural colouring activity.
- Purchase a maple taffy treat.
- Go on a storybook walk, participate in our Maple Mystery Challenge, and more!

For full programming, pricing, and event details, visit: <https://cvc.ca/maplesyrup>

Friday, March 20, 2026

Celebrate Maple Syrup in the Park

Date and Time: Friday, March 20 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

Category: Festivals and Events

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Saturday, March 21, 2026

Celebrate Maple Syrup in the Park

Date and Time: Saturday, March 21 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

Category: Festivals and Events

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Sunday, March 22, 2026

Celebrate Maple Syrup in the Park

Date and Time: Sunday, March 22 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

Category: Festivals and Events

Experience the Canadian tradition of maple syrup production through interactive demonstrations and kids activities at Terra Cotta Conservation Area. Explore the outdoors as you take a wagon ride to the sugarbush. End your visit with a pancake breakfast with real maple syrup and a treat from the Park Store.

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"Noble Silence" Meditation Class

Date and Time: Sunday, March 22 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

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, welcoming and very friendly.

Friday, March 27, 2026

TIFF OnScreen at the JET Presents: Christy

Date and Time: Friday, March 27 7:30 pm

Address: John Elliott Theatre Box Office, 9 Church St, Georgetown, ON L7G 2A3

Category: Arts and Culture

Join us for a screening of the film *Christy*

Featuring a career-best performance from Sydney Sweeney (TIFF '24's Eden), the latest from David Michôd (*Animal Kingdom*) chronicles groundbreaking boxer Christy Martin's fierce story of self-actualization in the face of terrifying adversity.

Content advisory:
domestic violence, coarse language, violence

Tickets are \$10 and are available for purchase in advance from the JET box office or online. For more info or to buy tickets visit haltonhills.ca/theatre or call the box office 905-877-3700. We gratefully acknowledge our partnership with Film Circuit, presented by TIFF, and its sponsors and supporters.

Saturday, March 28, 2026

Celebrate Maple Syrup in the Park

Date and Time: Saturday, March 28 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

Category: Festivals and Events

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Sunday, March 29, 2026

Celebrate Maple Syrup in the Park

Date and Time: Sunday, March 29 9:30 am - 5:00 pm

Address: 14452 Winston Churchill Blvd, Halton Hills

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<https://calendar.visithaltonhills.ca>