

## Saturday, March 1, 2025

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### Ignite the Night

Date and Time: Saturday, March 1 6:30 pm - 9:00 pm

Address: 14452 Winston Churchill Blvd., Terra Cotta

Category: Recreation and Active Living

Explore a Brightly Lit Winter Trail Ignite your love of winter along a two-kilometer illuminated forest trail at Terra Cotta Conservation Area. What You Can Do Ice rinks, ski, snowshoe and kick sled rentals available if conditions allow. Visitors are also welcome to bring their own equipment. You can warm up with a hot drink and grab some snacks at the Park Store. What to Bring Headlamps or flashlights are recommended. Event Notes Regular park admission applies. Snowshoeing, skiing and hiking available based on winter conditions. Registration is not required for this event. Regular park admission applies. Free for Credit Valley Parks pass holders. No admittance is available after 8:00 p.m. as the experience takes a minimum of 1 hour to enjoy. This event is subject to change or cancellation due to inclement weather. Please check Park Advisories for updates to stay current on event changes or cancellations

## Tuesday, March 4, 2025

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### Eat Well, Feel Well: The Science Behind Nutrition and Mental Health

Date and Time: Tuesday, March 4 7:00 pm - 8:00 pm

Address: 9 Church Street, Georgetown ON, L7G 2A3

Category: Education and Workshops

In this lecture, Dr. Monique Aucoin, ND, MSc, will explore the latest research on the powerful link between nutrition and mental health, with a focus on mood and anxiety. Dr. Aucoin will share insights into the latest clinical trials that have used dietary changes as an innovative approach to treatment, including findings from the world's first trial on dietary modification for generalized anxiety disorder. Attendees will learn how certain foods, nutrients, and dietary patterns promote mental well-being, along with practical strategies for incorporating them into everyday life. Registration required through the library's website.

## Thursday, March 13, 2025

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### Maple Syrup in the Park

Date and Time: Thursday, March 13 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

## Friday, March 14, 2025

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### Maple Syrup in the Park

Date and Time: Friday, March 14 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

## Saturday, March 15, 2025

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### Maple Syrup in the Park

Date and Time: Saturday, March 15 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

## Sunday, March 16, 2025

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### Maple Syrup in the Park

Date and Time: Sunday, March 16 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

### It's Maple Time!

Date and Time: Sunday, March 16 1:00 pm - 3:00 pm

Address: Willow Park Ecology Centre Guelph St, Norval, ON L0P 1K0

Category: Festivals and Events

Join us in the Park to learn how to tap a Sugar Maple, collect the sap and make sweet, delicious maple syrup!

## Saturday, March 22, 2025

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### Maple Syrup in the Park

Date and Time: Saturday, 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

## Seedy Saturday

Date and Time: Saturday, March 22 10:00 am - 4:00 pm

Address: 17 River Street, Acton ON, L7J 1C2

Category: Education and Workshops

Celebrate spring and all things gardening at Halton Hills Public Library! Join us at the Acton Branch for seed-inspired activities, including: Family Storytime Family Drop-in Activities Gardening and Landscaping Advice Panel Film screening of In My Backyard You can also check out the latest seed drop at our Seed Library, and vote for the official bird of Halton Hills. Visit the library's website for complete details.

## Sunday, March 23, 2025

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### Maple Syrup in the Park

Date and Time: Sunday, March 23 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 maple syrup production, indigenous demonstrations and kids activities. 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. There are lots of new activities to enjoy in 2025! Event Fees Passholder Pricing Adult (ages 15 to 64): \$12.75 Seniors (ages 65 years and over): \$9.35 People with disabilities: \$9.35 Youth (ages 6 to 14): \$7.65 Child (ages 0 to 5): Free Non-Passholder Pricing Adult (ages 15 to 64): \$15 Youth (ages 6 to 14): \$9.00 Child (ages 0 to 5): Free Seniors (ages 65 years and over): \$11.00 People with disabilities: \$11.00 Note: prices do not include tax Early Bird Pricing: Buy tickets between February 7-23 to get \$3 off each ticket. Tickets are available beginning February 7 at <https://cvc.ca/maplesyrup>

## Saturday, March 29, 2025

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### Sap to Syrup: A Maple Syrup Making Experience

Date and Time: Saturday, March 29 10:00 am - 4:00 pm

Address: Terra Cotta Conservation Area. 14452 Winston Churchill Blvd., Halton Hills

Category: Festivals and Events

Turn sap into sweet maple syrup during this hands-on experience in the sugar shack. Discover how to identify and tap sugar maple trees, collect sap and use an evaporator to make maple syrup. Learn how to measure sugar content and grade maple syrup. Taste different grades of syrup before preparing your own bottle of maple syrup to take home. Space is limited with 10 tickets per tour. Must be aged 16 years and older to attend. Sessions start at 10 a.m. or 2 p.m. Visitors can also purchase maple syrup and maple products from the Park Store before or after your experience. Tickets are available starting February 7th: \$50 plus tax.

## **Sunday, March 30, 2025**

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### **Sap to Syrup: A Maple Syrup Making Experience**

Date and Time: Sunday, March 30 10:00 am - 4:00 pm

Address: Terra Cotta Conservation Area. 14452 Winston Churchill Blvd., Halton Hills

Category: Festivals and Events

Turn sap into sweet maple syrup during this hands-on experience in the sugar shack. Discover how to identify and tap sugar maple trees, collect sap and use an evaporator to make maple syrup. Learn how to measure sugar content and grade maple syrup. Taste different grades of syrup before preparing your own bottle of maple syrup to take home. Space is limited with 10 tickets per tour. Must be aged 16 years and older to attend. Sessions start at 10 a.m. or 2 p.m. Visitors can also purchase maple syrup and maple products from the Park Store before or after your experience. Tickets are available starting February 7th: \$50 plus tax.

<https://calendar.visithaltonhills.ca>