

A Message from our President

"It is hard to believe that 2023 is here. 2022 was one heck of a year...one on the tails of the tumultuous year that was 2021. As I sit here with my mask still in place, there has been a pervasive feeling of *deja vu* – the *deja vu* of continued pandemic challenges, but also the *deja vu* of perseverance and optimism.

Happy New Year to our OSGA District members, participants and volunteers. May this year be a year full of happiness and success for all of you."

-Daria Thompson
OSGA President

2-Person stick curling anyone?

Curlers across the province are finding new ways to enjoy the game with an exciting new discipline for Seniors and athletes with disabilities - 2-Person Stick Curling! Curlers use specialized throwing sticks to throw the rock from a standing position, sweeping is limited and games are six ends. Curlers can play on single or mixed gender teams, and can play recreationally or competitively. Reach out to your [local curling facility](#) and come and try stick curling! It's a great way to socialize and be active during the winter months! Learn more about stick curling [here](#).



What was District 8 up to!

District 8 Potluck!

On Monday, Dec 12th at St. Mathew's Presbyterian Church in Ingleside District 8 held their Christmas Potluck!

Started the day playing Bid Euchre at 10 am, had lunch at 11:45 until 1 pm and finished the day with another 3 games of Bid Euchre.

The players supplied the lunch AND Mrs. Claus also stopped in to make sure everyone was on the "Nice List".

A fun day that everyone thoroughly enjoyed.



Upcoming Bid-Euchre for District 7!

LEARN TO PLAY
BID-EUCHRE
Tuesday January 17, 2023
9:30am



Learn to play Bid-Euchre Cost \$5.00
Fundraiser for the North Lanark Senior Games Association



Royal Canadian Legion
Carleton Place

Contact David Cave
to register
cavedg@hotmail.com
or 613-492-0094



Sponsored By: Carleton Place Terrace



Don't forget our office is now in Barrie!

Please send all mail to:



OSGA
103-136 Bayfield St.
Barrie ON
L4M 3B1

Ontario 55+ Summer Games 2023



Summer 2023 Games are in
 Brantford ON

August 9-11 2023

We look forward to seeing you there!

Keep an eye out on our website for up to
 date information

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



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