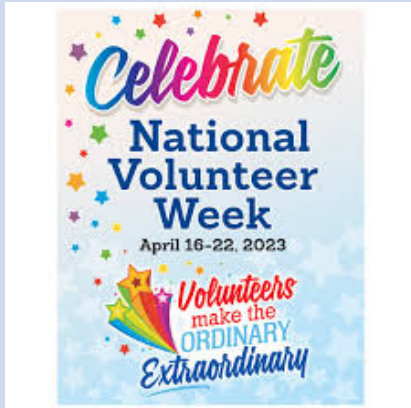


This is our time...

April 28, 2023 | Edition 14



Volunteers are critical to the social and economic fabric of our communities. From supporting the work of cultural centres, literacy programs, and sports clubs, volunteers in the non-profit sector help deliver essential programs and services across the province. The Ontario Senior Games Association is pleased to celebrate National Volunteer Week 2023 and is proud to work with local volunteers that help us build healthy and vibrant communities.

THANK YOU FOR ALL THAT YOU DO!

COME CHECK OUT THE OSGA AT THE OTTAWA FIFTY-FIVE PLUS SHOW APRIL 28 & 29TH!



SPRING 2023
Friday, April 28 - 10 am to 4 pm
Saturday, April 29 - 10 am to 4 pm



EY Centre | 4899 Uplands Dr., Ottawa
BOOTH 511
FREE ADMISSION
No Tickets Required



Beach Volleyball is coming to Brantford!

The Brantford/County of Brant 2023 Ontario 55+ Summer Games is excited to showcase beach volleyball as one of its demonstration events.

This will be the first-time beach volleyball is offered at an Ontario 55+ Summer Games and have the ability to demonstrate its alignment with the OSGA. Beach volleyball had its beginnings in Hawaii around 1915, however most credit Santa Monica in the mid-1920s for the creation of the current beach volleyball competition rules. Beach volleyball grew in popularity due to the ease of access to public beaches in the inexpensive equipment needed. First introduced as a demonstration sport in 1992 at the Barcelona Olympics, it was officially announced as an Olympic event in 1996.

The Games Organizing Committee for the 2023 Ontario 55+ Summer Games are excited to offer beach volleyball as a demonstration event at our games. We look forward to the competition, friendships and great atmosphere that will be added to our Games.



Welcoming our Summer Business Student Sarah!

A message from Sarah:

"Hello, my name is Sarah, and I am excited to join the Ontario Senior Games Association as an Office Administrator's Assistant in the Barrie office this summer! I hope to bring a fresh perspective and provide exceptional support to the OSGA team and its members. I am pursuing a business degree at Lakehead University and am eager to apply my knowledge and skills to contribute to the organization. Beyond the office, I love live music, spending time with my dog, Heidi, exploring nature, and staying active."

Lapel Pins are in!

We currently have Gold, Silver and Bronze pins available. Please email Info@osga55plus.ca with your District and full mailing address to order some!



Check out our MemberPerks!

OSGA offers a premium discount program to its valued members, MemberPerks gives you instant access to discounts from big brands and local shops as well. What's more? OSGA is running a Sign-up to Win contest between April 1st and June 1st, 2023 and win 1 of 8 pairs of Cineplex tickets!

Save on brands like Vitamix, Cirque Du Soleil – Kooza, Apple, Samsung, Canada's Wonderland, and so much more! Sign up today!

Not sure how to sign up for this FREE Perk to you, email the office at info@osga55plus.ca



REGISTER BETWEEN APRIL 1ST & JUNE 1ST FOR A
CHANCE TO WIN!
1 OF 8 PAIRS OF CINEPLEX TICKETS ON US



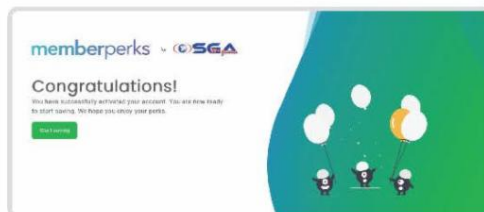
STEP ONE: Scan the QR code or visit osga55plus.venngo.com to activate your account.



STEP TWO: Click "Sign up" and follow the instructions. It's quick and easy!



STEP THREE: Your Member ID is under the "My Data" tab within the OSGA Member Login Portal.



STEP FOUR: Complete activation by setting up your location for discounts in your area and start saving today!

MemberPerks is available as **Venngo** in the App Store or Playstore.

All entries must be completed between 12:01 AM EST April 1st 2023 and 11:59 PM EST on May 1st 2023 (the Contest Period). All entries completed during the Contest Period will be eligible for the draw. If your account is cancelled, terminated, or expires during the Contest Period, you will not be eligible to participate in this contest. No purchase is necessary to enter the contest. [Full list of Terms and Conditions available upon request.](#)

osga55plus.venngo.com



memberperks for OSGA *55+ games*

District 5 - Renfrew 55+ Winter Games



The people in the picture are the medal winners of the Prediction Skating Event held on April 4, 2023 in Renfrew.

From left to right are;
Ruth Thomas - Gold medal winner - women's 55+
Dianne Isaacs - Silver medal winner - women's 55+
Glenn Arthur - Renfrew County Sr Games
Chris Hinsperger - Silver medal winner - men's 55+
Bob Zavitske - Gold medal winner - men's 55+

District 2A- Volunteer Luncheon

District 2A Held a wonderful luncheon to celebrate all their volunteers and the hard work they continue to do!



2023 Board of Directors 💕



💕 Volunteer of 2023 Thank you 💕



President Rae Kingsbury 💕

A Note from District 28

This is it - this year I'm going to be younger than I was last year. And I'm starting now. I'm turning it up a notch. I want to describe myself using words like healthy, happy, vitality, energy, optimism, self-improvement. I can do it, and so can you !!

Say it out loud in front of your mirror. "I choose to live a healthier and happier life." It's as easy as that to get started.

Let's build bridges to people who share the same interests as us. Some will lead to real friendships.

Let's build passions about activities that we are interested in. Along the way, we'll learn that our chosen activities open another door to being happy and healthy, and that's what we all want.

Let's give something back while we're at it. We can all do something to help make it happen by helping other people along the way. Small things go a long way

The OSGA makes it easy for us! In a comfy social environment, we can participate in a range of activities and build new bridges to the extent that we want to. It's like Neapolitan ice cream - in a single bite we can enjoy the strawberry, chocolate and vanilla flavours of a supportive social milieu; tailored recreational activities; and, if we want, a healthy competitive experience. And the best part is, We get to choose how much of each flavour we want.

Three flavours for the price of one - Yes please !.

OPEN/INVITATION SWIM MEET

DISTRICT 22 SWIM MEET
Hamilton Wentworth
Date- Wednesday May 10, 2023

Location - Central Memorial Recreation Centre
93 West Avenue South
Hamilton ,ON
L8N 1S1

Time Frame - 1:00 - 4:00pm

We are offering the new OSGA format.
100 and 200 m prediction swims as well as the sprints -
50m Front Stroke,
50m Back Stroke,
50m Breaststroke ,
50m Butterfly ,
100m Front Stroke,
100 m Breaststroke,
100m Individual Medley

Competitors can choose up to 5 swims

We are going to take deck entries on the day of the event.

Note - We are excited to pilot the new proposed OSGA format

Swimmers are asked to bear with us as we work through the logistics of the new format.

This swim meet will be a qualifying event for the 2023 OSGA in Brantford.
Anyone from Ontario who wants to join us must be a paid up member of OSGA and pay a small entry fee of \$10

Bob Secord Award

The Bob Secord Award of Excellence is granted to one female and one male participant annually whom exemplifies the ideals of the OSGA.

For more information, or to nominate someone you think deserves this award visit our website [HERE](#)



Ontario 55+ Summer Games 2023



Summer 2023 Games are in
Brantford ON

August 9-11 2023

The official Brantford Summer Games
website is now live!

Click below:

[Official Summer Games Website](#)

Ontario 55+ Winter Games 2024



Winter 2024 Games will be held in
Orillia ON

February 2024

We look forward to seeing you there!

[Official Announcement](#)

OSGA volunteers

The OSGA is always looking for more volunteers. There are different ways that you can get

involved:

Board of Directors

It is the time of year again where the OSGA starts looking for interested and qualified individuals to join our Board of Directors. The AGM is in September and most positions stand for a two year term.

Committees

If you have a skillset that could be of use to the OSGA, but do not have the time to serve as a Board Member, we urge you to consider joining one of our committees so we can continue to grow and move forward.

Districts

Our District's have their own committees that work to put on the local Games that you all know and play in. The Districts cannot operate with one person, so building a group to share the workload is imperative.

Please e-mail the office if you have any questions or would like to be connected with someone to talk to about your future volunteer opportunities. info@osga55plus.ca



Games Ontario Jeux de l'Ontario



Ontario Senior Games Association | 103-136 Bayfield St, Barrie, L4M 3B1 Canada

[Unsubscribe info@osga55plus.ca](mailto:info@osga55plus.ca)

[Constant Contact Data Notice](#)

Sent by info@osga55plus.ca powered by



Try email marketing for free today!