

December 2, 2024 *edition 31*

## ❄️ Welcome, December! Let's Embrace the Holiday Spirit ❄️

The holiday season is here, bringing warmth, joy, and time with loved ones. This festive moment reminds us of the magic of sharing meals and laughter together. What are your favourite holiday traditions? Share your cheer and let's make this season bright!



## **2025 Ontario 55+ Summer Games Update!**

### **Sudbury 2025 Ontario 55+ Summer Games Update**

As some members may be aware, changes have been made to the services that will be provided at the Ontario 55+ Games. Registration costs for the Games are being significantly reduced. The additional changes will include:

- Participants will directly book and pay for their **own accommodations at the Games**
- **Limited transportation** to sport venues will be available from designated hotels/accommodations. Participants will be responsible for their own transportation to sport venues, if not using the Games shuttle

- Participants will be **responsible for breakfasts and one dinner** at the Games. The remaining one dinner and lunches will be provided by the Games Organizing Committee

The Sudbury 2025 Ontario 55+ Summer Games are scheduled to take place ***AUGUST 5th to the 7th, 2025***. The Games Organizing Committee for the **upcoming summer Games** will be providing information about available room blocks and rates to assist with booking your accommodations. Stay tuned for this information in early 2025!

Questions regarding these changes, or specific to the upcoming Games, can be directed to the OSGA.

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## ☐ **“Golf Fore All” 2025 is Here! Score Big on Green Fees!** ☐

Get ready to tee off with amazing discounts at some of the best public, semi-private, and resort courses across Toronto and South Central Ontario! ♂ Whether you're a weekend warrior or a seasoned pro, “Golf Fore All” 2025 has you covered with incredible savings.

Visit [golfforeall.ca](http://golfforeall.ca) for the full list of courses and offers.

☐ **Don't wait—start planning your dream golf season today!**

To get your order form, email us at [info@osga55plus.ca](mailto:info@osga55plus.ca)

## "Golf fore All" 2025 Special Offer for O.S.G.A. +55 Members

"Golf fore All" 2025 is now available offering tremendous green fee discounts at many of Toronto and South Central Ontario's finest public, semi-private & resort courses (visit [golfforeall.ca](http://golfforeall.ca) for a complete listing of courses & offers).

**Features:**

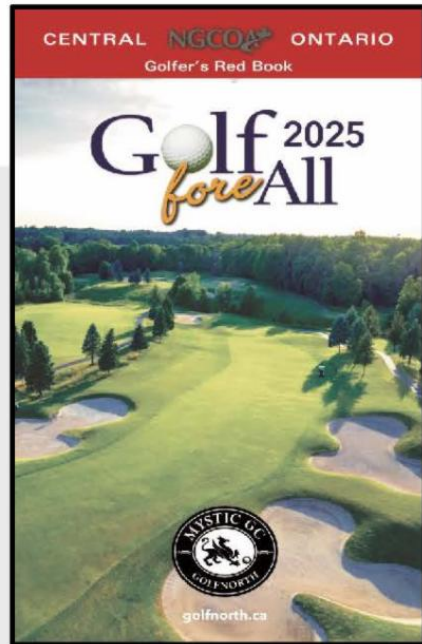
Over 780 coupons at 134 Golf Facilities  
Over 210 "2 for 1" coupons  
Weekend play at 93 courses  
A great gift item for Xmas or any occasion!  
Save over \$23.00 off retail!!!

**NEW ADDITIONS for 2025 ...**

**Hornby Glen, Cedarhurst, and Sunnybrae.**

*Golf fore All 2025* is the perfect gift for that special friend, or family member. The regular retail price of *Golf fore All 2025* 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: \_\_\_\_\_

**Golf Fore All 2025-osga Quantity** \_\_\_\_ **@ \$50.00 ea.** Total \$ \_\_\_\_\_

Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_  
Card Holder: \_\_\_\_\_  
Signature: \_\_\_\_\_

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

**PAR FORE MARKETING**

Suite 604-109 King Ave. E., Newcastle, Ontario L1B 1H3  
Phone Orders: 905-446-1138 (Outside GTA 1-877-525-7274)

**The Ontario Caregiver Organization's resource on  
programs and services**





## Free Caregiver Programs & Services

[www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

### ONTARIO CAREGIVER HELPLINE (1-833-416-2273 or Live Chat)

One-stop resource for information and referrals connecting caregivers to community-based services and support. Service is offered in English and French 24/7 with interpretation services available in 150 languages.

### 1:1 PEER SUPPORT PROGRAM

Caregivers can connect with trained Peer Mentor volunteers for 1:1 phone calls to receive emotional support and discuss their caregiving challenges and needs.

### ONLINE SUPPORT GROUPS

An opportunity for caregivers to connect with each other in a supportive environment to share their challenges, successes, and concerns. Support groups are offered several times a week with the option to join online or by phone.

### SCALE (Supporting Caregiver Awareness, Learning and Empowerment) PROGRAM

The program aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering webinars, strategies/tools, online group/ individual counselling.

### CAREGIVER COACHING PROGRAM (Limited, eligibility-based service)

A professional one-to-one relationship between a Coach and a caregiver. The Coach can provide caregivers with the tools they need to meet their challenges and responsibilities. See program webpage for eligibility requirements.

### EDUCATIONAL WEBINARS

Live one-hour webinars presented by subject matter experts on a variety of timely and important topics for caregivers. To register for upcoming webinars, please visit our Eventbrite page.

### ONLINE LEARNING LIBRARY

OCO offers several eLearning modules aimed at building caregiver knowledge and skills. The courses are self-directed and can be accessed at any time.

### 90SECOND CAREGIVER

A free, short, evidence-based, health letter delivered each week to your inbox. The letter includes health information, tips, and advice related to the caregiving experience.

### TIME TO TALK PODCAST

Join our host Michelle Jobin along with subject matter experts and caregivers to discuss things that matter most to caregivers including caregiving challenges, mental health, wellness and many more.

### YOUNG CAREGIVERS CONNECT

An online resource with information and tools to help young caregivers between the ages of 15-25. They can also join our online discussion forum to connect with other young caregivers.

### ADDITIONAL TOOLKITS AND RESOURCES

- **I am a Caregiver Toolkit** - includes information to support new or long-time caregivers.
- **Toolkit for Working Caregivers: Work & Caregiving - A Balancing Act** - designed to assist working caregivers find the right solutions for them and their employers.
- **Health Privacy and Consent Resources** - a set of resources to better understand health privacy and consent rules in Ontario as they relate to caregivers.



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YouTube: [@OntarioCaregiverOrganization](https://youtube.com/OntarioCaregiverOrganization)

## WOMEN'S HOCKEY – ALIVE and WELL in the OSGA!!

November 25 to 28, 13 teams and 169 hockey players descended on Millbrook for a 3 division (55+, 60+, and 65+) women's hockey tournament. It was an opportunity for women who have the heart to lace up the skates and the good health to step on the ice, a chance to make new friends and play a game they all love.

Teams came from Mississauga to Kemptville, and players came from as far away as Wawa and Sault Ste Marie.

**Some fast facts:** 4 days, 26 games, 2 games stood at a tie, 14 games decided by a 1 goal difference, 77 goals, 12 shut-outs, and 25 penalties with Bracebridge-Stouville (Braceville) and Mississauga with no penalties at all.

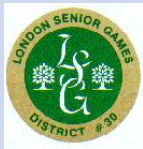
**55+ Division – Limestone Lightning** finished in top spot, winning 3 of their 4 games. Peterborough Pens had 75% of its team members contributing a goal or an assist throughout their 4 games with Michelle Ward scoring 2 goals and an assist to lead the way as top points getter.

**60+ Division – Mississauga and Kemptville** both won 3 games, but Mississauga outlasted Kemptville 1 – 0 in the final to claim top spot. Mississauga 60+ Legends had 71% of its team members contributing a goal or an assist. Kemptville had 2 top division scorers, Susan Ritchie with 3 goals and 1 assist and Lynda Kemp with 4 assists.

**65+ Division – The Eh! Team** claimed top spot with 4 wins. They tallied 12 goals and allowed only 3 goals against. The Eh! Team also had 82% of their team members contributing a goal or an assist. Napanee's Di Drury and Shari Hasler each had 3 goals and 2 assists to lead the way as top points getters in the 65+ division.

No matter the metric used, the tournament was a huge success simply because people showed up with smiles on their faces, fire in their hearts, and great skill on the ice. One arena worker on the last day commented that he watches a lot of hockey and this tournament was great! He loved the passing and play-making.

None of this would have been possible without the hard work and hours spent by Michelle Rosenberg organizing the tournament. Special thanks to her for a fantastic experience. People often say that it takes a village and this is no exception, so a huge thank you to Don Rider, the registration desk crew, the timekeepers, and referees. Finally, thank you to the OSGA for their support as well.



## All members from the Southwest Region are invited to London D30 for:

*It's not to late to join us - but hurry!*

All members from the Southwest Region are invited to London D30 for:

- **Prediction Skating** on Wed Dec 4<sup>th</sup> at 9:30-11:30am. Call Kim Benke 519-432-0199 or register online (it's free)
- **10 Pin Bowling** on Sunday Dec 8<sup>th</sup> from 9am - noon. Call Brian Lawrence 519-455-4168 or register online (\$16.65 + shoes)
- **Women's Hockey** on Wed Jan 22nd from 9:30-11:30am. Call Kim or register online. Individuals only (it's free)
- **"Giant" Slalom** at Boler Mountain - TBD



# DECEMBER FITNESS CHALLENGE

🎳 Bowling Fitness Challenge! 🎳

Stay active this month by heading to the lanes and enjoying a game of bowling! . Let's celebrate staying active together! 🏆



Snap a picture of your bowling fun and send it to [info@osga55plus.ca](mailto:info@osga55plus.ca) 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:



## NEW COLLECTION

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

## Check out a New Loyalty Program.

Discover the Loyal Program brought to you by our esteemed sponsor, Innvest 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 to 10% on your bookings!

Explore the Loyal Program:





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



## 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](mailto:saverio.gioffre@innvesthotels.com)  
Website: [innvesthotels.com/loyal-program](http://innvesthotels.com/loyal-program)

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:

### Committees

If you have a skillset that could be of use to the OSGA, but do not have the time to serve as a

### Districts

Our District's have their own committees that work to put on the local Games that you all

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 and Policy**  
1-2 hours a month time commitment  
Meetings held virtually

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)*



Games Ontario Jeux de l'Ontario



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