

## NICE

### (National Initiative for Care of the Elderly)

Getting older is a privilege, and with the right habits, it can also be an adventure! Whether you're looking to stay active, boost your brainpower, or just keep feeling your best, we've got some easy and effective tips to help you age with energy and confidence. Check out our guide to healthy aging and discover how small changes can lead to big benefits!

Ready to get started? Let's dive in! ↓

### Healthy Aging Tips

## 2025 Ontario 55+ Summer Games Info!

### 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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## **[OSGA 55+ 2026 Huntsville Winter Games](#)**

That's right, the 2026 55+ Winter games will be coming to Huntsville. Check out the article here:

**[Winter 55+ Senior Games](#)**

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DISTRICT 17 ETOBICOKE

**REIGNITE YOUR PASSION FOR PLAY!**

**UPCOMING DISTRICT QUALIFIERS**

MAY 9TH PICKLEBALL TOURNAMENT  
@THE OLYMPIAN ALL-DAY

MAY 27TH PREDICTION WALKING  
COMPETITION @CENTENNIAL PARK  
STADIUM 9AM-12PM

MAY 27TH TENNIS TOURNAMENT  
@YORK-WESTON TENNIS CLUB 1PM-  
4PM (24 SPOTS)

**FOR-FUN DISTRICT EVENTS**

APRIL 25TH BADMINTON  
TOURNAMENT @OURLAND  
COMMUNITY CENTRE

**REGISTER NOW TO  
PARTICIPATE IN OUR EVENTS  
AROUND TORONTO!**

Join the OSGA today:

**CLICK HERE**



**2X SIGN UP FOR OUR  
NEWSLETTER TO FIND OUT  
ABOUT FUTURE EVENTS**

**“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:

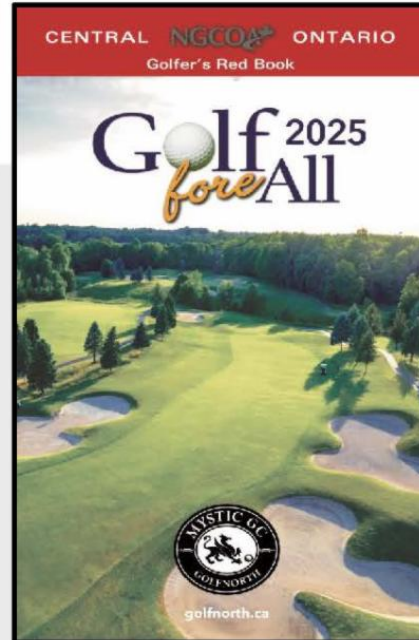
Over 780 coupons at 134 Golf Facilities  
Over 210 "2 for 1" coupons  
Weekend play at 93 courses  
A great gift item for Xmas or any occasion!  
Save over \$23.00 off retail!!!

### 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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E [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)  
**24/7 Helpline 1-833-416-2273**  
[ontariocaregiver.ca](http://ontariocaregiver.ca)

Twitter: [@caregiverON](https://twitter.com/caregiverON)  
Facebook: [@caregiverON](https://www.facebook.com/caregiverON)  
Instagram: [@OntarioCaregiver](https://www.instagram.com/OntarioCaregiver)  
YouTube: [@OntarioCaregiverOrganization](https://www.youtube.com/OntarioCaregiverOrganization)



# ARE YOU A MEMBER?

The **Canadian Snowbird Association** is a national not-for-profit advocacy and member service organization dedicated to actively defending and improving the rights and privileges of travelling Canadians.

We meet with the federal and provincial governments on many issues pertaining to travelling Canadians. We advocate to reduce the travel restrictions of Canadians (in Ontario we successfully advocated for an extension of health coverage to allow residents to be absent for up to 212 days while still maintaining their OHIP coverage).

Join for only \$25 a year and get many unique benefits, including a quarterly magazine CSANews, CSA Travel Information Guide - a 100+ page guide to everything you need to know about being a snowbird, auto/home insurance, currency exchange program, travel insurance and more!

**1-800-265-3200**  
**[www.snowbirds.org](http://www.snowbirds.org)**

**Defending the rights and privileges of Canadian travellers for over 30 years**



## [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.

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)

## Check out a New Loyalty Program.

Discover the Loyalty 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 Loyalty rates and enjoy savings of up to 10% on your bookings!

Explore the Loyalty Program:

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

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 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

### 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)*



Games Ontario Jeux de l'Ontario







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

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