



This is our time...

May 31, 2024 *edition 25*

Mark your calendars for our next AGM!
Fairfield by Marriott Belleville
September 23-24
Stay tuned for more details!

Check out our June Challenge

JUNE FITNESS CHALLENGE

Join us for our June Fitness Challenge focused on golf! Participate in walking rounds, mini-golf tournaments, and putting challenges. Improve your game, stay active, and enjoy the outdoors. Let's tee off and have fun!



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

A compelling story on OSGA from District 7



Pare
scho
taki
soc

BY DEREK

Strictly li
was the me
adults at Al
A softer ver
was presente
harsher vers
done for abo
back when it
"This is abo
not their frie
because you
a responsibil
are the owne
It's been his
to increased
sextortion a
form of pare
privacy.

The prese
suggested a
• No techn
• No smar
• No socia

Taking part in the Lanark Seniors Euchre Tournament at Carleton Place Terrace are, from left, Michael Giroux, Marilyn Pevere, Joanne Earl and Debra Loucke. The card game is among the activities that make up the Ontario Senior Games.

Derek Dunn photo

Seniors bet on making new friends through OSGA

BY DEREK DUNN

About three dozen local seniors gathered at a retirement residence in Carleton Place to participate in an Ontario Senior Games Association

(OSGA) event.

The annual North Lanark Seniors Euchre Tournament had card-playing competitors vying for the jack of trump and, at times, electing to 'go alone' for all the points.

Euchre players take their game seriously, said volunteer organizer David Cave, but not beyond reason.

"It's really about being active, getting people out and making friends," said Cave,

overseeing the scoreboard at Carleton Place Terrace. "The senior games tries to keep people moving. It's a minimal cost to play."

SENIOR GAMES, PAGE 2

s ordering
d council
minutes?
tell said
well into
cil and
e elect-
s turn-
bridge
neigh-
ve or,
drew
r the
have
n the
ited
rns
der,
the
ad-
led



... talking
to friends and
neighbours while
sheltering from
the rain on May
11.

Derek Dunn photo

SENIOR GAMES, FROM PAGE 1

Winners have the opportunity to play at regional or provincial competitions.

District 7, the North Lanark Senior Games, includes Mississippi Mills and Beckwith Township. The local summer games run from late April to mid July and consists of: five-pin bowling, lawn bowling, carpet bowling, Bocce, washer toss, pickleball, darts, shuffleboard, cribbage, euchre, bid-euchre, bridge and walking.

The winter games are held in February and includes Nordic skiing, cross-country skiing, curling and ice hockey.

To become a member of the OSGA there is a yearly membership fee of \$15 (from April 1 to March 31). There is also a fee of \$2 for each game (summer or winter) that participants compete in.

Each year there are local games held with the certain medal winners eligible to go on to either the Regional Games in Eastern Ontario (5 Districts) or the Provincial Games held on alternate years with all provincial districts (about 30) competing.

If interested in joining the NLSGA, or for more information, please contact cavedg@hotmail.com or the OSGA direct at osga55@lus.ca.

CHECK OUT WHATS HAPPENING IN DISTRICT 17

Seniors Health & Wellness Fair



June 19, 2024. 11 am to 6 pm

Where

York Recreation Centre
115 Black Creek Drive

Attendance is **FREE**. We encourage visitors to donate an item to the food bank as an entry fee.

What to expect

Informative vendors
Plant and book exchange
Tea room
Art sessions
Mini fitness classes



toronto.ca/SummerRec



Check out a New Loyalty Program.

Discover the Loyal Program brought to you by our esteemed sponsor, Invest Hotels! With over 102 hotels nationwide, we're thrilled to offer you exclusive benefits tailored just for you.

Click the link below to access special Loyal rates and enjoy savings of up



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.

Scan the QR Code below to learn more & start saving!



INNVEST
Hotels

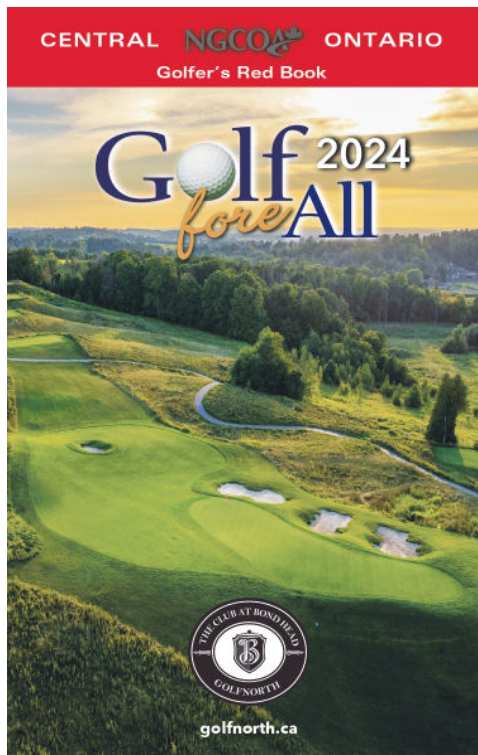
SAVERIO GIOFFRE, National Sales Manager
C: (416) 617-0667
E: saverio.gioffre@innvesthotels.com
Website: innvesthotels.com/loyal-program

to 10% on your bookings!

Explore the Loyal Program:

LOYAL Program - InnVest | InnVest
[\(\[innvesthotels.com\]\(http://innvesthotels.com\)\)](http://innvesthotels.com)

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 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 Sibb, Heritage Hills, Mystic, Robert Creek & 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 hst = total \$73.44

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

Order Form

Name: _____
Address: _____
City: _____ Postal Code: _____
Email: _____ Phone: _____

GolfForeAll2023-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)



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 for more information. All prices include HST.



OSGA MERCHANDISE



Email us at admin@osga55plus.ca and we'll send you a form!

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

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](#)

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



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

[Unsubscribe](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!