

## Check out our March Challenge

### MARCH FITNESS CHALLENGE

Get active outdoors this March! Enjoy the fresh air and sunshine while staying fit and healthy. Join our outdoor fitness challenge and discover the joy of moving in nature.







Email [info@osga55plus.ca](mailto:info@osga55plus.ca) and tell us what you did for a chance to win some OSGA merch!

Embrace the outdoors, feel the sunshine, and thrive in our outdoor fitness challenge.

2024

### March

S	M	T	W	T	F	S
					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
31						



## UPCOMING EVENTS

OSGA 55+ SUMMER GAMES 2024 District 22 Hamilton/Wentworth

Find the schedule for all events

here: [Calendar list of Summer Games](#)

Registration Date: March 4- April 8th, 2024

[Click here to print Registration Form](#)

For further information, please contact:

[district12hamiltonwentworth@gmail.com](mailto:district12hamiltonwentworth@gmail.com)

## OSGA 55+ Summer Games 2024 DISTRICT 22 HAMILTON WENTWORTH

Any permanent resident of Ontario who is 55 years of age or older can participate in one of the Ontario Districts.

### REGISTRATION DATE:

**March 4 – April 8th, 2024**

**Games Start on April 22– May 13, 2024**

Registration forms are available at all City of Hamilton Senior Centre's, Clubs and Recreation Centre's

PICK UP A REGISTRATION FORM TODAY!!! FOR FURTHER INFORMATION PLEASE CONTACT

OR EMAIL [district22hamiltonwentworth@gmail.com](mailto:district22hamiltonwentworth@gmail.com)

ANCASTER SENIOR ACHIEVEMENT CENTRE  
905-546-2999

Please see the list of events and event dates with the registration form.



## Announcing a Swimming Prediction & Sprints event for OSGA members in the 55+, 65+ and 75+ age categories, open to both Men's and Women's Categories

Date: Wednesday May 1, 2024

Each swimmer can compete in up to 5 events from the list below:

Prediction 200M Men & Women 55+. 65+, 75+

Prediction 100M Men & Women 55+. 65+, 75+

Sprints Men & Women 55+, 65+, 75+

50M - Freestyle, Backstroke, Breaststroke

Central Memorial Recreation Centre

93 West Avenue Street, Hamilton, ON, L8N 1S1

( see the map at [Central Memorial Recreation Centre - Search \(bing.com\)](#) )

To participate, you must be an OSGA member. Please fill out the Registration Form, which you can find here: [Registration Form](#)

Contact Joan Millard if you wish to register.

[289-683-4549](tel:289-683-4549) [joanmillard16@gmail.com](mailto:joanmillard16@gmail.com)

[Click here for more information](#)

**Nappanee Diamond Edge's Second Annual May**

## Breakaway!

The Nappanee Diamond Edge Women's hockey team is hosting our Second Annual May Breakaway unsanctioned tournament on **May 9th and 10th, 2024** in Nappanee and are looking for 3 more 60+ teams to fill our 60+ division. Our 55+ division is already full, but we do have a waiting list.

For more information [Click Here](#)

To register please email Patti Ann Whalen at [pawhalen@sympatico.ca](mailto:pawhalen@sympatico.ca)



### *In Memory of Mary Johnson*

Mary Johnson, a longtime member of the OSGA from District 11 - Muskoka/Haliburton, passed away suddenly on January 23, 2024.

Mary had been involved with the OSGA for about 15 years and held numerous positions on District 11's executive. She was the District Coordinator and go-to person for the past 4 years.

She was a well deserved recipient of the Bob Secord Award in 2018, which is granted to an individual that gives their time to health, wellness, and sport initiatives through the Senior Games. Mary was a soft-spoken and dedicated woman who aimed to make District 11 better every year.

She was a participant and convenor of walking for about 10 years and also enjoyed playing bridge.

Mary will be missed by us all and we extend our deepest sympathies to her husband Mike and family.

## Badminton Tournament in Cambridge

The Cambridge tournament, hosted by District 26 from February 28 to March 1, qualified badminton players in the age divisions of 60+, 70+, and 75+, as well as WD, MD, and MXD.

Players with **GOLD** and **SILVER** medals will get to go to the Canada Games!

[Click here to check all the Results](#)





## Orillia Winter Games Results



Check out the Orillia Winter  
55+ Games Results here:

[Official Winter Games  
Results](#)



## OSGA MERCHANDISE

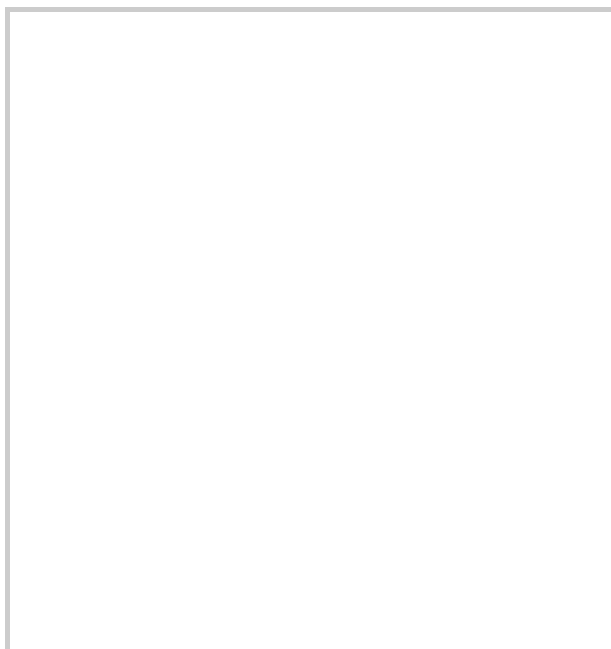


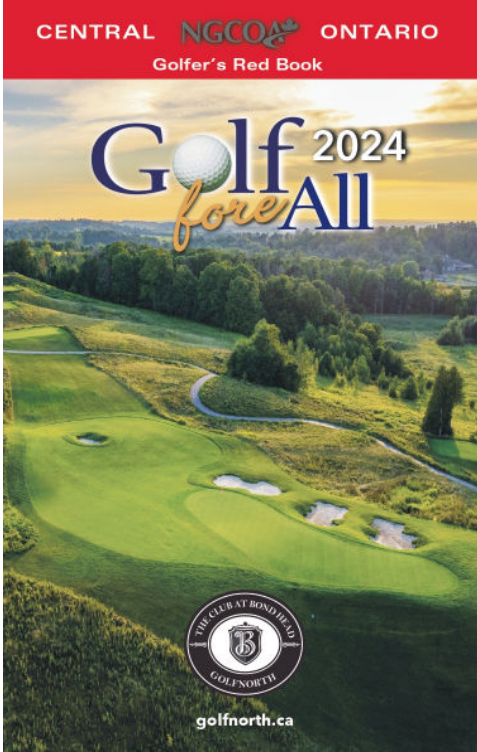
**Our OSGA Merchandise is in stock!**

Unisex sizing, right now sizes come in Small, Medium, Large and Extra Large.

Shipping are available. Email [admin@osga55plus.ca](mailto:admin@osga55plus.ca) for more information. All prices include HST.

**2024 edition of the "Golf fore All" book is almost here!**





**"Golf Fore All" 2024  
Special Offer for O.S.G.A. +55 Members**

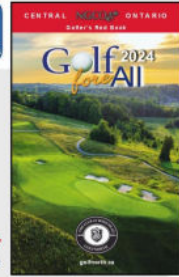
"Golf Fore All" 2024 is now available offering tremendous green fee discounts at many of Toronto and South Central Ontario's finest public, semi-private & resort courses (visit [golfforall.ca](http://golfforall.ca) for a complete listing of courses & offers).

- Features:**
- Over 766 coupons at 128 Golf Facilities
  - Over 200 "2 for 1" coupons
  - Weekend play at 96 courses
  - A great gift item for Xmas or any occasion!
  - Save over \$23.00 off retail!!!

NEW ADDITIONS for 2024 ...

**Bond Head (North & South), Grey Nibs, Heritage Hills, Mystic, Rebel Creeks & more!**

Golf Fore All 2024 is the perfect gift for that special friend, or family member. The regular retail price of Golf Fore All 2024 is..... \$59.99 + \$5.00 shipping + \$8.45 tax = total \$73.44



**\*SPECIAL O.S.G.A. + 55 PRICE\*..... \$50.00 ALL IN!**

**Order Form**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 City: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Golf Fore All 2023-osga Quantity \_\_\_\_\_ @ \$50.00 ea. Total \$ \_\_\_\_\_

Method of payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Cheque \_\_\_\_\_

Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Card Holder: \_\_\_\_\_

Signature: \_\_\_\_\_

Complete and return form together with your credit card info or cheque payable to:

**PAR FORE MARKETING**

9 Orchard Park Drive, Bowmanville Ontario L1C 4E2  
 Phone Orders: 905-623-8498 (Outside GTA 1-877-525-7274)

Email us at [admin@osga55plus.ca](mailto:admin@osga55plus.ca) and we'll send you a form!

**Lapel Pins are in!**

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



**You can make a Virtual Appointment for your Health Card Renewal**

For more information click these links below:

**[ENGLISH](#) or [FRENCH](#)**

**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 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

## 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.

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

## 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.

[District Committees information](#)

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*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



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

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[Constant Contact Data Notice](#)

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