

EXPLORE THE TAY SHORE TRAIL



Photo by Cycle Simcoe

FEATURED ROUTE:

Heart of Georgian Bay's Historical Cycling Route

The Heart of Georgian Bay's Historical Cycling Route is a truly remarkable opportunity to experience Tay's rich heritage and renowned landscape. Stretching eight kilometres along the Tay Shore Trail, winding through a

canopy of trees and wetlands, this cycling route boasts an enjoyable and unique way to immerse yourself in the area's historical attractions. A paved and secluded rail line, with many nearby locally-owned, cycling-friendly accommodations, the Historical Cycling Route is welcoming to cyclists of all abilities. Flat, accessible and safe, the route is singular in its offering as it connects all the historical

attractions in Tay: Martyrs' Shrine, Sainte-Marie among the Hurons, Wye Marsh Wildlife Centre, and S.S. Keewatin. The Heart of Georgian Bay's Historical Cycling Route is proud to be the only place in Ontario to enjoy so much history in one single stretch of trail.

Check out the Historical Cycling Route map at cyclesimcoe.ca.



Photo by Sainte-Marie among the Hurons

RENT A FAT BIKE

Did you know: Sainte-Marie among the Hurons offers fat bike rentals! Rent for a short ride or the whole day. Take the Historical Cycling Route along the Tay Shore Trail and travel the trailways through time.

Rates:

\$30 for a half day (4 hours)
\$50 for a full day (7 hours)
Group/family rates available

hhp.on.ca | 705-526-7838

ACTIVE LIVING IN TAY

CIRCUIT TRAINING WITH DONNA BOUDREAU

Work independently on every major muscle group and get your cardio heart rate up with easy low-impact moves. Suitable for all fitness levels. Mat required.

2470 THU SEPT 26 TO DEC 12 FROM 5:30 PM TO 6:45 PM AT PMCC | \$60

FITNESS 101 WITH SEFI HELD

Have fun doing low-impact, high-energy cardio and toning. This class provides plenty of variety to work your heart, muscles and balance! Suitable for all ages and fitness levels. Mat required.

2471 MON SEPT 9 TO OCT 7 FROM 10:30 AM TO 11:30 AM AT OCC | \$25

2472 WED SEPT 11 TO OCT 23 FROM 9:30 AM TO 10:30 AM AT OCC | \$35

MOSTLY MUSCLE WITH DONNA BOUDREAU

Build and tone muscles you never knew you had! Personal weights and mat required.

2473 TUE SEPT 24 TO DEC 10 FROM 5:30 PM TO 6:30 PM AT PMCC | \$60

NO JUMPING JUST PUMPING WITH DONNA BOUDREAU

Get your heart pumping without the jumping in this interval class that combines low-impact aerobics with weight training. Personal weights and mat required.

2474 WED SEPT 25 TO DEC 11 FROM 5:30 PM TO 6:30 PM AT PMCC | \$60

PIYO WITH JANE ARGUE

Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. Mat required.

2475 MON SEPT 9 TO DEC 9 (NO CLASS OCT 14 + 21) FROM 6 PM TO 7 PM AT OCC | \$60

TAI CHI WITH SUZANNE BOZEK

Learn a basic introduction to Tai Chi to improve balance, strength and relaxation. Wear comfortable shoes and bring water to stay hydrated.

2476 TUE SEPT 10 TO DEC 10 FROM 7 PM TO 8 PM AT HSCR | \$70

YOGA 101 WITH SEFI HELD

Deepen your practice with emphasis on proper alignment, breathing awareness and balance. Suitable for all levels. Mat, pillow and blanket required.

2477 WED SEPT 11 TO OCT 23 FROM 10:45 AM TO 11:45 AM AT OCC | \$35

YOGA WITH DONNA BOUDREAU

Enjoy the benefits of yoga. Participants must be able to do poses on hands and knees. Mat required.

2478 TUE SEPT 24 TO DEC 10 FROM 6:45 PM TO 7:45 PM AT PMCC | \$60

2479 THU SEPT 26 TO DEC 12 FROM 6:50 PM TO 7:50 PM AT PMCC | \$60

YOGA WITH SUZANNE BOZEK

Move through a vinyasa style flow and feel the benefits of Hatha Yoga. Suitable for beginners and individuals with prior yoga experience. Mat and water bottle required.

2480 THU SEPT 12 TO DEC 12 FROM 6:45 PM TO 8 PM AT HSCR | \$70

ZUMBA WITH JANE ARGUE

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

2481 FRI SEPT 13 TO DEC 13 (NO CLASS NOV 29) FROM 9:30 AM TO 10:30 AM AT OCC | \$65

HSCR

Harbour Shore Community Room
145 Albert Street, Victoria Harbour

OCC

Oakwood Community Centre
290 Park Street, Victoria Harbour

PMCC

Port McNicoll Community Centre
560 Seventh Avenue, Port McNicoll

ART ATTACK

Join Quest Art School + Gallery for creative art-making sessions. Youth ages 8 to 12 explore a range of techniques including drawing, painting, printmaking, sculpture and collage.

2482 SAT OCT 19 TO NOV 23 FROM 10 AM TO 11:30 AM AT HSCR | \$60 (INCLUDES ART SUPPLIES)



REGISTER ONLINE IN 3 EASY STEPS



STEP 1

Create an account or login to your existing account at tay.ca/register



STEP 2

Select "enroll now"



STEP 3

Checkout and pay by credit card

You can also register for recreation programs in person at the Municipal Office
450 Park Street, Victoria Harbour | tay.ca/register | recreation@tay.ca | 705-534-7248 x232

DISCOVER 10 EVENTS IN TAY THIS FALL

1. HARBOUR MARKET

Pick up fresh produce, baked goods and more from local producers, artisans and food vendors at Southern Georgian Bay Farmers Markets' Harbour Market. **AUG 23, 30, SEPT 6, 13, 20 + 27 FROM 3:30 PM TO 7:30 PM ALONG VETERANS LANE IN VICTORIA HARBOUR | FREE**

2. MARSH BY MOONLIGHT

Connect with nature and paddle through the sparkling moonlit waters of the Wye Marsh on a two-hour guided canoe tour. **SEPT 21, 28, OCT 5, 12 + 13 AT WYE MARSH WILDLIFE CENTRE | \$45**



Photo by Wye Marsh Wildlife Centre

3. TERRY FOX DAY

Raise funds or donate to the Terry Fox Day in the Heart of Georgian Bay. Run, jog, walk, cycle or ride—your choice! **SEPT 15 FROM 9 AM TO 2 PM AT PERKINSFIELD PARK, TINY | FREE**

4. SENIORS TALKS

Join Tay Township Public Library and the Seniors Advisory Committee for monthly talks for seniors. Refreshments provided. **SEPT 18, OCT 16 + NOV 20 FROM 2 PM TO 4 PM AT HARBOUR SHORE COMMUNITY ROOM | FREE**

5. YOUTH DANCES

Dance the night away! Dances for youth ages 7 to 13. **SEPT 20, OCT 18, NOV 15 + DEC 13 FROM 7 PM TO 10 PM AT OAKWOOD COMMUNITY CENTRE | \$5**

6. CULTURE DAYS

The Culture Days weekend is a national celebration of arts and culture. Discover arts and culture events in the Heart of Georgian Bay, including the Tay Heritage Autumn Colours Tour. On September 28, explore Tay's unique history and natural heritage with driving instructions, a quiz and prizes! Winding through Tay, the tour will lead you to several historic and picturesque sites. **SEPT 27, 28 + 29 IN THE HEART OF GEORGIAN BAY**

7. THANKSGIVING HARVEST FESTIVAL

Celebrate the colourful fall season with Sainte-Marie's Thanksgiving Harvest Festival. The event features pumpkin decorating, seasonal displays, and over 35 artisans. Experience historic food demonstrations, unique crafts and family memories! **OCT 12 + 13 FROM 10 AM TO 5 PM AT SAINTE-MARIE AMONG THE HURONS | \$8, FREE FOR CHILDREN UNDER 5**



Photo by Sainte-Marie among the Hurons

8. FIRST LIGHT

Wander through Sainte-Marie among the Hurons and Martyrs' Shrine guided by the glow of 5,000 candles. Recognized by Festivals and Events Ontario as one of Ontario's Top 100 Events, First Light creates a wonderful holiday ambience featuring hands-on activities for children, seasonal and folk music, and Indigenous performances. Fireworks light up the sky every Thursday. First Light is a must-see event happening right here in the Heart of Georgian Bay. **NOV 21, 22, 23, 28, 29, 30, DEC 5, 6 + 7 FROM 5:30 PM TO 9 PM AT SAINTE-MARIE AMONG THE HURONS + MARTYRS' SHRINE | \$10 WITH DONATION OF NON-PERISHABLE FOOD ITEM, FREE FOR CHILDREN UNDER 5**



Photo by Sainte-Marie among the Hurons

9. SANTA CLAUS PARADE

Celebrate the holiday season at this year's annual Waubaushene Santa Claus Parade then visit with Santa at the Fire Hall. **NOV 24 AT 1 PM ALONG PINE STREET IN WAUBAUSHENE | FREE**

10. TAY TREE LIGHTING

Join us at Tay Community Rink for family skating, hot chocolate and live entertainment. **DEC 1 FROM 3 PM TO 5 PM AT TAY COMMUNITY RINK | FREE**