

## 2025 Ontario 55+ Summer Games Host Announcement!

We're thrilled to announce that **SUDBURY** has been selected as the host city for the 2025 Ontario 55+ Summer Games!

For more details, please see the official news release here: [CLICK HERE](#)

## Announcement Age Field in iMembers

### Attention all members of OSGA!!!

We have made a small change to your personal record in our online database called iMembers.

Birthdays will no longer be collected or stored.

If you Login and click on the tab called "My Data", *you may see your birthday listed as 01/01 which is Jan 1st.*

This will allow us to calculate, more easily, your Age as of 31 December.

Currently, your age was updated on your birthday, and this made it harder for event convenors to determine your eligibility for an age division - especially if you were 59 or 64 or 69, etc.

Also know that we are working on resolving other similar issues with iMembers.

## Notice of the Passing of Norm Steeper, District 29 Champion, passed away Oct 11th, 2024

It is on behalf of the District 29 Senior Games committee, that wish to extend sincere condolences to all the Seniors in our District, for the loss of Norm and his wife Ada (2022). Norm and Ada did a tremendous job over the years in keeping our District dynamic, taking on many roles within the District, and with the OSGA Board.

Both were gifted with the highest volunteer award, the



Bob Secord award of Excellence, from the OSGA, granted to participants who give of their time to the health and wellness of Keeping Active sporting Initiatives: Ada ( 2011) and Norm (2004). Their passing has left us with big shoes to fill. We can't say enough about their positive contributions over the + 40 years of service.

Respectfully submitted, Karen Hill, Secretary District 29



## London D30 Invites participants from South West Region. All events are free to OSGA members, except bowling.

- Texas Hold'em Poker - Wed Nov 13 - 1pm
- Cribbage - Wed Nov 20 - 12pm
- Table Tennis (singles/dbls/mixed) - Sat Nov 24 - 2pm
- Euchre - Wed Nov 27 - 12pm
- Curling - Sat Nov 30 - 9am
- Prediction Skating - Wed Dec 4 - 9:30am
- 10 Pin Bowling - Sun Dec 8 - 9am (\$16.65 + shoes)
- Women's Hockey - Wed Jan 22 - 9:30am (individual players/goalies only)

For more information & registration:

Login to: <https://osga55plus.ca/>

Click on Calendar.

Click on View - OSGA Calendar.

Scroll down and click on **Register Now**.

**Or call our Help Line - Doug at 519-660-4756 (Mon - Fri 1-5pm)**

## Team Ontario Set 5 New Records Canada Games 2024

**Just a quick update on the Canada Games Records for swimming and track and field. Team Ontario Set 5 New Records CG 2024:**

1. Leslie MacKay - Bosco - D - 17 - swimming - 60+ women's 100M free style - 1:35:14
2. Richard Chu - D - 15 - swimming - 80+ men's 100M breast stroke - 2:22:60
3. Geraldine Fabb - D - 26 - swimming - 75+ women's 50M back stroke - 58:31

4. Geraldine Fabb - D - 26 - swimming - 75+ women's 100M IM - 2:10:99
5. Gwendolyn Olar - D - 30 - track and field - women's 55+ triple jump - 6.37M

**An amazing accomplishment! Congrats to these Team Ontario Canada Games' Superstars!**

## District 19 - Winter Games



**Winter Games registration is now “ready”**

Two options are now available for event registration:

**Option 1:** Online registration through the OSGA website.

You must be an active member, paid the annual OSGA fee of \$15.00 for the year “2024 -25”, prior to participating in these events.

Click <https://osga55plus.ca/>

Click on “**Login**”. Your username is your **email address**, and you can re-set your password if needed.

Click on “**Calendar**”. You will see all the events listed.

Click on “**Register NOW**” for the event in which you wish to participate and proceed until the payment of \$3.00 per event fee.

**Option 2:** Paper registration as per previous games,

If you choose not to register online, paper registration forms are available at the Bob Callahan Flower City Senior Recreation Centre, 8870 McLaughlin Road, Brampton. Submit the completed registration form, waiver, OSGA fee of \$15.00 and event fee of \$3.00 (per event) to the front desk.

Please note that cheques will not be accepted.

The OSGA membership fee is for the period April 1, 2024 - March 31, 2025.

If you have any questions, contact either:

**Marion Ody**  
District Coordinator  
OSGA - District 19  
[marion\\_ody@hotmail.com](mailto:marion_ody@hotmail.com)

**Sri Ratna**  
Membership Chair  
OSGA - District 19  
[sri55plus@gmail.com](mailto:sri55plus@gmail.com)

Date	Event	Venue
November 3, 2024	<b>Badminton (Doubles)</b>	Bob Callahan Flower City Seniors Rec. Centre
November 7, 2024	<b>Ten Pin Bowling (singles)</b>	Bowlero Brampton
November 10, 2024	<b>Table Tennins (Doubles)</b>	Bob Callahan Flower City Seniors Rec. Centre
November 15, 2024	<b>Prediction Skating</b>	Jim Archdekin Rec. Centre
November 16, 2024	<b>Volley ball</b>	Bob Callahan Flower City Seniors Rec. Centre
November 21, 2024	<b>Ten Pin Bowling (open team of 4)</b>	Bowlero Brampton

# November Fitness Challenge

## NOVEMBER FITNESS CHALLENGE

Join our November Reading & Stretch Circle!  
Dedicate 30 minutes each day to reading a chosen  
book while starting with 5-10 minutes of gentle  
stretches like side bends, neck rolls, or ankle circles  
to stay active.



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://IMPRINTEDAPPARELSTO  
RE.COM/PRODUCT/A801-OSGA/](https://imprintedapparelstore.com/product/a801-osga/)

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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





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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)

## 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

**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

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](mailto:info@osga55plus.ca)



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