



**HAPPY  
HALLOWEEN  
FROM THE OSGA**

**We have a new office!**



**We are excited to announce we have  
moved into our new office!**

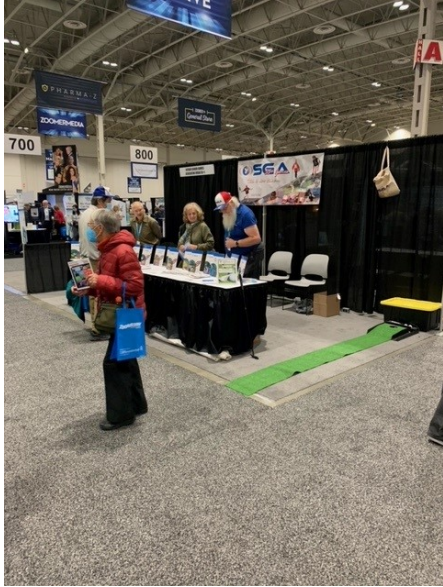
Ontario Senior Games Association has moved to  
Barrie!

Our new address is:  
**103-136 Bayfield St.  
Barrie ON  
L4M 3B1**

**ZoomerShow Success!**

If you weren't able to make it out to the  
ZoomerShow this past weekend, here's  
a little of what you missed.....

**ELVIS!!**



Thank you to our amazing volunteers for helping mandate the booth! You guys helped make the Zoomershow this past weekend a success!!

It was so great to see so many new and returning faces this weekend!



## 10 Best Brain Games for Seniors

Keeping mentally active with various games is a good strategy for senior health. A number of studies and findings acknowledge that brain games can help maintain and even strengthen such areas as memory, reasoning and...

[Read More](#)  
[seniorlifestyle.com](http://seniorlifestyle.com)

## Ontario 55+ Summer Games



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](mailto:info@osga55plus.ca)*



Games Ontario Jeux de l'Ontario



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