

## 2024 Call For Board Nominations

The OSGA 2024 Nominating Committee is looking for motivated and hard-working individuals to join the Board of Directors.

Please view the information below and contact [info@osga55plus.ca](mailto:info@osga55plus.ca) with any inquiries.

2024 call for nominations [Click Here](#)

Board Job Description [Click Here](#)

Board Election Policy - [Click Here](#)

Or visit our website for more [Click Here](#)

The due date is August 16th. Thank you!

## Save the Date: Join Us for the Next AGM!

Location: Fairfield by Marriott Belleville

Dates: September 22-24

This year's Annual General Meeting promises to be an event to remember! Indulge in delectable cuisine, gain valuable insights, and enjoy top-notch entertainment. Plus, don't miss the opportunity to submit your nominations for the prestigious Bob Secord Award!

See you there!

## Bob Secord Award



The Bob Secord Award of Excellence is granted to one female and one male participant annually whom exemplifies the ideals of the OSGA.

For more information, or to nominate someone you think deserves this award visit our website [HERE](#)

Nominations close August 23rd, 2024.

# Canada Games 55+ 2024 - Quebec City

Please join me in wishing all OSGA Team Ontario members, all **606 participants and 179 non-participants**, the best of luck at the **2024 Canada 55+ Games in Quebec City August 27 to 30**. Western Canada considers these Games to be our Senior Olympics. Well, in Kamloops 2022 with only a team of 335 COVID survivor participants, we brought home 30.5 GOLD medals, 38.5 SILVER medals, and 27 BRONZE medals, so now with a powerhouse of 609 participants, let's blast those numbers to the moon!

Our 2 flag bearers for the 2024 Canada Games will be **Kay Snedden** and **Tom Dolan**, one of our two 75+ mixed doubles badminton pairs. Both have contributed much to the OSGA over the years and have dedicated themselves to the development of young badminton players in the Quinte area for decades.

I will be updating District Co-ordinators with their list of participants and non-participants within the next week.

As far as numbers go, Team Ontario will consist of 14 - 8 Ball participants, 20 Bowlers, 16 Cards players, 18 for Darts, 12 for Shuffleboard, 24 Curlers, 35 Golfers, 1 brave Scrabble player, 14 Hockey teams, 63 Pickleball players, 4 Slo-Pitch teams, 20 Swimmers, 33 Tennis players, 46 Badminton players, 17 Track and Field participants, and 19 for Table Tennis.

Results updates will be posted in the September Newsletter.  
Submitted by Sheran Barker

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## District 8 - AGM in Cornwall





District 8 held our AGM in Cornwall at the Army Navy Air Force Unit # 342 on June 23<sup>d</sup> with 61 members present. "Medals" (OSGA pins) were awarded to 149 gold, silver and bronze finishers in the 21 district events held during April to June. The meeting and presentations were followed by dinner.

District 8 will host the Eastern Regional Games Thursday, August 15<sup>th</sup>. Eight events will take place at the Benson Center in Cornwall, darts at the Royal Canadian Legion in Cornwall, shuffleboard at the Long Sault Arena, Bowling at the Embrun Bowling Hall and golf at Upper Canada Golf Course. Close to 200 OSGA members from the six districts in Eastern Ontario will participate. A closing banquet will be held at 5 pm. District 8 looks forward to hosting a great day!

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## District 15 North York Senior Games 2024 Celebration Party





District 15 North York Senior Games 2024 Celebration Party, held on Tuesday evening June 25, 2024 at Earl Bales Community Centre. There were just under 100 attendees.

We asked them to spread the word about Senior Games to their relatives and friends, to promote physical and mental health among Seniors, and to increase our membership.

## SOUTHWEST Regional Pickleball Medal Winners

The SW Regionals, hosted by District 29, were held July 12th at the indoor pickleball facility called the Pinnacle Fieldhouse located in Stratford. With 8 courts, the action got underway in the morning, with teams doing a round robin, then advancing to the medal rounds. Russ Brown, D29 Games Co-ordinator, provided opening Remarks and Karen Hill, the tournament director, was given a chance to say "Let the Games Begin". Play then did begin, only pausing for lunch, with Doubles in the morning, and Mixed teams taking to the courts in the afternoon. We had a great group of volunteers from the Stratford Pickleball club.

Our main sponsor was Brickhouse paddles....a made in Canada paddle company....who crafted wooden coasters for the players, and etched glassware for each of the volunteers. The draw for the paddle, donated by NXTgen Sports, was won by Janet Shivas, and the paddle eraser was won by Bill Pickering. It was a first time experience for the Team working to operate a tournament. Mike Ferguson set up an Excel spreadsheet for Lynda Smith and Steve Lawton to track games. Winners from these Regionals will have to keep playing and stay health, as they get to advance to the Canada Summer Games (the Senior Nationals ) in 2026.

Submitted by Karen Hill District 29

### 3.0 Women 55+

1. Gold - Donette Wand/Deb Smolenaars
2. Silver - Esther VanderHyden/Lisa Evans
3. Bronze - Linda Pickering/Annette Wrigley

### 3.0 Men 55+

1. Gold - Kent Schafer/Greg Wand
2. Silver - Bill Pickering/Robert Wrigley

### 4.0 Men 65+

1. Gold - Phil Faubert/Steve Beasley
2. Silver - Garry Hill/Rick Kaczmarczyk
3. Bronze - John Spiers/Barry Schill

### 3.5 Men 55+

1. Gold - Rob Dupree/Will Denomme

### 3.5 Men 65+

1. Gold - Dave Crowley/Paul D'Hollander

3. Bronze - Mike Ferguson/Brian McKinnon

2. Silver - Len Weber/John Hebst

3. Bronze - Merlin Lei's/Keith McKay

3.0 Mixed 55+

1. Gold - Linda Grainger/John St. Pierre
2. Silver - Barb Klomp/Marty Klomp
3. Bronze - Marnie Knight/Gary Pipe

3.5 Mixed 55+

1. Gold - Jody Henderson/Dwayne Henderson

3.0 Women 65+

1. Gold - Lynne Knight/Bev Brown-Nichols
2. Silver - Mary Kennedy/Terry Pickles
3. Bronze - Helen Plaisier/Diane Peacock

4.0 Mixed 55+

1. Gold - Katharine Davidson/Rob Davidson
2. Silver - Heather Henke/Doug Discepolo

3.0 Mixed 65+

1. Gold - Otto Altenhoff/Maureen Ralph

4.0 Mixed 65+

1. Gold - Pat Jackson/Wayne Stone

3.0 Men 65+

1. Gold - Bryce Richardson/Tim Porter
2. Silver - Michael Hauck/Don Boogerman
3. Bronze - Kelly Sivyer/Terry Finch

3.5 Women 65+

1. Gold - Joyce Reid/Ellen Whiting
2. Silver - Nancy Rawlings/Nancy Chung

3.0 Men 75+

1. Gold - Otto Benke and Jogi

4.0 Women 55+

1. Gold - Gail Schaffer/Diane Dixon
2. Silver - Jackie Davidson/Sarah Bender

4.0 Women 65+

1. Gold - Janet Shivas/Karen Hill

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## SOUTHWEST Regional Golf Medal Winners



Flight 75-79 Gold - Don Burton; Silver - Ren Siblock; Bronze - Joe Steinman.



Flight 80+ Mens Gold - Terry Robinson; Women Gold - Mary Dingman



Flight 75-79 Silver - Penny Smith-Steinman; Bronze - Darlene McKaig; Gold - Kaye Vigors (not in the photo)

More results:

- Flight 60-64: Gold - Patti Schellenberger; Silver - Teresa White.
  - Flight 65-69: Gold - Terese Edwards; Silver - Rose Yantzi; Bronze - Tracey Weaver.
  - Flight 70-74 Gold - Jack Kittmer; Silver - Wayne Melvin; Bronze - Rick Stevenson.
  - Flight 65-69 Gold - Brian Bourke; Silver - Patrick Holland; Bronze - Larry Zoeller.
  - Flight 70-74 Gold - Luanne Kerr
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# Central Regional Games Invitation - Start Sep.8

To registration online please [CLICK HERE](#)

To register manually please [CLICK HERE](#)



## INVITATION TO 55+ CENTRAL REGIONAL GAMES - 2024

Do you live in the Central Region ... i.e. any of the following districts? D3-Parry Sound, D11-Muskoka/Haliburton, D12-Kawartha Lakes/Peterborough/Northumberland, D13-Durham, D14-York, or D28-Simcoe? If so, you have a NEW OPPORTUNITY to participate in one or all of the following regional events. Prior participation in your district's games is not compulsory but membership in the OSGA is mandatory.

<b>BOWLING - 5-PIN</b>	Sun. Sept. 8 1 pm	Northshore Lanes, Northumberland Mall 1111 Elgin St. West, Cobourg
<b>DISC GOLF 9 Holes</b>	Mon. Sept. 30 10 am	Haute Goat - 1166 5th line Newtonville
<b>GOLF 18 Holes</b>	Tues. Sept. 10 9:30 am	Kedron Dells Golf Club - 2400 Ritson Rd N. Oshawa
<b>PICKLEBALL 3.0 ONLY</b>	Tues. Oct. 15 9 am to 4 pm	SG Nesbitt Memorial Arena 55 Parkside St., Minden
<b>SWIMMING</b>	Fri. Sept. 20 1:30 to 3 pm	Jack Burger Sports Complex 60 Highland Dr., Port Hope
<b>TENNIS</b>	Sat. Sept. 7 10 am	Town Park Recreation Centre 62 McCaul Street, Port Hope
<b>WALK / RUN Prediction or Nordic</b>	Thurs. Oct. 3 10 am	Head Lake Rotary Park 13 York St, Haliburton

**If you want more information, please contact your District Coordinator or visit the OSGA's website:** <https://osga55plus.ca/calendar/>

D11	<b>Muskoka/Haliburton</b> Jennifer Coates (705) 749-3787 jennifercoates148@gmail.com
D12	<b>Kawartha Lakes/Peterborough/Northumberland</b> Eva Ferguson (289) 252 1162 eva.ferguson@cogeco.ca
D13	<b>Durham</b> Maureen Keeping (416) 577-8867 makeeping13@gmail.com
D14	<b>York</b> Charlotte Widdifield (905) 476-8530 widdiefield@rogers.com
D28	<b>Simcoe</b> Jan Jeffery (705) 321-5453 brell222@gmail.com



# AUGUST FITNESS CHALLENGE

★ Join our August Fitness Challenge! ★  
Spend just 10 minutes daily practicing mindfulness or relaxation techniques such as deep breathing exercises, meditation, or listening to calming music. Find a quiet space where you can relax without interruptions.



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

**[Check OSGA NEW ONLINE STORE!](#)**

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

[OSGA Online Store](#)



## NEW COLLECTION

[HTTPS://IMPRINTEDAPPARELSTORE.COM/PRODUCT/A801-OSGA/](https://imprintedapparelstore.com/product/a801-osga/)



## LOYAL PROGRAM

Save up to 10% on your stay at participating hotels

Our **LOYAL** program is designed to accommodate the business and leisure travel needs of small to mid-size businesses and association members. With over 100 hotels to choose from across Canada, booking your overnight stay has never been easier. Discounted booking links are now conveniently located on our InnVest Hotels website.

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Want to be featured in our Newsletter, or have something exciting going on in your district you'd like to share? Send it to [info@osga55plus.ca](mailto:info@osga55plus.ca)

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## 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!

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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](#)

*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)*

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Games Ontario Jeux de l'Ontario





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