

September 30, 2024 *edition 29*

Annual General Meeting - Belleville, 2024

The Annual General Meeting took place in Belleville from September 22-24, and we're excited to share some wonderful pictures! Thank you to everyone who joined us and contributed to the event's success.



District Awards

District Awards are presented annually to the Regional District that best exemplifies outstanding support of the OSGA. This year's recipients are:

- **Northern Region:** D2A Timmins
- **Eastern Region:** D10 Hastings/Lennox/Addington/Prince Edward/Frontenac
- **Central Region:** D13 Durham
- **South Central Region:** D19 Brampton/North Peel/Dufferin
- **Southwest Region:** D29 Huron/Perth/Middlesex

Congratulations to all the districts for their continued dedication!



Bob Secord Award

At the recent OSGA 55+ Annual General Meeting, Kim Benke (D30 - London) and Roger Wallis (D17 - Etobicoke) were named this year's Bob Secord Award winners. The Bob Secord Award of Excellence is presented annually to one female and one male participant who exemplify the ideals of the OSGA. These individuals dedicate their time to promoting health, wellness, and sports through the Senior Games, and their efforts and contributions are truly deserving of recognition.

Congratulations to Kim and Roger on this well-deserved honor!



Meet our board members:

President: Daria Thompson

Vice President: Ed Mark

Treasurer: Ellen Paterson

Secretary: Vincent Lubrano

Directors at Large:

Kim Benke

Georges Martin

Maureen Keeping

Directors at Large (not pictured): Sheran Barker and Rae Kingsbury



October Fitness Challenge

OCTOBER FITNESS CHALLENGE

Let's take steps towards a healthier October! Aim for 4,000-6,000 steps each day, and gradually increase your goal as you go. Enjoy the autumn weather!



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

District 19 - AGM Invitation - Oct. 16



District #19 Annual General Meeting

The District #19 Annual General Meeting will be held:

When: Wednesday, October 16, 2024

Time: 4:00 pm.

**Where: Flower City Senior Centre Campus,
Building "D", Boardroom 2.**

This is an opportune time to come and see what your executive is working on, ask about the District's activities, propose new ideas, sports & games.

Volunteers are always needed to help with the operation of the District. You may wish to serve in some capacity on the committee!

We hope to see you there!

Refreshments will be provided.

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

Sri Ratna
Membership Chair
OSGA - District 19
sri55plus@gmail.com

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

[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

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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

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





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