

Don't Forget to Send the November Fitness Challenge

NOVEL NOVEMBER

Participate in the OSGA's November challenge

Date: November 1 - November 30th

Location: All Districts

This November challenge yourself and support your mind! Read a new book that peaks your interests this month!

Email info@osga55plus.ca and tell us what you've read for a chance to win some OSGA merch!



November 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



This is our time...

Items of Interest!

1. **75+ Open Team (any combo of men/women) Curling Qualifier** for the 2024 Canada Games in Quebec City. Qualifier will be in Trenton November 25 and 26. Interested participants should contact: **Sheran Barker** at sheran_ready@hotmail.com by November 10.
2. **OSGA WINTER GAMES EXPERTS NEEDED: *Here are the sports/events*** - Alpine and Nordic Skiing, Badminton, Curling, Duplicate Bridge, Hockey, Skating, Table Tennis, Ten Pin Bowling, and Volleyball.

Responsibilities/Expectations -

1. First, the OSGA Expert must be a person who understands the event/sport well and may or may not be the event convenor in your district.
2. Second, he/she should review the current OSGA rules for his/her chosen event/sport and make sure the rules are accurate and up to date.
3. Third, this person should be available to speak with the Orillia Winter Games sport/event managers to review the OSGA rules and tournament play. It is an

opportunity to reassure them that they can run a great event. The communication may be by phone or by virtual call, whatever the Host prefers.

OSGA District 26 Table Tennis Tournament

A thunderous round of applause for all participants! We're thrilled to announce the victors of the tournament:

GOLD

65+ Men's: Raymundo Palma & Gregorio Vilbar

65+ Mixed: Raymundo Palma & Karen Smallwood

55+ Men's: Tim Mallon & Leslie Joshua

55+ Mixed: Tim Mallon & Jessica Steinhauser

SILVER

65+ Men's: Herbert Boeck & Peter Tiszovszky

65+ Mixed: Weijun Fang & Ray Hang

BRONZE

65+ Men's: Germinal Boloix & Ray Hang

65+ Mixed: Liswanty (Liz) Kroezen & Peter Tiszovszky

Please use the following link to view the [2023-10 Table Tennis Tournament](#)

District 30's Upcoming events

London D30 will host their 6th annual **Women's Hockey** event – one game – all members from the South Western region are welcome. There is one established team going on to the provincial qualifier. We need players to fill up the other squad. We would also welcome volunteers to referee and keep time.

D30 Volleyball Tournament will be Wednesday Nov 15 8am-5pm at North London Optimist Community Centre, 1345 Cheapside St, London
Contact: debbiemcnaughton59@gmail.com

D30 Women's Hockey will be Friday Nov 17 3-5pm at Startech.com (aka Bostwick) Arena – Pad A – 501 Southdale Rd W. (individuals players only)

London D30 will host a qualifier for **Prediction Skating**, open to all whose home district is not offering Prediction Skating.

D30 Prediction Skating will be Wed Nov 29 at Earl Nichols Arena - Pad B, 799 Homeview Rd, London 9:30-11:30am
Helmets are recommended.

Orillia is offering this as an Open event. We will offer both distances, if needed. 3km = 27 laps and 1½ km = 13½ laps. Men and Women aged 55+ will be combined into one division. We will plan to skate the distance twice in the same session. There will be a brief warm up. All skaters will submit their predicted time in writing. Skaters will be arranged in heats depending on numbers. All skaters should be prepared to act as timers/lap counters for another skater. Differentials will be posted. Then we'll do it again. Lowest differential wins. Speed and skating prowess are not required. All skaters will be competing for their own district only.

To register, contact: District Coordinator London D30
Kim Benke [519-432-0199](tel:519-432-0199) kim.benke.xx@gmail.com

Registration for both events will be online, starting in October.
We'll make it a multi-zone event so other districts' members can sign up.

2023 YORK REGION 55+ WINTER GAMES — DISTRICT 14 REGISTRATION FORM
PLEASE PRINT (Use #12)

Name: _____
Address: _____ City: _____ Postal Code: _____
Telephone: (____) _____
Email: _____

Please "X" the following information. Note: Registrants must be 55 years by Oct. 31, 2024.
I am: Individual Partner Team Other

INDIVIDUAL, PARTNER AND TEAM MEMBERS MUST COMPLETE THEIR OWN INDIVIDUAL FORM
Please note under the Ministry and OSGA policies alcohol may not be consumed during hours of play by participants. This will be enforced at all facilities.

Event	Discipline & registration	Fee	Event Date	Time	LOCATION
1) Recreational (2) (2) Double Men Men Partner Discipline	Oct. 16	\$55	Sat Oct. 14	9:00AM	Magpie Centre 800 MUSKOKA DR Huntsville
2) Recreational (2) (2) Double Women Men Partner Discipline	Oct. 16	\$25	Sat Oct. 14	9:00AM	Magpie Centre 800 MUSKOKA DR Huntsville
3) Progressive Curling (Open Double) Partner	Oct. 17	\$5.00	Fri. Oct. 20	1:00 PM	4402 King James 170 King Rd., King City
4) Recreational (2) (2) Double Mixed Men Partner Discipline	Oct. 16	\$55	Sat Oct. 21	9:00AM	Magpie Centre 800 MUSKOKA DR Huntsville
5) Curling (Open Double) Partner	Oct. 20	\$5.00	Fri. Nov. 10	12:30	1550 Aunna Rd. South Hill King Square Sports Centre
6) Table Tennis Double Men Men Partner Discipline	Oct. 21	\$25	Sat Nov. 4	9:00AM	King Square Sports Centre 2000 Woodbine Ave (2 nd floor) Markham
7) Table Tennis Double Women Men Partner Discipline	Oct. 21	\$25	Sat Nov. 4	9:00AM	King Square Sports Centre 2000 Woodbine Ave (2 nd floor) Markham
8) Table Tennis Double Mixed Men Partner Discipline	Oct. 21	\$25	Sun. Nov. 5	9:00AM	King Square Sports Centre 2000 Woodbine Ave (2 nd floor) Markham
9) Badminton (Open Double) Partner	Oct. 20	\$10.00	Mon. Nov. 13	10:30 PM	Thornhill 1270 Sallier Dr., Thornham
10) Bowling (Open Double) Partner	Nov. 10	\$5.00	Thu. Nov. 18	9:00 AM	Gordon Avenue (Lindsay) 48 Woodbine Dr., Sutton
11) Curling Mixed Pairs (2 Men & 2 Women) Team Partner Discipline	Nov. 04	\$450	Sat Nov. 25	9:00 AM	Sutton Curling Club 17 Woodbine Lane Sutton West
12) Progressive 800 Curling (Open Double) Partner	Nov. 18	\$5.00	Fri. Nov. 24	10:00 AM	Madison Centre Centre 21 Water St. Madam

District 14's Schedule of events

Please [CLICK HERE](#) for District 14's Full Schedule of events. Please pay attention to the application deadline as well.

Thank you!

Thanks to District 11 that participate in the Healthy Living EXPO

Huntsville's Muskoka Seniors hosted a Healthy Living Expo at the Summit Center in Huntsville on Thursday, October 19th. This expo allowed exhibitors to share their services with individuals over the age of 55. It is estimated that over 350 seniors attended the event.

Mary Johnson, Karen Litchfield & Nik Poljanski saw an opportunity to spread the word about OSGA 55+ and the events available to this demographic at this event. There was a lot of interest in our display and many individuals took brochures and business cards away with them after it was explained to them what OSGA 55+ is all about, what sporting events and leisure activities are available to them and what the 2024 schedule is for the summer games. There was interest expressed by many in having events held in Huntsville. Karen visited all of the vendor tables to educate those present on how they can share information about the OSGA 55+ activities with their clientele. It was definitely a worthwhile event for us & it is hopeful that the enrolment from Huntsville seniors will increase as a result.



The Winter Games are coming!



Winter 2024 Games will be held in
Orillia ON
February 6-8 2024

We look forward to seeing you there!

[Official Winter Games Website](#)

Lapel Pins are in!

We currently have Gold, Silver and Bronze pins available. Please email Info@osga55plus.ca with your District and full mailing address to order some!



Our Online Store is BACK!

For all our latest OSGA merchandise check out our online store here:

[OSGA Online Store](#)

We recognize shipping to certain areas may be more expensive, so we have also included a group order form. We suggest Districts use this form to place an order together and have one delivery location. You district can submit these forms at any time but please allow 2-3 for production and delivery as everything is made to order.

[Available items Order Form](#)

OSGA VOLUNTEERS

We are still looking for Committee members!

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

Committees

If you have a skillset that could

Districts

Our District's have their own

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. 1-4 Hours a month time commitment- meetings held Virtually
[Application Form](#)

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. Marketing, Technology, Revitalization, Rules & Events. 1-2 hours a month time commitment- Meetings held virtually

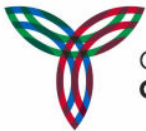
committees that work to put on the local Games that you all know and play in. The Districts cannot operate with one person, so building a group to share the workload is imperative.
[District Committees information](#)

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

You can make a Virtual Appointment for your Health Card Renewal

For more information click these links below:

[ENGLISH or FRENCH](#)



Games Ontario Jeux de l'Ontario



Ontario Senior Games Association | 103-136 Bayfield St, Barrie, L4M 3B1 Canada

[Unsubscribe info@osga55plus.ca](mailto:info@osga55plus.ca)

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