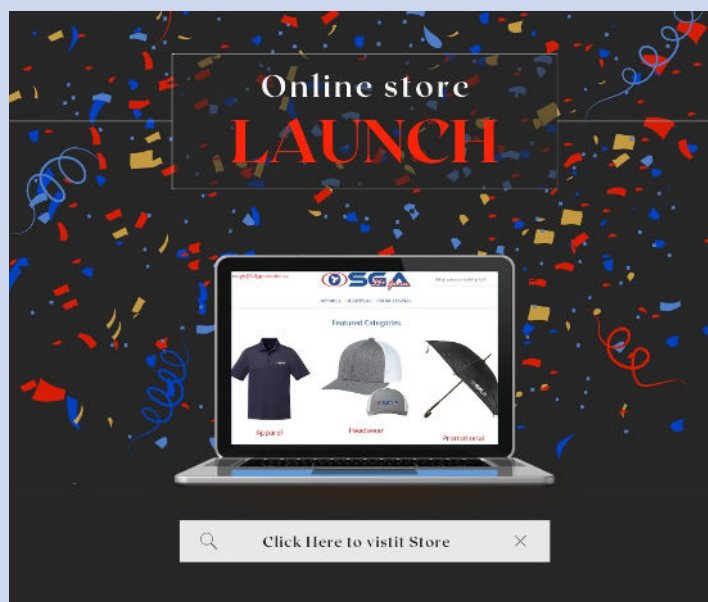


This is our time...

March 31, 2022 | Edition 03



Support the OSGA by purchasing apparel and more through our online store.

[SHOP HERE](#)

OSGA 2022-2023 Registration Open

New Database

During our downtime, the OSGA has worked to procure a centralized database system that will allow us to start moving into online applications.

If you would like to register with the OSGA, pay your annual fees online and sign your waivers electronically so that there is less to do at the local level then please do so today.

[New Registrations Click Here](#)

If you have participated in any OSGA events since 2020 then you are likely in the system already and should watch your inbox for your renewal e-mail in the next couple of days.

Note you may still have local District fees to pay when it comes to your specific events.

Ontario 55+ Summer Games

If you would like to volunteer with the Games then please



Peterborough 2022

Ontario 55+ Summer Games
Jeux d'été de l'Ontario 55+

[CLICK HERE](#) to apply

August 9-11, 2022

Peterborough, Ontario

Qualify within your District this spring to attend as a participant!

Ontario 55+ Summer Games website is now live and ready for you to explore!

[VISIT HERE](#)

Conveners required - if you have expertise in one of the following sports and would like to volunteer with the Peterborough 55+ Games committee please let us know ASAP:

- Darts
- Bocce
- 5 Pin Bowling
- Carpet Bowling

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 golfforall.ca for a complete listing of courses & offers).

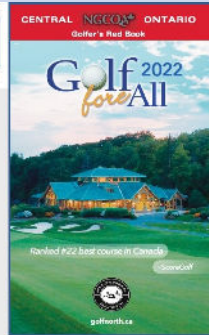
Features:

- Over 650 coupons at 121 Golf Facilities
- Over 240 "2 for 1" coupons
- Weekend play at 86 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



Get your 2022 guide so you are ready for golf season!

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

Start the new month off right by tracking your movement on the [April 2022 Calendar](#)

Email your completed calendar to kaytlyn@osga55plus.ca by May 10th.

Don't forget to submit your March calendar by April 7th.

Congratulations to Frank Ferris with the highest total steps in one month.

Can you beat his record?

400,896

Reminder:

There are now two ways to win prizes!

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

Open Hockey Tournament

Thank you to all teams who came out!

There was a lot of hockey played over the course of March 18-26. We thank all teams for coming out and making the event such a success. We are looking forward to hosting you again next year.

- 55/60+ Winning team - Brampton
- 65+ Winning team - The Owen Flounders
- 70+ Winning team - Peterborough
- 75+ Winning team - Niagara
- Women's Wining team - Gold Rush



Ontario Senior Games Association Hosts Week-Long Hockey...

Last week, Cavan-Monaghan's Community Centre was the site of a major adult hockey tournament. More than 500 players in 27 men's and women's senior hockey clubs enjoyed a tournament that spanned eight days. The event was hosted by the Ontario...

[Read more](#)
themillbrooktimes.ca



2022 Ontario 55+ Summer Games generate positive economic ...

Peterborough, ON - A call for volunteers is open for individuals who would like to support the 2022 Ontario 55+ Summer Games that is being held in the Peterborough area this summer through a community effort that includes the City, the County,...

Participants sought for 55-Plus Summer Games in Hamilton

Hamilton organizers are looking for participants to take part in this year's 55-Plus Summer Games. The single-day events are open to anyone 55 and above. Team events include contract bridge, duplicate bridge, euchre, darts, shuffleboard, five-pin ...

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



Memory boost - The Sport Information Resource Centre

Exercise is one way to prevent the age-related decline of memory. In fact, new research shows that aerobic exercise may enhance memory in previously inactive older adults, with the potential for high-intensity interval training (HIIT) to yield...

[Read more](#)
sirc.ca

[Read more](#)

www.peterborough.ca



Games Jeux de
Ontario l'Ontario



OSGA 55+ | www.osga55plus.ca

