

This is our time...

May 31, 2022 | Edition 05



#LetsMoveCanada

NATIONAL HEALTH & FITNESS DAY **JUNE 4**

"Hey Canada, Our dream is for Canada to be the fittest nation on Earth, and we need your help. Saturday, June 4 is National Health and Fitness Day this year, and we're inviting all Canadians from coast to coast to get up, get out and get active throughout the week of May 30 to June 5."

[National Health and Fitness Day Canada](#)

Invitational Events

These invitational events are open to anyone in Ontario 55+ wanting to register and participate. Must be registered with the OSGA for 2022-2023.



Sand Volleyball 4v4 or 6v6
come out and try a new game for fun

London - June 14/15

[Register for 4v4 Here](#)

[Register for 6v6 Here](#)

If your home district does not have a swimming competition this year, you still have an opportunity to qualify for the Ontario 55+ Summer Games in Peterborough August 9-11, by competing at one of the Invitationals listed below.

Swimming East or West
qualifier for Peterborough 2022

Dundas - June 2
Port Hope - June 7

[Register Here](#)

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
Registration closes June 14

August 9-11, 2022
Peterborough, Ontario

[CLICK HERE](#)
to visit the Ontario 55+ Summer Games website

District qualifying events are on now!

Check with your District to see if you can still register, it may be too late.

Golf Fore All

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

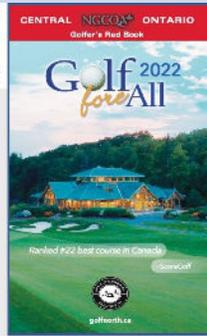
Golf Fore All 2022 is now available offering tremendous green fee discounts at many of Toronto and South Central Ontario's finest public, semi-private & resort courses (visit golfforall.ca for a complete listing of courses & offers).

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



Inventory is running low
Do not wait
Get yours now before they are gone!

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

[Click to Download Order Form](#)

OSGA Physical Activity Challenge

What's the easiest way to win
OSGA swag?

Submit a calendar with the physical activity that you are doing to be placed in a draw.

That's it – it's that simple!

Email your completed calendar to
kaytlyn@osga55plus.ca

Submit your May calendar or step total by June 8th to be entered.

[May 2022 Calendar](#)

Get ready for next month's tracking by downloading

[June's Calendar Here](#)

Canada 55+ Games

2022

If you have qualified for Canada Games 2022 in Kamloops please make sure you are registered in the OSGA database.

Your registration will be ONLINE and become available later this week.
You must be in the database in order to access the registration.

2024

If you are planning ahead and hope to attend the Canada Games in 2024, then you can use Peterborough 2022 as a pathway to qualify!

The location of Canada 55+ Games 2024 has yet to be determined.

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 Jeux de
Ontario l'Ontario



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