

*This is our time...*

May 28, 2021 | Edition 05

## June is Seniors Month!

The theme this year is

**Stay safe, active and connected**

Check with your local communities to find out about any events happening in your areas or virtually.

*Reminder:*

You can recognize a senior in your community through the Ontario Government by nominating them for the [Ontario Senior Achievement Award](#)

The Ago has special programs available for Seniors as well:

[Click Here](#)



It is also Pride Month in Ontario!

Toronto is celebrating 40 years of Pride in the city. Check out their virtual events throughout the month by clicking below

[Pride Toronto](#)

## Golf Fore All

### Father's Day Gift Idea

Order your copy for only \$43.00

*Limited Quantities Remain for 2021  
Don't hesitate!*

[Click here to download the order form](#)



## Ontario 55+ Games

### Peterborough 2020/2021

Due to the Pandemic, these Summer 55+ Games have been canceled. The Ministry

### Brantford/Brant County 2021/2022

The Winter 55+ Games are scheduled to be hosted in Brantford/Brant County in

is working to prepare for the return of the Summer 55+ Games in 2022. Thank you for your patience and understanding through this difficult time for organizations and the Ministry. We look forward to having everyone back as soon as it is safe.

February 2022. At this time the committee is working hard to plan a safe event. A final decision on its viability will be made towards the end of the summer. All developments will be shared through our monthly newsletters.

## Newsletters

Archives of OSGA newsletters can now be found on the OSGA website as a PDF.

1. Please visit [www.osga55plus.ca](http://www.osga55plus.ca)
2. Click on [Archives](#) in the main navigation bar
3. Click on [newsletters](#) to expand the box
4. Select the newsletter you are looking for

Or you can [Click Here](#)

## Buzz Worthy News



### How to Train for a Triathlon in Your 50s - and Why You...

If you're over 50, you may not have considered competing in a triathlon - even if you're a runner, swimmer or cyclist - thinking that they are too difficult or only for buff 20- or 30-somethings.

[Read more](#)  
[www.livestrong.com](http://www.livestrong.com)



### Mississauga's Older Adult Expo Offers Online Activities...

Mark your calendars for the 2021 Older Adult Expo. June is Seniors Month in Ontario - a time to recognize Mississauga's older adults and the contributions they have made to their community. The City of Mississauga is celebrating by dedicating the ...

[Read more](#)



### Gaming has countless benefits for older people - why...

If you're still under the impression that gaming is the domain of teenage boys, it might surprise you to learn that it's actually the 55- to 64-year-old age group that makes up its fastest-growing demographic. And while marketers appear to be...

[Read more](#)  
[www.thedrum.com](http://www.thedrum.com)



Games    Jeux de  
**Ontario**    l'**Ontario**

