



*This is our time...*

March 1, 2025 *edition 34*

## □ Time to Renew Your OSGA Membership! □

It's that time of year again—membership renewals are coming up on **April 1st!** On April 1st, you'll receive a **personalized renewal link** straight to your inbox.

△ **Important: This link is unique to you—please do not share it!**

Renew quickly & easily online

Stay **connected** to your district's upcoming events

**Secure your spot** for another year of fun, friendship, and competition!

Renewing your membership is essential to maintain access to the **online system** and **register for events** in your district.

We can't wait to make another incredible year of OSGA memories with you!

Stay active, stay engaged, and see you soon!

## □ “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:**

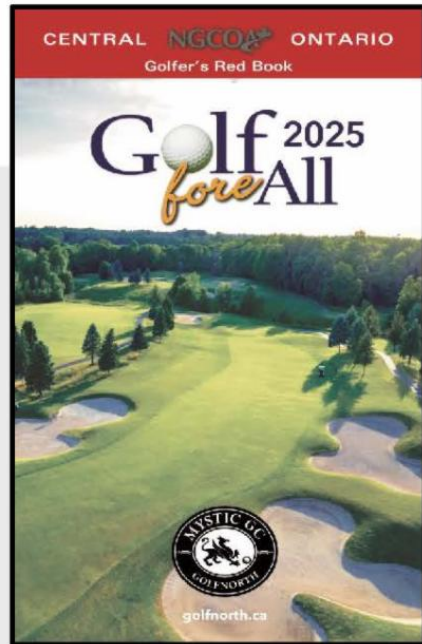
Over 780 coupons at 134 Golf Facilities  
Over 210 "2 for 1" coupons  
Weekend play at 93 courses  
A great gift item for Xmas or any occasion!  
Save over \$23.00 off retail!!!

**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)

## Register For D22 (Hamilton/Wentworth) SUMMER GAMES!

Registration Open: March 31 – May 2  
Games Kick Off: May 12!

[CLICK HERE FOR THE CALENDAR LIST OF EVENTS.](#)

[CLICK HERE TO GET THE REGISTRATION FORM.](#)

# OSGA 55+Summer Games 2025 DISTRICT 22 HAMILTON WENTWORTH

**Any permanent resident of Ontario who is 55 years of age or older  
can participate in one of the Ontario Districts.**

**REGISTRATION DATE:  
March 31 – May 2, 2025**

**Games Start on May 12– June 6, 2025**

Registration forms are available at all City of Hamilton Senior Centre's, Clubs  
and Recreation Centre's

**PICK UP A REGISTRATION FORM TODAY!!! FOR FURTHER INFORMATION  
PLEASE CONTACT**

**OR EMAIL [district22hamiltonwentworth@gmail.com](mailto:district22hamiltonwentworth@gmail.com)**

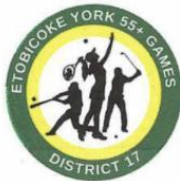
**ANCASTER SENIOR ACHIEVEMENT CENTRE  
905-546-2999**

**Please see the list of events and event dates  
with the registration form.**



# Ontario Senior Games Association (OSGA)

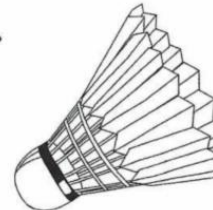
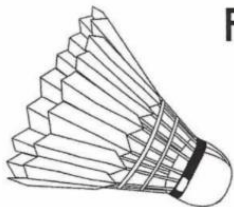
District 17



Etobicoke York

## 2025 SPRING 'FUN' BADMINTON EVENT!

\*This is NOT a competitive event - it is a FUN event and Format will depend on number of Entries.



### WHEN:

Friday, April 25, 2025  
Sign-in @ 12:00pm (noon)

### WHO:

Open to anyone 55+

### WHERE:

Ourland Community Center

### HOW MUCH:

Free!

There will be no medals - but there will be OSGA Promo pins and Pens, etc.  
\* Some refreshments will be available.

### WHAT:

Men's Doubles 55+ and 70+; Women's Doubles 55+ and 70+  
and Mixed Doubles 55+ and 70+

**\*All participants can enter TWO events.**

### What Else...

Details of ALL Etobicoke, York and GTA Area 2025 OSGA SUMMER GAMES Qualifying Events will be available together with 'How to Enter'!  
Some of the Qualifying Events to be held are: Prediction Walking; Tennis; Pickleball; Darts; Golf; Slo-Pitch; Cycling; etc.



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**



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

**London Ladies Hockey Tournament – Dates  
Announced!**

Great news! Our Annual 55+, 60+, and possibly 65+ Ladies Tournament in London is set for:

April 17 & 18, 2025 (Thursday & Friday)

More details coming soon, but we wanted to share the dates ASAP. With limited ice time available, we appreciate everyone's flexibility.

Help us spread the word! If you have team contact lists, please send them our way so we can reach as many teams as possible.

Contact: Zak Griffith – [zakgrif13@gmail.com](mailto:zakgrif13@gmail.com)

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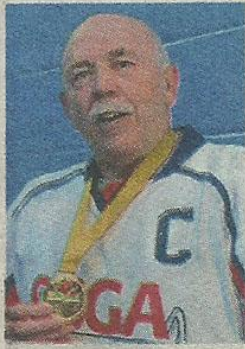
## Kingston Women's 55+ Hockey Tournament!

More: [Facebook](#)



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## Honouring John Haines - District 8



## John "Jack" Haines

August 5, 1947 – November 28, 2024

It is with profound sadness that the family of John (Jack) Taylor Haines announces his passing at Cornwall Hospice on Thursday November 28th, 2024 at the age of 77.

Loving husband, best friend and business partner of Lise Haines (nee Campeau). Jack is mourned by his daughters Hilary Heenan (Mike) and Lauren Haines (Jay) as well as his stepdaughter Mallory Boileau (Bobby) and stepson Nicolas Lutz. Grampa Jack leaves to mourn his amazing grandchildren Olivia, Carson, Anna, Dalila, Elise & Eve. He was extremely proud of all of them.

Jack began his working career as Media Manager at St Lawrence College in 1969 and left in 1986 to join Bendix Avelex as Plant Manager. In 1992 he started a training centre, Heritage Institute and acquired the franchise for MicroAge Computers from which he retired in 2020.

His true passion was hockey beginning in his hometown of Stratford, Ontario with the Braves then moving on to The Fredericton Red Wing. Jack then joined the Shawinigan Bruins, followed by Les Castors de Sherbrooke and the Drummondville Royals. Between 1971 and 1974, Jack coached the St Lawrence College Road Runners. Long time player for the Hubs he also played with the Ontario District 8 Morrisburg Combines bringing home the gold medal in 2018 in the 70+ division. He cherished the innumerable friendships made through hockey and was a fiercely loyal friend to the end. Modest about his accomplishments in hockey he could often be heard saying "I'm not just a pretty face, you know".

In following Jack's wishes there will be no wake or funeral service. Should you wish to donate in Jack's memory, please consider Carefor Hospice Cornwall or The Children's Treatment Centre.

39708



Greetings, OSGA 55+ Games community!

As we embark on this exciting partnership with your organization, we at **Travel Guardian Insurance** are thrilled to introduce ourselves and our commitment to providing comprehensive travel insurance solutions tailored to your needs. Founded on the belief that every journey should be worry-free, Travel Guardian specializes in coverage for **snowbirds, seniors, and individuals with pre-existing conditions**. Whether you're planning a relaxing getaway to warmer climates or an adventurous trip abroad, our mission is to ensure you travel with confidence, knowing you're protected every step of the way.

What sets us apart? **Travel Guardian is proud to be part of Navacord, Canada's largest travel insurance brokerage group.** This gives us unparalleled market access, industry

expertise, and the ability to provide you with the best coverage options available. But beyond just insurance, we offer peace of mind. Our experienced team understands the unique challenges of travel and is dedicated to finding coverage that fits your lifestyle, needs, and budget—so you can explore with confidence. Stay tuned for more updates and insights from Travel Guardian Insurance in the coming months. We're here to support your travel adventures with expertise, reliability, and a personal touch.

Safe travels,  
Ryan Beaulieu

*President, Travel Guardian Insurance*

Looking for a quote? Call us at 1.888.831.9338, email us at [asinfo@travelguardian.ca](mailto:asinfo@travelguardian.ca) or visit [travelguardian.ca](http://travelguardian.ca) to learn more!

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## **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**



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



RESOURCES AND  
EDUCATION



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

Twitter: [@caregiverON](https://twitter.com/caregiverON)  
Facebook: [@caregiverON](https://facebook.com/caregiverON)  
Instagram: [@OntarioCaregiver](https://instagram.com/OntarioCaregiver)  
YouTube: [@OntarioCaregiverOrganization](https://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 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**  
**[\(\[innvesthotels.com\]\(http://innvesthotels.com\)\)](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



FOLLOW US ON 



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

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