### **Mission Statement**

To provide active living opportunities through physical and mental activities for the 55+ adults in Ontario

Do you have the energy to seek new challenges? Do you want to continue to maintain an active lifestyle?



Do you have the time to have fun in a competitive non-threatening setting?



Are you seeking opportunities to socialize and meet new friends?



Do you feel young and energetic?

# **Contact Information**

OSGA 55+ (Ontario Senior Games Association) 103-136 Bayfield St Barrie ON L4M3B1

Email: info@osga55plus.ca | Tel: 905-232-8581





















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## **District Games**

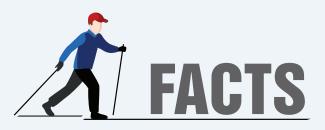
Held annually within a District in both the summer and winter. They provide an opportunity for 55+ adults to be active and involved in their community.

# **Regional Games**

Usually held in even number years in 5 different regions. Qualification is done through the Districts.

## **Ontario 55+ Games**

Ontario 55+ Summer Games are held in odd-numbered years. Ontario 55+ Winter Games are held in even-numbered years.



- 36 Districts
- 9000+ Participants
- 500+ Volunteers
- Incorporated 1997
- 18+ Summer Events
- 10+ Winter Events

For more information, please contact the OSGA 55+ office at info@osga55plus.ca



### **NORTHERN REGION** 1-Northwest (Thunder Bay) 1A-Drvden/Kenora/Sioux Lookout 1B-Rainy River/Fort Frances/ Atikokan 2-Cochrane 2A-Timmins-Temiskaming 3-Sudbury/Nipissing **3A**-Elliot Lake 1A 3B-Superior (Wawa) **EASTERN REGION** 5-Renfrew County 6-Ottawa Region 7-North Lanark 8-Stormont. Dundas. Glengarry/Prescott/ Russell/Akwesasne 9-Lanark/Leeds/ Grenville 10-Hastings/Lennox/

**CENTRAL REGION** 

4-Parry Sound

11-Muskoka/Haliburton

12-Kawartha Lakes/

Peterborough/Northumberland

13-Durham Region

14-York Region

28-Simcoe County

#### **SOUTH CENTRAL REGION**

15-North York

16-Scarborough/East York/ Toronto

17-Etobicoke York

19-Brampton/North Peel/

Dufferin

20-Mississauga

21-Halton

22-Hamilton/Wentworth

24-Niagara Region

### **SOUTHWEST REGION**

25-Brant/Haldimand/Norfolk

Addington/Prince

Edward/Frontenac

26-Waterloo/Wellington

27-Grey Bruce

29-Huron/Perth/Middlesex

30-London

31-Oxford/Elgin

32-Windsor-Essex

33-Lambton

33A-Chatham Kent

### **Interested?**

Visit our website at www.osga55plus.ca or contact your local District Coordinator.

### **How to get Involved!**

For more information about our Districts, please visit our website or contact the OSGA 55+ office.