Birthsday Puzzle

The 2009 Toronto birthsdate is the one date (in 2009) on which the largest number of babies were born in Toronto; we can define the birthsdate for any other year in the same way. Somewhat oddly, every year for the past several decades there has been exactly one birthsdate (i.e. there was never a tie for the most babies born). More surprisingly, even though the birthsdate changes from year to year, it always falls on the same day of the week.

Can you explain this strange phenomenon?