

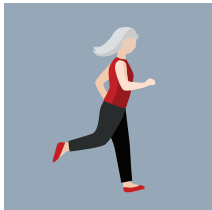
Mission Statement

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

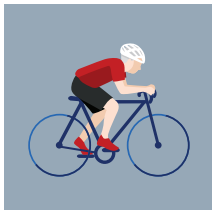
Do you have the energy to seek new challenges? Do you want to continue to maintain an active lifestyle?



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

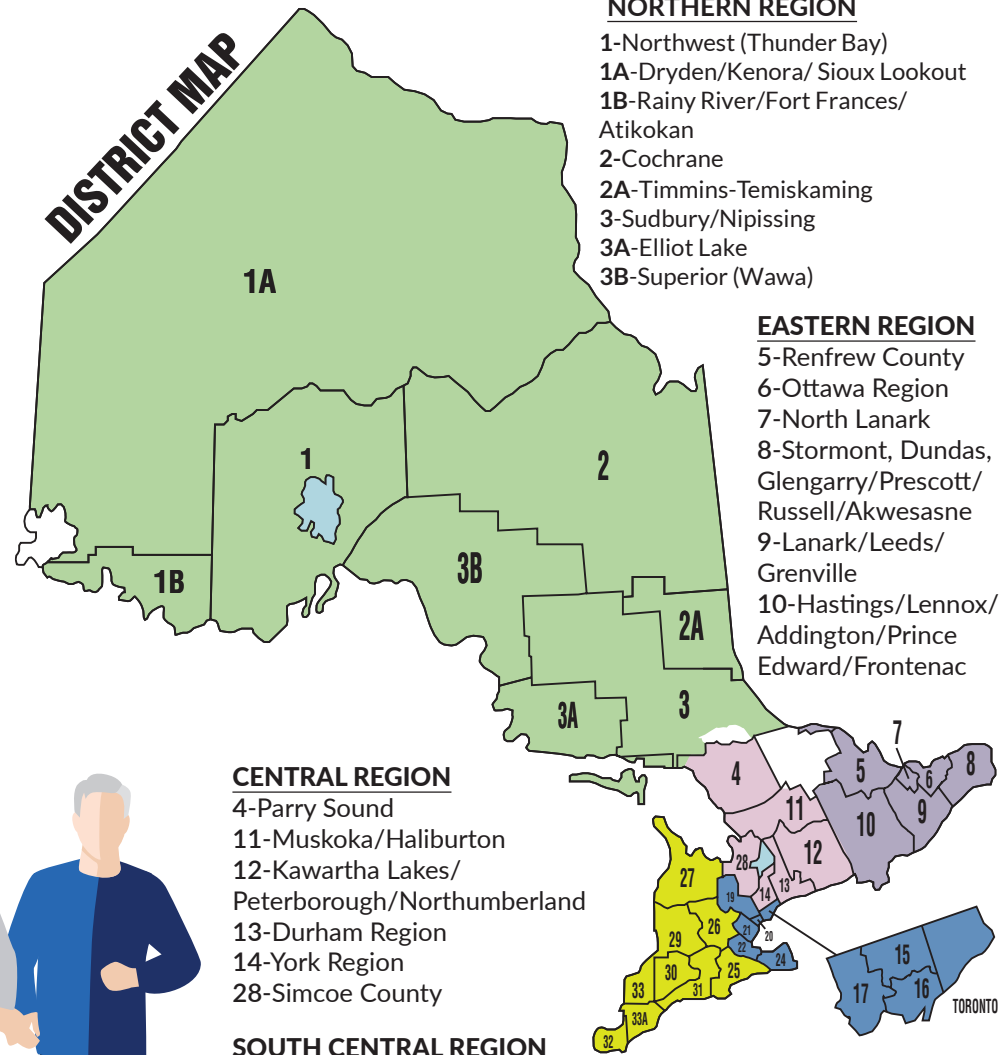
Ontario 55+ Summer Games are held in odd-numbered years.
Ontario 55+ Winter Games are held in even-numbered years.



FACTS

- 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



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.