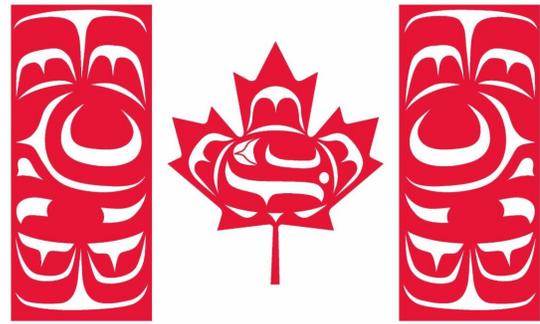


Happy Canada Day!

Canada Day is one to celebrate, but it is also one for reflecting and educating yourself and others on Canada's complete history.

This year we extend our support and condolences to the grieving communities as a grim part of history is uncovered.



An Indigenous Canadian flag designed by Kwakwaka'wakw artist Curtis Wilson for Canada Day.

Ontario Restrictions Easing

Ontario is scheduled to move into stage 2 of reopening on Wednesday. With the summer weather upon us and the reopening of more resources, we encourage you to get back into the activities you loved pre-pandemic. Remember to start off slow and ease back in. Be gentle on yourself - we have been in a lockdown for months and your fitness and skills may have declined. With consistency you will get back into the swing of things and enhance your conditioning again. The OSGA is tentatively planning fall/winter events, so get yourself ready for the fun! More details will follow in the coming months with the OSGA's rollout of activities.

Newsletters

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

1. Please visit 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

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