

## 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](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](#)

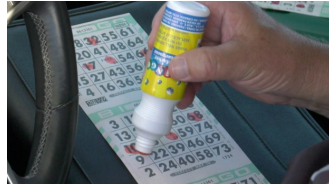
*In reading this because I had to camp in overnight camp my first experience was at Haliburton when I was 10. It was then my by my parents who was a teacher at Cobden, N.S. in 1942. I was on record for driving off the planting right of course I could never be sure how much I had riding afterwards of school to be around to. My personal peak in the field to take swimming lessons I guess my first lesson.*

*I went to a camp the next year called Inverness. I may still have a picture of it had a contest to have a paper. I was also very proud to be a member of the Inverness Club. I always tried to go for a week. The last camp was Bradfield. I have been by with my family for 10 years when I was 75. What great fun we had. We had the camp cook & told him what we wanted to eat. I am 90 now and still would love it.*

## At 90, Star reader writes of a lifetime of joyful camp...

Marilyn Rollo knows the power of summer camp - that it's not just for kids with scuffed knees and Popsicle-stains on their T-shirts. At the tender age of 75, Rollo, who recently turned 90, was still packing her bags to head out with girls from...

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



## Drive-in Bingo aims to raise funds for Brockville...

BROCKVILLE -- A new fundraiser north of Brockville began this week raising money to support seniors in the area, and all you need to join is a vehicle with a working horn.

[Read more  
ottawa.ctvnews.ca](http://ottawa.ctvnews.ca)



## Golf memberships at some courses in the north at an all...

NORTH BAY -- Golf is one of the few sports people in Ontario can play under the provincial government's COVID-19 restrictions, and soaring membership at northern courses show how many people are taking advantage. In North Bay, the North Bay Golf...

[Read more  
northernontario.ctvnews.ca](http://northernontario.ctvnews.ca)



Games Ontario Jeux de l'Ontario

