

What is Disc Golf?

Disc golf is played much like traditional golf except you maneuver discs opposed to balls. You start by throwing a disc from the tee off area and the goal is to get the fewest strokes per target.

It is a sport that has been around since 1970, but recently has been gaining more attraction!

It's a great way to get outside and enjoy the rest of the summer.

District 17 is hosting an event in September, we look forward to sharing their experience.



[Click for a list of courses in Ontario](#)

Ontario Senior Games on CBC

On Friday, July 23rd the Ontario Senior Games Association took part in a brief interview on the CBC's Ontario Morning with host Julianne Hazlewood. Kudos if you caught us live, if you missed us you can [click the link below to relisten to the interview](#). A special thank-you to long-time OSGA participant and volunteer, Fred Dunk for being a part of the interview.

[LISTEN BY CLICKING HERE](#)

September Fitness Challenge

Coming Soon

Watch for your downloadable calendar to track your daily physical activity through the month of September. By sending in your submission at the end of the month you will put into a draw for great prizes. More information will be shared in a separate e-mail in the coming weeks. Keep active and healthy this summer.

Ontario Winter 55+ Games

Thank you to everyone that was able to take the time to fill out the survey from the Winter 55+ Games so that they can continue planning for the event appropriately.

The rescheduled dates have yet to be finalized, but the Organizing Committee for these Games is actively working on scheduling for February 11-13, 2022. The OSGA is hopeful that the pandemic will stay on this positive trajectory and there will be some qualifying events held this autumn and winter. We are excited for everyone to start planning their involvement again.

Stay tuned for further information in next month's newsletter!



Games Jeux de
Ontario l'Ontario



OSGA 55+ | www.osga55plus.ca

