



## CONSTITUTION

### CONSTITUTION OF THE LONDON SENIOR GAMES ASSOCIATION

The name of the association is "London Senior Games Association" or "LSG".

#### **Mission Statement**

To provide older adults (55+) in Ontario with an opportunity to:

- Increase their social interaction with others,
- Increase their physical and mental well-being,
- Maintain and enhance their psychological and physiological well-being through participation in recreational activities and sports.
- Promote active living among older adults in Ontario.

#### **Goals**

- enhance the opportunity for seniors to expand and develop their social interaction,
- provide an environment that stimulates physical activity,
- provide an environment conducive to mental development,
- increase participation in recreational activities, and
- facilitate more cooperation and communication between older adult groups within the Province of Ontario

#### **Objectives**

- ensure that activities are conducive to an environment for social interaction;
- have appropriate recreational and sport activities so that the older adult is able to meet new people and establish new relationships;
- encourage social activities in the form of events, luncheons, and more that will stimulate social interaction;
- establish an environment that reflects current trends in sport, fitness, and cultural and artistic activities;
- promote any innovative physical activity for the older adult through appropriate administrative governing bodies in fitness and sport;
- promote improved fitness levels;

#### NOTES:

London Senior Games, District 30, is a tournament-based organization run by volunteers that provides summer and winter events that promote a healthy, active lifestyle for adults 55 years of age and older through the spirit of friendly competition and provide social interaction.

#### **VISION:**

Increased awareness in the community  
Increased involvement in the games

Providing events that promote a spirit of friendly competition stressing fun and interaction with others

Becoming the premier organization for senior sports in London

Being financially solvent through the delivery of the games

*Approved: LSG Committee*

*Dated: March 5, 2014*

