

YORK REGION PHYSICAL ACTIVITY NETWORK EVENT CALENDAR

September 2009

DATE	EVENT	CONTACT
Every Day	<p>Sole Mates: Upper Canada Mall 17600 Yonge Street, Newmarket 7:00 am (when the mall doors open)</p> <ul style="list-style-type: none"> • A walking program to promote healthy fitness • A joint effort of Upper Canada Mall and HealthYork • Walkers can sign up any time during the week at our Guest Services booth • Walkers are free to walk as long and as often as they want • Walkers monitor their own laps (as outlined by map in their sign-up package) and submit their lap cards once a week to Guest Services • Members are recognized twice a year in an awards ceremony 	Pam Burgess, Guest Services, 905-895-1961
Tuesdays & Thursdays	<p>Stroller Mates: Upper Canada Mall 17600 Yonge Street, Newmarket 8:30 am – 9:30 am</p> <ul style="list-style-type: none"> • A joint venture of Upper Canada Mall and HealthYork to promote healthy fitness and social networking for parents and caregivers • Join a mall stroller walking program led by an instructor • Attend educational workshops on healthy eating hosted by a certified nutritionist • Cost: free 	To register, go to the Customer Service booth at Upper Canada Mall, Newmarket or call 905-895-1961
Tuesdays	<p>Yoga: Stretch & Breathe with Laurie Benson 7:00 pm – 8:30 pm</p> <ul style="list-style-type: none"> • Beginners welcome, join anytime! • \$7 per class • Please register in person or call 705-437-1514 • Waiver to be signed 	705-437-1514

Wednesdays	<p>Stretch Your Body & Mind @your library Pefferlaw Public Library 76 Pete's Lane, Pefferlaw 10:30 am - 11:30 am</p> <ul style="list-style-type: none"> • Join Ingrid Thursday mornings for a gentle, one-hour stretching program (If you have any health concerns, please speak to your doctor) • While stretching, topics of interest to the group will be discussed • The cost is "check out a book" with your library card -- it's that simple! 	<p>For more information, call 705-437-1514</p> <p>or visit www.georgina-library.com</p>
By appointment	<p>Public Tour and Hike Earth Rangers Centre 9520 Pine Valley Drive Woodbridge (on the Kortright property)</p> <ul style="list-style-type: none"> • An opportunity to explore the Earth Rangers Centre, one of the most energy efficient buildings of its kind in North America • The 45 minute tour provides an overview of our programs and services, and wraps up with an optional half hour interpretive hike on the nearby trails 	<p>Earth Rangers 905-417-3447 info@earthrangers.ca</p>
Month of September	<p>Active Together Photo Contest City of Vaughan</p> <p>We encourage all City of Vaughan residents to be active together! Go behind the lens and show us what being active means to you. Whether you play a sport, hike, walk, cycle or swim, we want to see you, your friends or your family being active. Submit your photos capturing any of your favourite activities in the following categories:</p> <ul style="list-style-type: none"> • Great Outdoors • Families at Play • Teen Photographers • Junior Shutterbugs <p>Pick up a submission package at any City of Vaughan Community Centre. DEADLINE: September 25, 2009</p>	<p>Call 905-832-8500, ext. 7438 or visit: http://www.city.vaughan.on.ca/culture_recreation/physical_activity.cfm</p>

Sun., Sep. 6	<p>Oak Ridges Trail Association Hike Mary Lake – Pine Farms 10:00 am</p> <ul style="list-style-type: none"> • 6 km, moderate pace, 2 hour hike with a loop • Meet at roadside parking on Keele Street, about 0.5 km north of 15th Sideroad • We'll start on the Millar Side Trail, hike around Mary Lake to Pine Farms and back • Hiking boots recommended • Bring water and snacks 	Ken 647-866-7834
Mon., Sep. 7	<p>Oak Ridges Trail Association Hike South Aurora Parks Oak Ridges and Nokiidaa Trails, including the Arboretum 9:30 am</p> <ul style="list-style-type: none"> • 7 km there and back with loops, slow pace, 3 hours • Meet at Aurora Leisure Centre, southeast entrance, Industrial Parkway North • Well mannered dogs on leash welcome • Bring snacks and drinks • Lunch option after the hike 	Stan 905-737-3966
Sun., Sep 13	<p>Oak Ridges Trail Association Hike King East, Happy Valley 9:30 am</p> <ul style="list-style-type: none"> • 11.5 km, moderate pace, 2-2.5 hours • Meet at roadside parking on the northeast corner of Weston Road at 16th Sideroad for car shuttle to starting point • This is for everyone, but geared as a hill challenge for newcomers who joined me in July and August • Lovely rolling hills and some steep bits, sharing the trail at the start with a naturist (not naturalist) campground • No dogs please • Lunch at Pine Farms after the hike 	Diana 416-778-1668 or 647-292-6582 on hike day

<p>Mon., Sep 14</p>	<p>Oak Ridges Trail Association Hike York Region Forest – Bendor and Graves Tract 9:30 am</p> <ul style="list-style-type: none"> • Loop hike, slow to moderate pace, 2.5-3 hours • Meet in the parking area at the end of Kennedy Road, 1 km north of Davis Drive • Experience shady forested trails and open meadows • Well mannered dogs are welcome • Bring water and snack • Join us for lunch on an outdoor restaurant patio in Newmarket 	<p>Wilma and Brian 905-853-2407</p>
<p>Sat., Sep. 19</p>	<p>Fall Forest Festival “From the Forest” York Regional Forest, Hollidge Tract 16389 Hwy 48 10:00 am – 2:00 pm</p> <ul style="list-style-type: none"> • Come out and see all the things made from the forest • Local artisans and wood crafters will demonstrate their art; lovely, local, hand-crafted wood products • Take a horse-drawn wagon ride through the Regional Forest or walk the trails on a guided hike at 11:00 am and 1:00 pm 	<p>1-877-464-9675 or 905-830-4444, ext. 5256</p>
<p>Sun., Sep. 20</p>	<p>Oak Ridges Trail Association Hike Family Walk/Hike in King East Mary Lake – Pine Farms 1:00 pm</p> <ul style="list-style-type: none"> • 4.5 km there and back, slow to moderate pace, 2 hours • Meet at roadside parking on Keele Street, about 0.5 km north of 15th Sideroad • Great opportunity to bring the kids along • We’ll hike past Mary Lake to Pine Farms, have a short break at the apple orchard, then hike back • Bring water and snacks • Hiking boots recommended 	<p>Jill 905-764-1673</p>

Mon., Sep. 21	Oak Ridges Trail Association Hike Richvale Greenway 9:30 am <ul style="list-style-type: none"> • 5.5 km loop hike, 2 hours • Meet outside the front entrance of Richmond Hill Central Library, southwest corner of Yonge Street and Major Mackenzie Drive • Well mannered dogs on leash are welcome • Bring drinks and snacks 	Stan 905-737-3966
Fri., Sep. 25	Nine n' Dine Angus Glen Golf Club – 10800 Kennedy Rd. Tee Times <ul style="list-style-type: none"> • \$89.95 per person includes 9 holes of golf, golf cart with GPS, buffet dinner, entertainment and prizes 	Contact Sueann Downing at sdowning@angusglen.com or call 905-887-0090, ext. 790

Upcoming Events

<p>Wed., Oct. 7</p> <p>International Walk to School Week October 5-9</p> <p>International Walk to School Month is October</p>	IWALK Day International Walk to School Day <ul style="list-style-type: none"> • International Walk to School Month (IWALK) is the annual, premier event of the Active & Safe Routes to School program, taking place each October • It is a mass celebration of active transportation, and its related issues are used to introduce communities to the Active & Safe Routes to School (ASRTS) program. To learn more about this international event, visit www.iwalktoschool.org 	<p>Jacky Kennedy Green Communities Canada 416-488-7263 To register and request organizing materials free of charge to elementary schools, go to www.saferoutestoschool.ca</p> <p>York Region contact: Sharon Delurey-Baker Public Health Nurse York Region Community & Health Services, Elementary School Program 905-830-4444, ext. 3059</p>
Oct. 8-10	Pink Ribbon Campaign Retail locations throughout Newmarket, Aurora, Schomberg, Mt. Albert, Keswick Various shifts throughout the day <ul style="list-style-type: none"> • We are currently looking for volunteers of all ages to assist us with pink ribbon sales • Our Pink Ribbon Campaign takes place October 8-10 and kicks off Breast Cancer Awareness Month, with funds going to leading breast cancer research • Active living is important for Canadians of all ages. Come volunteer with us and spread the word on how the Canadian Cancer Society fights cancer! 	<p>Rochelle Hayward, Volunteer Engagement Coordinator, Canadian Cancer Society – Holland River Unit 905-830-0447, ext. 3836 rhayward@ontario.cancer.ca</p>

