

This is our time...

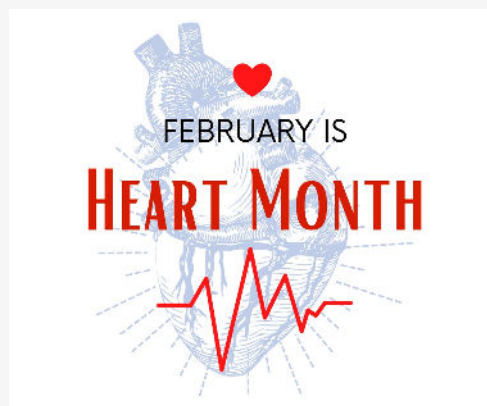
January 28, 2021 | Edition 01

February is all about your heart!

Check out Canadian resources from the [Heart and Stroke Foundation](#)

check out your knowledge with this quiz by the CDC

[Click to go to quiz](#)



Summer Games 2022



Stay tuned for information about Summer Games 2022 coming soon! Dust off those shoes and get ready for fun.

Districts are working on local schedules in the hopes that we will be able to returned to some of the Games that we know and love. Please understand that these events are even more difficult to organize during a Pandemic. If you would like to volunteer your time to help your District organize events please ask the office for your local District's contact details.

Golf Fore All

"Golf Fore All" 2022 Special Offer to our Loyal Supporters

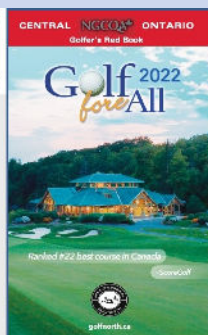
"Golf Fore All" 2022 is now available offering tremendous green fee discounts at many of Toronto and South Central Ontario's finest public, semi-private & resort courses (visit golf4real.ca for a complete listing of courses & offers).

Features:

- Over 650 coupons at 121 Golf Facilities
- Over 240 2 for 1 coupons
- Weekend play at 89 courses
- A great gift item for Xmas or any occasion!
- Save over \$19.00 off retail!!!

NEW ADDITIONS for 2022 ...
Acton...Bunker Hill...Lakeside... Thundering Waters!

Golf Fore All 2022 is the perfect gift for that special friend, or family member. The regular retail price of Golf Fore All 2022 is.....
\$49.99 + \$5.00 shipping + \$7.15 hst. = total \$62.14



Golf Fore All 2022 books are now available!

Grab your book now and start planning out your summer of golf discounts.

Just **\$43.00** on all OSGA orders

[Click to Download Order Form](#)

OSGA Physical Activity Challenge

Only a few days left to round out your
[January 2022 Calendar!](#)

Reminder:

There are now two ways to win prizes!

- 1) track your physical activity
- 2) submit your step count for the month

Email your completed calendar to
kaytlyn@osga55plus.ca
by February 7.

Get ready to be active during the shortest
month of the year! Stay motivated by
tracking your activities in our challenge

[Download the February 2022 Calendar](#)

Thank you for your participation and for
sending us this wonderful photo of yourself
enjoying some of our prizes!
Joanne Lenos- District 26



Invitational Hockey Tournaments

We are planning to go ahead with the Hockey Invitational!
Please watch for more information next week if you are already registered.

Spots still remaining in the 65+ Men's category

March 20 - 26, 2022.
Millbrook, Ontario

OSGA annual fee plus tournament fee's are required
All COVID-19 protocols in place

Please e-mail the office to register or get on the waitlist
kaytlyn@osga55plus.ca

55+ in the News

Opinion | Re- envisioning aging in Canada

Ageism is something we're all familiar with but many shrug off as "not that serious." In fact, ageism is ingrained in our society. The World Health Organization's Global Report on Ageism estimates that 1-in-2 people hold ageist attitudes....

[Read more](#)
www.thestar.com



**'It's a sense of
freedom': Senior
surfers in N.S. aren't**

...

A group of surfers in Lawrencetown, N.S. is well-known in the area thanks to their presence and dedication to the sport over the years.

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



Games Jeux de
Ontario l'**Ontario**



OSGA 55+ | www.osga55plus.ca

