

Thank you to all of the volunteers / staff and facilities
who are hosting the 2016 District 6 East Ottawa
55+ Summer Games

- Centre Pauline-Charron
- Gloucester Senior Adults' Centre
- Greely Community Centre
- Gloucester South Senior Centre
- Pineview Golf and Country Club
- Royal Canadian Legion 632
- Roy G Hobbs Seniors Club
- Cairine Wilson High School

We Need Your Support

The District 6 East Ottawa 55+ Summer Games committee meets year round to plan and operate these events. We are always looking for more help and ideas and welcome 55+ individuals to the committee.

Best wishes to all participants of the Ontario Senior Games!



Thank you for your Donations
Royal Canadian Legion-Orleans Branch 632
Roy G. Hobbs Senior Club



MEMBER OF



Information & Registration Package May 2016

Gold medal winners in every event are
eligible to compete at the Ontario 55+ Summer
Games in Midland Ontario from August 9th to 11th

Marie-France Lalonde

Députée/MPP Ottawa-Orléans

*Together, Let's Build Our Community!
Ensemble, batissons notre communauté!*

Constituency Office | Bureau de circonscription
206-250, boul. Centrum Blvd, Orléans ON K1E 3J1



613-834-8679



@mflalonde

mflalonde.mpp.co@liberal.ola.org

mariefrancelalonde.onmpp.ca



Bonne chance à tous les participants des Jeux des aîné(e)s de l'Ontario!

Best wishes to all participants of the Ontario Senior Games!

Gloucester Senior Adults' Centre

2020 Ogilvie Rd.

613-749-1974

www.storm.ca/~gsac

Fun, Fellowship, Great Food!

**Games, Fitness, Cards, Choir, Darts,
Quilting Group and more for Adults' 50+**



John Heyden accepting the OSGA Bob Secord Award.

TIRE Plus

Sam Hamdan

**New & Used Tires • Front End Service • Wheel Alignment
Shocks & Struts • Exhaust • Oil Change • A/C Service
General Repairs • Used Cars**

1292 Baseline Rd.
Ottawa, ON K2C 0A9
Tel: (613) 744-7533
Fax: (613) 744-5915

2006 St. Joseph Blvd.
Orleans, ON K1C 1E6
Tel: (613) 834-7325
Fax: (613) 834-2918

Email: info@tireplus.ca



Who is eligible?

- ◇ Residents 55+ East of the Rideau River.
- ◇ Residents should register and participate in **One District Only**.

How to Register:

1. Complete the Participant Registration Form. Teams must register together.
2. Make cheque payable to:
Ottawa East Senior Games District 6
3. Deadline for registration is: **April 22, 2016**
4. Mail form and cheque to:
East Ottawa District Senior Games
Bob Hill
505-1599 Lassiter Terrace, Gloucester, On., K1J 8R6
OR
5. Bring form and cheque to your senior centre and leave it with the Senior Games representative.

Local Senior Games Representative

East of Rideau River:

- ◇ Gloucester Senior Adults' Centre – Sharon Oatway
- ◇ Roy G. Hobbs – John Heyden
- ◇ Centre Pauline-Charron – Martin Irwin
- ◇ Royal Canadian Legion 632 – John Heyden

Participation is our aim! The **District 6—East Ottawa 55+ Games** will be held in the month of May.

Enjoy this friendly competition that brings seniors together across our district.

For team events you must register with your partners.

The more you participate, the more fun you have. Register in your favourite games. Try a new activity. Bring your neighbours. Fill up the car. Make a day of it. Meet new people.

Friends' **BINGO** **Hall**

FREE **WINE** GRATUIT

MONTREAL RD. VANIER PKWY
RIDEAU RIVER FRIENDS' BINGO
← WEST 417

Free \$10,000 & \$25,000 Game Weekly, consolation guaranteed

We give back \$12 million per year to players & \$1.8 million to the community

Subject to change without notice

Partie de 10,000 \$ et 25,000 \$ gratuite tous les semaines, consolation garantie

Nous remettons 12 \$ million par année aux joueurs et 1,8 \$ million à la communauté

Sujet à changement sans préavis

friendsbingo.ca tel. 613-747-6878
70, ch. Montréal, Ottawa (Vanier) ♿



**Cost is \$13.00 plus \$2.00 per event
(Up to a maximum of \$20.00)**

*Additional surcharge for Golf and Bowling are paid at the site

There will be an additional charge for participants attending the Ontario 55+ Summer Games in Midland.



**Not competing?
Be part of the fun by helping!**

We would appreciate you volunteering to help in events you are not competing in.

Date	Event	Location
Thursday, May 19 10 am	Floor Shuffle Board Open Doubles	Gloucester South Community Centre
Friday, May 20 9 am-Noon	Darts Men/Women or mixed doubles	Centre Pauline-Charron
Wednesday, May 25 10 am	Walking Prediction 55+ - 3 KM. 75+ - 1600M.	Cairine Wilson High School
Monday, May 30 10 am	Golf – Callaway System 55+, 65+, 75+ Men/Women	Pineview Golf and Country Club *\$40.00 additional charge
Friday, May 27 10 am	Billiards – 8 Ball Men/Women Singles	RC Legion - Orleans 800 Taylor Creek
Friday, May 27 10 am	Billiards – Snooker Men/Women Singles	RC Legion - Orleans 800 Taylor Creek



SCHEDULE OF EVENTS:

Please note that the dates, times and locations are different for every event.

***Additional surcharge for these events, paid at the site.**

Date	Event	Location
Tuesday, May 3 9 am-noon	Contract Bridge Open Doubles	Roy G. Hobbs
Tuesday, May 3 1-4 pm	Cribbage Open Doubles	Roy G. Hobbs
Monday, May 9 9-Noon	Bid Euchre Open Doubles	Greely Community Centre
Monday, May 9 1-4 pm	Euchre Open doubles	Greely Community Centre
Wednesday, May 11 9 am-Noon	Duplicate Bridge (Winter Game) Open Doubles	Centre Pauline-Charron
Friday, May 13 9 am-Noon	Military Whist (Non-sanctioned) Teams of four	Centre Pauline-Charron
Friday, May 13 4-9 pm	Pickleball 55+, 65+, Men/Women & mixed doubles	Dempsey Rec. Centre Russell Road
Tuesday, May 17 10 am	Bowling (Five Pin) 55+, 65+, 75+ Singles / 55 + Team of 5 mixed	Walkley Bowling Lanes *\$7.50 additional charge
Wednesday, May 18 10 am	Carpet Bowling Open doubles	RC Legion - Orleans 800 Taylor Creek

VOLUNTEERS ARE NEEDED TO :

- ◇ Coordinate events
- ◇ Officiate at events
- ◇ Site Hosts
- ◇ Score keepers, timers, & check-in volunteers
- ◇ Tabulate statistics
- ◇ Organize registrations
- ◇ Facility set-up

Complete a Participant Registration Form, check the Volunteer box and send to the address given.

Information:

District Coordinator:

Bob Hill 613-745-2671

Vice-President & Provincial Board Member of OSGA55+:

Grant Lynch 613-837-3968

East Ottawa District 6 Committee

Grant Lynch
Bob Hill
Neil Wolfe
Molly Miller
Denis Anderson
Rolande Savoie Anderson
Martin Irwin
John Heyden





Bob Monette
 Deputy Mayor, Maire suppléant,
 Councillor Conseiller
 Orléans Ward Quartier Orléans



*Orléans Ward:
 Proud to be home to
 50,000 residents!*

*Quartier Orléans:
 Fier de compter plus
 de 50,000 résident(e)s*

**Active Seniors equals
 Healthy Seniors
 Proud to support the
 Ontario Senior Games!**

www.BobMonette.ca

Bob.Monette@ottawa.ca

613-580-2471

Best wishes to all participants of the Ontario Senior Games!

**Bonne chance à tous les participants
 des Jeux des aîné(e)s de l'Ontario!**



**"From my
 entire family,
 have a fun
 2016 Senior
 Games!"**

Jody
MITIC

Quartier **Innes** Ward

110 Laurier Avenue West
 Ottawa, Ontario, K1P 1J1
 613-580-2472
Jody.Mitic@Ottawa.ca



Ottawa's Premier Supplier

**Granite Quartz Corian
 Laminates**

Butcher Block and more

Come see our full range of cabinet doors and supplies

2750 Lancaster Road, Ottawa (613) 247-7877
 Weekdays: 8 to 5 - Saturdays: 9 to 3

Visit our website: www.eastopcounters.com

**BATH
 FITTER**



One-Day Bath Remodeling



Call for a FREE in-home consultation

Ottawa Tub Liner Installations Inc.
 3205 Swansea Cr., Unit 1
 Ottawa, Ontario K1G 3W5

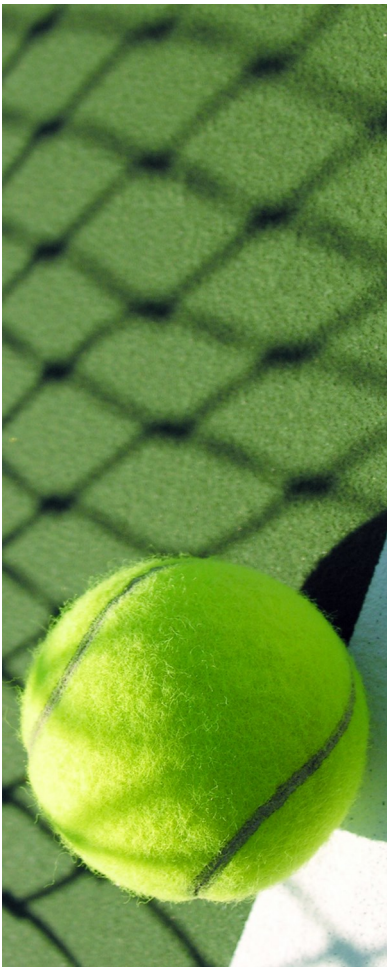
(613) 737-2033

www.bathfitter.com

To All of the Senior Games Participants:

We wish you well as you Shuffle your Pickle Ball across the Board and onto the Contract Bridge. As you Bowl 5 Pins on the Carpet and Bid your way to Cribbage as you Dart across to Tennis and Golf.

Here's to a wonderful day for all! (Then take a nice hot bath!)



**ALEX RENOVATIONS
& LANDSCAPING**

GIVE US A CALL, WE DO IT ALL!

613-697-1465

ALEX BARON
Owner

alexrenovationlandscaping@yahoo.ca



We Offer:

- Inerlock & Retaining Walls
- Fencing & Decks
- Asphalt & Concrete
- Yard Maintenance
- Drywall, Plumbing and Electrical
- Snow Plowing & Removal
- Residential and Commercial
- Senior Discounts Available

Best wishes to all participants of the Ontario Senior Games!
Bonne chance à tous les participants des Jeux des aîné(e)s de l'Ontario!

City Councillor *Ottawa* Conseiller municipal

TIM TIERNEY
BEACON HILL - CYRVILLE

613.580.2481
Tim.Tierney@ottawa.ca
www.TimTierneyOttawa.ca




RE/MAX
metro-city
REALTY LTD., BROKERAGE
Independently Owned and Operated

Manny Mangibin
Sales Representative

Direct: 613.263.HOME
Office: 613.837.0000
Fax: 613.837.0005

www.263HOME.com
manny@263HOME.com

2315 St. Joseph Blvd. Orleans, ON, K1C 1E7



Stephen
BLAIS
Councillor • Conseiller
Cumberland

Can I help?
Puis-je vous aider?

www.stephenblais.ca

Best wishes to all participants of the Ontario Senior Games!
Bonne chance à tous les participants des Jeux des aîné(e)s de l'Ontario!

4564413

MESSAGE FROM YOUR EXECUTIVE

Your District 6 Executive is in need of new volunteers if we are to continue organizing and Hosting future Ontario Senior Games Association 55+ Summer and Winter Games.

We are a dedicated group of Volunteers in District 6 working to provide 55+ adults in Ottawa East with an opportunity to:

- increase their social interaction with others,
- increase their physical and mental well-being, through participation in recreational activities and sports,
- promote active living among 55+ adults in Ottawa East

We have an URGENT need for a new Chairman and several other important positions such as Media Relations Officer, Fundraising Officer, Coordinators of Individual Games, Individuals with the skills to create interesting and appealing flyers electronically, Sports Coordinators (Slo-Pitch Softball, Curling, Swimming, Badminton, Golf, Table Tennis and several others.

Anyone interested should call or contact Grant Lynch –

Vice Chairman at 613-837- 3968 or gelynych@sympatico.ca

or Bob Hill - District Coordinator at 613-745-2671 or

bobannhill@bell.net.

The **Ontario Senior Games Association** started in 1982 and has become a province-wide association of 37 districts organizing local and district sport and recreation games. Proud gold medal winners of the sanctioned events from each district enjoy friendly competition and the thrill of a challenge as they compete at the District games, for the opportunity to compete in the Ontario 55+ Summer Games in Midland Ontario, in August.

Summer Games 2016

This year as in past years your Executive has organized the Ontario Senior Games Association District 6 -- 55+ Summer Games. The complete list with dates, times and locations are included in this Booklet.

We hope that you will again join us and encourage other 55+ people to participate on what has proven to be great fun, competitive and very sociable outings.

Further for your enjoyment District 6 has joined forces with District 7 and have been able to introduce many more games for you to consider. They include Slo-pitch softball, Cycling, Swimming, Hockey 55+ and 65+, Table Tennis, Badminton, Volleyball, Alpine Skiing and Prediction Skating. Anyone interested should contact any Member of the Executive.

Your 2015/2016 District 6 Executive

Chairman – Vacant

Vice Chairman – Grant Lynch: gelynych@sympatico.ca or 613-837-3968

Treasurer – Neil Wolfe: ontarioseniorgames@gmail.ca or 613-830-5681

Secretary – Molly Miller: mollymiller@yahoo.com or 613-824-0903

District Coordinator – Bob Hill: bobannhill@bell.net or 613-745-2671

Members :

John Heyden – c/o mollymiller@yahoo.com or 613-824-0903

Denis Anderson – denisroli@hotmail.com or 613-830-6847

Rolande Savoie-Anderson – denisroli@hotmail.com or 613-830-6847

Martin Irwin – martinirwin81@gmail.com or 613-410-4122

www.ontarioseniorgames.ca/6



2016 Ontario 55 + Games Registration Form



District 6 – Ottawa East

Liability Waiver

I, the undersigned, personally and on behalf of my heirs, executors, administrators and assigns, hereby release and forever discharge the following:

The Ontario Senior Games Association
The appropriate Ministry of Ontario and Sport Alliance Ontario
The Municipality of the City of Ottawa

All Municipalities and/or Counties within Ontario

All sponsors, organizers and volunteers of Ottawa East (District 6), their respective officers, directors, agents, representatives or successors, from any and all claims or demands that I have or my heirs, executors, administrators, assigns or any third party may have for personal injuries and property damage of any nature whatsoever, arising by reason of my participation at any level of the Ontario Senior Games Association Program.

I authorize the Ontario Senior Games Association and Ottawa East (District 6) to have such care, as may be required for me by medically qualified personnel during my participation in any event of the Ontario Senior Games Association.

Furthermore, I give the Ontario Senior Games Association and Ottawa East (District 6) permission to use my likeness in any marketing and promotional photography and imagery without prior notification and waive any compensation.

I have read the above statement; understand it and my signature confirms its acceptance. I attest and verify that I have full knowledge of the risks involved in my participation and that I am physically fit and able to participate in the said games.

Date: _____

Participant Signature: _____

Witness Signature: _____

Affirmation of Qualification to Participate

I do hereby affirm that I know and understand the eligibility rules for the event(s) in which I am participating and I qualify for all the events in which I have entered and intend to participate.

Participant Name: (Please Print) _____

Participant Signature: _____

Date: _____ Witness Signature: _____

Eligibility rules are found on the OSGA website: www.ontarioseniorgames.ca
A false statement may lead to disqualification from all competitions now and in the future.



2016 Ontario 55+ Games Registration Form



District 6 – Ottawa East

Registration Deadline: April 22, 2016

Name: _____ District Participant #: _____

Address: _____ City: _____ Postal Code: _____

Telephone: (____) _____ Email: _____

Please "X" the following information

Male _____ Female _____ Age: 55-59 _____ 60-64 _____ 65-69 _____ 70-74 _____ 75-79 _____ 80-84 _____ 85+ _____

Check all the events you wish to enter and complete ALL the needed information on partners and averages, etc. Individual, partners and Team members must complete their own individual form.

DO YOU INTEND TO REPRESENT OUR DISTRICT AT PROVINCIAL/REGIONAL 55+ GAMES? Yes No

Check	Events	Division	Date & Time	Place	Partner or Average	Cost
	Bid Euchre	Open doubles	May 9 - 9-Noon	Greely Comm. Centre		\$2.00
	Billiards – 8 Ball	Men/Women Singles	May 27 –10 am	RC Legion- Orleans		\$2.00
	Billiards – Snooker	Men/Women Singles	May 27 –10 am	RC Legion- Orleans		\$2.00
	Bowling (Five Pin) \$7.50 additional charge	55+, 65+, 75+ Singles M/W and team of 5	May 17-10 am	Walkley Bowling Lanes		\$2.00
	Carpet Bowling	Open doubles	May 18 -10 am	RC Legion- Orleans		\$2.00
	Contract Bridge	Open doubles	May 3 - 9-noon	Roy G. Hobbs		\$2.00
	Cribbage	Open doubles	May 3- 1-4 pm	Roy G. Hobbs		\$2.00
	Darts	M/W or mixed doubles	May 20 – 9-Noon	Centre Pauline-Charron		\$2.00
	Duplicate Bridge (Winter Games)	Open doubles	May 11 -9-Noon	Centre Pauline-Charron		\$2.00
	Euchre	Open doubles	May 9 - 1-4 pm	Greely Comm. Centre		\$2.00
	Floor Shuffle Board	Open doubles	May 19 – 10:00 am	Gloucester South Community Centre		\$2.00
	Golf – Callaway System \$40.00 additional charge	Men/Women	May 30 – 10:00 am	Pineview Golf and Country Club		\$2.00
	Pickleball	55+, 65+ M/W & mixed doubles	May 13 – 4-9 pm	Dempsey Rec. Centre		\$2.00
	Walking Prediction	55+ - 3 KM 75+ - 1600M	May 25 –10 am	Cairine Wilson High School		\$2.00
	Military Whist (Non sanctioned)	Teams of 4	May 13 –9-Noon	Centre Pauline-Charron		\$2.00
Make Cheques Payable to: Ottawa East Senior Games District 6				District 6 Registration Fee: \$5.00		\$5.00
				OSGA Registration Fee: \$8.00		\$8.00
				Participation Fee: \$2.00 per game		
				TOTAL		
<p style="text-align: center;">* IMPORTANT: REFUNDS FOR VERIFIED MEDICAL REASONS ONLY</p>						

Mail to: 505-1599 Lassiter Terrace, Gloucester, On. K1J 8R6

For information contact: District Coordinator – Bob Hill :
Tel: 613-745-2671 / e-mail: bobanhill@bell.net