



**ONTARIO SENIOR GAMES ASSOCIATION
ASSOCIATION DES JEUX DES AÎNÉ(E)S DE L'ONTARIO**

May we introduce ourselves?

We are a dedicated group of Volunteers in District 6 – Ottawa East(eoseniorgamesdistrict6)working to provide 55+ adults in Ontario 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 Ontario

We are part of a 10,000 member strong multi-sport organization for the 55+ demographic, providing fun, fitness and friendship through a series of active and mentally challenging events that are offered throughout the **District 6** community during the spring and fall periods. Many of these events are qualifiers for Regional and Provincial level competitions that are available to top place winners in several events offered each year.

District 6 (one of 37) comprises of all the towns and communities that form part of the City of Ottawa, and are located east of the Rideau Canal/River. These include Bearbrook, Carlsbad Springs, Cumberland, Edwards, Gloucester South, Greely, Marionville, Navan, Orleans, Osgoode, Sarsfield, Vanier, Vars and Vernon.

There is an annual membership fee. Membership covers a large number of services and opportunities throughout the year with the following benefits:

- Participate in several events each year
- Provides Volunteer Liability Insurance
- Opportunity to qualify and participate in Regional 55+ Games and Ontario 55+ Games.
- Providing participants with special offers and deals with partners of the OSGA
- Opportunity to participate in OSGA Open/Invitational Tournaments

We sincerely hope that you will consider participating in our games. For further information:

Please contact: District Coordinator: Bob Hill – bobannhill@bell.net

Committee member: Martin Irwin – martin@centrepaulinecharron.ca

See also www.ontarioseniorgames.ca/6