

September Physical Activity Challenge

Download the calendar and track your physical activity each day throughout September. Send in your calendars by **October 8, 2021**, to be included in the draw for prizes.

We recommend reviewing Canada's 24 Hour Movement Guidelines for your age group.

[**DOWNLOAD CALENDAR HERE**](#)



Information can also be found by visiting our website, under the events tab.

Ontario Winter 55+ Games

The Organizing Committee (GOC) for the Ontario 55+ Winter Games has released their second survey to the OSGA membership to help them gather information in their planning process. If you traditionally take part in the Winter Games, then your input is highly valuable to this group.

If you have not already done so, please click the link below to complete their survey. This data collection will stay open until Friday, September 10th.

[**Link to Winter 55+ Games Survey**](#)

District 9 Golf Tournament

District 9 was responsibly able to host a socially distant golf tournament in the month of August. A special thank you to the organizing committee for making this event such a success and fun time for the OSGA community within your area. Congratulations to the winners in each category below! Thank you all for coming out and staying active.

55+ Womens



65+ Mens



55+ Mens



75+ Womens



65+ Womens



75+ Mens





Games Ontario Jeux de l'Ontario



OSGA 55+ | www.osga55plus.ca

