



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 66, FALL 2019

ANNUAL GENERAL MEETING

The Olde Forge Community Resource Centre held its Annual General Meeting on Wednesday June 26th. 40 people comprised of staff, clients, board members and volunteers came out to this year's BBQ lunch and meeting. We would like to say a big Thank You to Biagio's Italian Kitchen for donating the hamburgers and veggie burgers that were served, and to Geoff and Joel for sharing their BBQ talents with us again this year. The Olde Forge also took this opportunity to launch its' 40th Anniversary celebrations with a special memory display board, slide show and 40th Anniversary cupcakes. Copies of this year's Annual Report are available at reception and an electronic version is available on our website.



FALL IS JUST AROUND THE CORNER

I know it is technically still Summer...but Fall is just around the corner which means.....time to prepare for Winter.....and the Holidays?! Yes, I said it, Winter and the Holidays will be here before we know it, and the Olde Forge wants you to be prepared! Don't worry, we will ease you into the cooler weather; we will celebrate nature's colourful finale with fun activities, some special upcoming events and we will remind you of the services the Olde Forge has so that when Winter comes, you are ready! But until that time, enjoy the sunshine and embrace the crisp air and beautiful colours that come with Autumn in the Capital.

40TH ANNIVERSARY REFLECTIONS

BY CAROL DOYLE

We're launching our 40th Anniversary Celebrations! 40 years - doesn't that sound middle-aged? Via Rail is celebrating their 40th - now wouldn't you have thought they'd be at least 100? On the other hand, the Montreal Jazz Festive is 40 years old, and it's still fresh and vibrant, pretty much like the Olde Forge.

The Olde Forge has been many things to many people. Going through some old files, I learned that along the way we published a community newspaper with a distribution of 10,000 copies, and that among the contributors, we had Eva Taylor, one of Ottawa's many accomplished historians. In the 1980's, the Olde Forge had a Mom and Tots program- a far cry from the extensive list of programs we offer, mostly to seniors these days.

I have spoken to several volunteers and clients about their memories of the Forge and the one overwhelming thing that just kept coming through was the sense of pride - of pride in having been, or continuing to be, part of an organization that cares. Not only cares, but actually gets the job done.

One former employee described the Olde Forge as a "connector". Friendships and relationships were established and continue to this day.

So perhaps this wasn't a history lesson, but there's a reason why the windshield on your car is larger than the rear-view mirror it's far more important to look forward than to look back... and with the excellent staff, volunteers, and supporters, we know that the Olde Forge will continue to provide services and connections for many years to come.

A MESSAGE FROM THE BOARD

The Olde Forge is 40! For many of you that may seem young and I'm sure that many of you might even enjoy being 40 once again.

Turning 40 is a milestone, a milestone remarkably similar to New Year's Eve – it's a time to reflect on what's happened in the past and to think about where you're headed.

The Olde Forge has gone through many changes in its 40 years – most of which have resulted in The Forge adapting and improving the services they offer. The Forge has always been a connector – a source of friends, contacts and activities for those lucky enough to have found their way to 2730 Carling Avenue. This "creating connections" is very important for everybody's well-being.

Did you know that there's a cognitive boost in both processing speed and in working memory with as little as 10 minutes of social interaction. The interactions don't have to be within a long term relationship, and they don't necessarily refer to the number of friends one has.

Those seniors who get out and interact and spend more time with people during cold/flu season actually get fewer colds and illnesses than those who spend most of their time alone.

The more inter-generational relationship older people form, the higher the brain benefit turns out to be, especially when seniors interact with elementary-age children. It reduces stress, decreases rates of effective disorders such as anxiety and depression, and even lowers mortality rates.

When we think about the programs and services that The Olde Forge offers today, 40 years after its founding, you have to agree that they're doing it right – they're doing an outstanding job of continuing to keep people connected.

Enjoy the rest of the summer – we waited long enough for it to arrive.

BOARD OF DIRECTORS 2019-2020

CHAIRPERSON:
Rod Vanier

VICE-CHAIRPERSON:
Jodi L. Jennings

PAST CHAIR:
Carol Doyle

TREASURER:
Michael Roche

SECRETARY:
Alessandro Colonnier

DIRECTORS:
Joel Vansnick
Katie Boothby
Andrew Noden
Janet Whillans
Janice Bridgewater
Sheila Garipey



OLDE FORGE
COMMUNITY RESOURCE CENTRE

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e.angel@oldeforge.ca

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VOLUNTEER CORNER

VOLUNTEER SPOTLIGHT -
ARCHIE KING "THE BUN MAN"

Archie was born in Victoria Cove, Gander Bay Newfoundland. He is the eldest of a family of 8 (4 boys and 4 girls!) His father worked in the lumber camps and his mother looked after the chores at home. Archie remembers how much his mother loved her garden and caring for her cows, pigs, sheep and hens. Archie has fond memories of home- recalling that his mother "always had an extra plate on the table". He was 13 years old when he stood on a chair to help his mother knead bread for the first time when her arthritis was bad. He left home at 17 years old. Being a big lad, he went off to camps where he worked in the cook house baking bread and buns and ALWAYS using his mother's recipe. Around the age of 23, Archie left the work camps and headed to Ontario where farmers were needed at that time. This is where he met his future wife and they married in 1960. Archie moved on from there to work for the Experimental Farm for the next 21 years. He then moved to Toronto to work for the Federal Government in Meat Inspection before finally retiring.

Archie did not hesitate when I asked him to make the buns for the Olde Forge Bean Supper, instead, like a true Newfoundlander, his response was "Sounds like a plan!"

Thank you for sharing your passion with all of us Archie!



❖ The Olde Forge Country Store Christmas Sale ❖

*** Donations Needed ***

In addition to baked goods, we are looking for donations of
homemade spreads, preserves, spices, candy, etc...

Please ensure the preparation date is clearly marked on the jar.
We are very grateful for the support!

We are also in need of 28oz cans for our Christmas Puddings.
These can be dropped off at the Olde Forge anytime!



OLDE FORGE
COMMUNITY RESOURCE CENTRE

All proceeds from this event go to the Olde Forge Community Resource Centre to help support low income seniors living in our community.

For more details on the Olde Forge Christmas Sale contact the Olde Forge at 613-829-9777

VOLUNTEER RECOGNITION

This year we recognized the following volunteers for their dedication and outstanding contributions to the Olde Forge Community. **Thank you!!!**

OUTSTANDING VOLUNTEER AWARD

Susan Au & Susan Proulx (Posthumously)

HONORARY LIFETIME MEMBER AWARD

Carol Kolbus



TRANSPORTATION SERVICES

Reliable and affordable transportation options are key to active aging. Not only does transportation help us with groceries and appointments, but it can also greatly influence our social participation in the community. The Olde Forge Transportation Program has developed selection of services designed to support a variety of transportation needs. Our staff drivers are trained in First Aid, have clean driving records and have successfully completed a personal background checks. From the **Grocery Bus** and **Non-Urgent Medical Appointment Transport** services to the highly flexible **Run Around Rides**, the Olde Forge Transportation Program has everything you need to remain healthy, active and engaged.

For more information on our transportation services, please refer to our website www.oldeforge.ca

MEET THE DRIVERS



Ted "Teddy"



Ray



Melissa



Brian

GROCERY BUS

Serving senior clients living in high-rise apartment buildings in our area, the Grocery Bus is a fun, comfortable and convenient way to shop. Clients are picked up at their building entrance and ride in style (Courtesy of the Redwoods Bus) to the Metro Store in Bells Corners. The Grocery Bus is air conditioned in summer and heated in the winter, with spacious comfortable seating and wheelchair accessibility. Staff and volunteers assist clients with shopping (when needed) and even load and unload the groceries.

Service Fee: \$4 round trip

To Register: Contact the Olde Forge within 2 days of a trip to book your seat.

PICK UP TIMES AND LOCATIONS:

ROUTE 1		ROUTE 2	
PICK UP TIME	STREET ADDRESS	PICK UP TIME	STREET ADDRESS
8:50 am	Redwoods	9:40 am	945 Richmond Rd
9:10 am	2651 Regina St	9:45 am	1025 Richmond Rd
9:15 am	2841 Richmond Rd	9:50 am	30 McEwen/70 McEwen
9:17 am	2871 Richmond Rd	10:00 am	1275/1285 Richmond Rd
9:17 am	2881 Richmond Rd	10:10 am	1330 Richmond Rd
9:20 am	1025 Grenon	10:20 am	2625 Regina St

This program is made available through a partnership between the Olde Forge and the Redwoods Retirement Residence



THE GROCERY BUS



THE GROCERY CLIENTS



THE GROCERY HELPER

COMMUNITY SHOPPING VAN

If you are not living in one of the pickup locations for the Grocery Bus, why not check out the Olde Forge Community Shopping Van! The Community Van runs every Tuesday, Thursday and Friday and visits either the Metro at Lincoln Fields or Loblaws at Carlingwood Mall. (It has also been known to do special shopping trips to the Bells Corners Giant Tiger/Fresh Co and Bayshore on occasion). The Community Shopping Van offers clients friendly door to door service courtesy of the Olde Forge driving staff. Volunteer shopping assistants can be made available when applicable. Clients may bring up to two reusable shopping bags with them in the van, and arrangements can be made to have any additional bags delivered.

Service Fee: \$7 round trip

Runs: Every Tuesday, Thursday and Friday

To Register: Contact the Olde Forge within 2 days of a trip to book your seat.



TRANSPORTATION FOR NON-URGENT MEDICAL APPOINTMENTS

Supported by a fleet of 20 kind and caring volunteer drivers, the Olde Forge Non-Urgent Medical Drive service provides flexible one-on-one service for clients attending medical appointments, the Olde Forge Day Program or the weekly Luncheon Program. Service fees are based on distance from your home to the location of your appointment.

Within Ottawa City Limits:

1-20 kms - \$12 (return)

21-40 kms - \$17(return)

Over 40kms - \$25 (return)

Foot Clinic Drive - \$10

Adult Day Program Drive - \$10

Luncheon Program Drive - \$4

To Register: Contact the Olde Forge at least 7 days ahead of the scheduled appointment.

This program is open to all seniors and adults with disabilities who live in the Olde Forge catchment area.

Please note: Clients are responsible for payment of parking fees. Drives not cancelled are subject to charges.



RUN AROUND RIDES

The Olde Forge has a zippy new vehicle AND a great new transportation service! **Run Around Rides** is totally flexible and is now available to drive you wherever YOU want to go! Serviced by the Olde Forge driving staff, **Run Around Rides** will be available for all non-medical transportation needs. Whatever "running around" you have to do, **Run Around Rides** can get you there!

This service is available exclusively for seniors living within this **NEW** geographical boundary: Ottawa River (North), Hunt Club Rd (South), Kirkwood Ave (East) & Eagleson Rd (West).

Service fees are based on distance (km):

0-5km.....\$6.50

5.1-10km....\$10.40

10.1-15km....\$15.10

15.1-20km....\$18.50

20.1-25km....\$22.65

25+km....\$1.05 per km

To Register: Contact The Olde Forge at least 2 days ahead of your scheduled appointment.

For more information on Olde Forge Transportation Services, or to Register for your ride, please contact Sue Vinson at 613-289-9777 ext.231 or email: s.vinson@oldeforge.ca

OLDE FORGE
COMMUNITY RESOURCE CENTRE

RUN AROUND RIDES

DRIVING WHERE YOU ARE GOING!

Serviced by Olde Forge Staff

- ☒ ERRANDS
- ☒ FAMILY VISITS
- ☒ SHOPPING TRIPS
- ☒ BANKING
- ☒ LUNCH DATES
- ☒ HAIR APPOINTMENTS
- ☒ & MORE

We have a zippy new vehicle AND a great new transportation service for seniors!

FOR MORE INFORMATION ON RATES, BOOKINGS AND SERVICE AREA

Available for ALL non-medical transportation needs

Contact Sue Vinson at 613-829-9777 ext. 231 or email: s.vinson@oldeforge.ca also please visit www.oldeforge.ca



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE OLDE FORGE 40TH ANNIVERSARY HIGH TEA

**Join us at the historic Britannia Yacht Club
as the Olde Forge celebrates 40 years
of Serving Seniors in our Community!**

**FRIDAY, OCTOBER 18TH
12-3PM
BRITANNIA YACHT CLUB,
UPPER DECK**

**Enjoy a selection of finger sandwiches, quiches,
pastries and other delights. Tea/Coffee.
High Tea attire is encouraged but not required.**

**Tickets: \$20
Tickets go on Sale Tuesday September 3rd**

**To purchase your tickets visit the
Olde Forge 2730 Carling Ave or
call 613-829-9777**

**PLEASE NOTE: SEATING IS LIMITED.
ADVANCED TICKET PURCHASE IS REQUIRED.**



SENIORS' RECREATION SCHEDULE



OLDE FORGE
COMMUNITY RESOURCE CENTRE

The Olde Forge Recreation Program provides barrier-free, low cost recreational and physical fitness activities to local seniors 60+ and adults with disabilities. Please visit our site at www.oldeforge.ca or call us at **613-829-9777**

SEPTEMBER - DECEMBER PROGRAMS

Season runs through September 9th - December 20th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PINECREST-QUEESNWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	PINECREST-QUEESNWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road
BRAIN & BALANCE 12:00PM	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30AM	CONVERSATION CORNER 10:00AM **Check reverse side for topics & dates
PROGRAM FEES \$25.00 monthly membership fee gives you unlimited access to recreation programs. Drop in fee \$7.50 Cost for outings is additional. If financial assistance is needed, please inquire.	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD & YOGA 10:30AM	MOTION to MUSIC 12:00PM
	BALANCE FOR LIFE 11:30AM <i>New Program</i>	STRETCH & STRENGTH 11:30AM <i>New Program</i>	CHAIR YOGA 11:30AM	
	NO CLASSES October 14th & November 11th	JULIEN OF NORWICH ANGLICAN CHURCH 7 Rossland Ave	OUR LADY OF FATIMA CHURCH 153 Woodroffe Ave	TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH <i>Cooking demo on Oct 25th</i> Donations of bakery items to share are welcome.
		KNITTERS GROUP 10AM - 12PM	MILKBAG WEAVING 1PM - 3PM	



WEATHER POLICY

Programs continue as scheduled regardless of weather. Please consider your personal safety & road conditions before heading out to a program.

SENIORS' RECREATION SCHEDULE

FITNESS CLASS DESCRIPTION

AEROBICS – Cardiovascular & strength training

BALANCE FOR LIFE – Gentle movement & guided relaxation to increase range of motion & balance

BRAIN & BALANCE – Improve focus, balance & memory through movement

CHAIR YOGA – Stretching & breathing exercises

IRRESISTIBLE – Strength & cardiovascular training

LINE DANCING – Low impact cardiovascular exercise

MOTION TO MUSIC – Balance, flexibility & stretch

STRETCH & STRENGTH – Weights & resistance bands training

YOGA – Floor yoga

TAI CHI – Balance, Breathing & Meditation

ZUMBA – Cardiovascular workout with Latin dance

All Olde Forge fitness programs are led by certified fitness instructors. Our program assistant, Deborah is available on site at the Woodroffe United Church during scheduled program.

MULTICULTURAL POTLUCK & GAMES EVENING

The Olde Forge Recreation staff & clients invite you & your family to come to share your culture. Bring your favourite appetizer & a board game.



September 20th at 5:00pm to 7:30pm

Location: 2730 Carling Ave

**Please sign up at
reception 613-829-9777**



55 ALIVE DRIVING PROGRAM



Refresh your skills and confidence on the roads. Take our in class drivers training taught by a certified instructor. Workbook & certificate of completion from the Canadian Safety Council included in course fee.

**\$25.00 COURSE FEE • OCTOBER 17 & 24 - 9:00AM TO 12PM
STILLWATER CREEK RETIREMENT RESIDENCE**

Call the Olde Forge to register 613-829-9777

SENIORS' RECREATION SCHEDULE

CONVERSATION CAFE

**1365 RICHMOND ROAD
PINECREST QUEENSWAY COMMUNITY HEALTH CENTRE
IF ATTENDING, PLEASE SIGN UP 613-829-9777**

DATE:	TOPIC:
September 13th at 10AM	Welcome Back! What is new for you
September 20th at 10AM	Agewell Solutions presents: Downsizing, decluttering & is it right for you
September 27th at 10:30AM	Social tea at the Olde Forge
October 4th at 10AM	Fit Minds Session #1 Healthy Brain
October 10th at 10AM	<i>Sacred Circle with Mary Rose Lessoway</i>
October 18th at 10AM	Fit Minds Session #2 Active Living
October 25th at 10:30AM	Cooking with Superfoods by Hanifa at the Olde Forge
November 1st at 10AM	Fit Minds Session #3 Cognition, Challenge & Mental Activity
November 8th at 10AM	Elder Abuse Awareness presented by NROCRC Community Resource Centre
November 15th at 10AM	Fit Minds Session #4 Nutrition
November 22nd at 10AM	Fit Minds Session #5 Socialization
November 29th at 10:30AM	Social tea at the Olde Forge
December 6th at 10AM	Fit Minds Session #6 Mindfulness
December 13th at 10AM	Fit Minds Session # 7 Meaning & Purpose
December 20th at 10:30AM	Cookie Exchange & Christmas Social

SENIORS' RECREATION SCHEDULE



OUTINGS & TOURS

Call reception to sign up

613-829-9777

Space is limited

September 26th

Baxter's Nature Conservation Area

\$40.00 includes guided tour and picnic lunch

October 9th

KIN Vineyard— Wine tasting and tour

\$45 includes wine tasting with cheese plate

October 31st

Stained Glass Stuff Workshop—glass making

\$40 includes take home pendant or tray

December—date to be announced

Lights Tour at Wesley Clover Park

Date to be announced

BRIDGE CLUB

Hosted by Revera



Wednesdays 2:00pm

Lynwood Park

Retirement Community

1 Eaton Street

Please speak to Azra Temple
to register or for more details
613-829-9777 ext.228.

WHAT IS "FIT MINDS"?



Part of our conversation café program & hosted by Stillwater Creek Retirement Community, Fit Minds is a series of free workshops to benefit our brain health & promote active & social living. The workshops conclude with an invitation to lunch and reception at Stillwater Creek.

THE OLDE FORGE OFFERS A VARIETY OF COMMUNITY SUPPORT SERVICES:

Medical Transportation

Home Help

Home Maintenance

Community Van

Foot Care Clinics

Grocery Bus

Luncheon Program

Day Program

Income Tax Clinics

Call 613-829-9777 to learn more about
our services & how we can help you.

ROOM FOR RENT

Outside of our operating hours, our main room and kitchen are available for your use at a competitive rate. It is a great space to host a family reunion, baby shower, anniversary celebration, group meetings, or other special occasion.

For booking inquiries, please contact Sue Walker at 613-829-9777 ext. 224

A BIG THANK YOU TO OUR COMMUNITY SPONSORS:



This project is funded by
the Government of Canada.





OLDE FORGE
COMMUNITY RESOURCE CENTRE

CHRISTMAS SALE

Saturday, November 16, 2019

10 a.m. to 2 p.m.

The Olde Forge, 2730 Carling Avenue

• Holiday Baked Goods

- **Cookie Walk-** Choose 3 dozen of your favorite cookies from our delicious homemade selection.
 - Homemade preserves, jams, dried spices etc.
 - Handmade knitting, woven rugs and crafts
 - Traditional Christmas Puddings and much more

TO HELP MAKE THIS EVENT A SUCCESS, THE OLDE FORGE IS LOOKING FOR DONATIONS OF BAKING, PRESERVES AND SPREADS:

DONATIONS OF: cookies, squares, loaves, cakes, pies, muffins, tarts, cupcakes, brownies, candy, tourtieres and jams/preserves with the date they were prepared would be gratefully appreciated.

PICK UP/DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off no earlier than the day before the bazaar on Friday, November 15th.

DOWNSIZING SEMINAR

If you, or your parents, have been thinking about the possibility of downsizing and moving on to something smaller than your current home this seminar will be of great assistance in making the decision.

Date and time: Wednesday, September 18th from 10am - noon

Place: CentrepoinTE City Hall, CentrepoinTE Drive

You will hear from a Real Estate Lawyer, two Realtors who specialize in dealing with Seniors, a Relocation Specialist and two Stagers.

All your questions will be answered.

Seating is limited so please contact:
Marianne Baird Anderson at 613-786-2447 or
marianne@hallmarkottawa.co

OLDE FORGE *Christmas Pudding*

An Olde favorite in a convenient size for one or two people. Olde Forge brings you our traditional Christmas pudding individually wrapped in a serving for one or two. Made from a classic recipe with real fruit, it is sure to delight!



Available November 16th.



WITH THE SNOW GO AND SNOW GO ASSIST PROGRAMS

SNOW-GO-SNOW REMOVAL SERVICE

Contractors who have registered with the Olde Forge carry personal Liability insurance, have a police records check and personal references are checked. Contractors have the necessary snow removal equipment. Please be sure to ask your contractor about your snow removal preference prior to signing any contract.

The individual price set depends on the size of the driveway, the number and size of the walkways to be cleared, whether or not sand or salt is requested etc. Please note: the average contract rates are \$350 to \$500 for the season. Costs have risen steadily over the last few years. Please contact 613-829-9777 for more details.

SNOW-GO ASSIST - PROGRAM GUIDELINES

The Snow-Go Assist Program provides financial assistance to low income seniors and persons with physical disabilities for the purposes of ensuring mobility. Participants must be physically unable to clear snow and ice from their private driveway. Low Income is defined by the City of Ottawa **as below \$31,500 gross income for a single individual and \$39,200 gross income for a household which is defined at 2 or more persons.**

To apply, you must complete an application and provide copies of the necessary documents to support it. These documents include: a copy of your notice of assessment from your income tax, or proof of ODSP or CPP Disability Benefit, or proof of enrolment in other City of Ottawa assistance programs listed on the application. **Applications can be obtained by calling 613-829-9777.**

Should you qualify for Snow Go Assist, you may be reimbursed up to fifty percent of your contract cost to a **maximum of \$250**. Funds are limited so applications are handled on a first come first served basis. You may use your own contractor. Proof of payment of your snow contract is required for all requests. Please be sure to forward a copy of your paid contract as soon as possible so we can complete your application.

Applications will not be considered without copies of the supporting documents. You should return your application to Elizabeth Parcher at the Olde Forge either by mail or in person: The Olde Forge, 2730 Carling Ave, Ottawa, ON K2B 7J1

STAYCATIONS - OUTINGS AND FIELDTRIPS

Nothing lightens a mood like a good laugh! In June Olde Forge Clients got to celebrate Laughter Day in Ottawa by participating in Laughter Yoga! Ever hear the saying "Laughter is the Best Medicine"? This time they actually weren't joking! With all of the jokes, crazy outfits and just pure silliness, our clients are giggling and laughing their way to better health and well-being!

A big thank you to the Redwoods Retirement Residence for hosting such a fun filled day! Our clients had a wonderful time!



Clients of the Olde Forge and Redwoods Retirement Residence enjoyed a taste of the tropics with a visit to Parrot Partners in Carleton Place. This amazing organization helps to rehabilitate and train relinquished parrots and helps them find their perfect forever home. For more information on Parrot Partners, check out their website: <http://www.parrotpartners.org>



Check out the Recreation Schedule for a listing of some of our upcoming excursions. Hope to see you there!





OLDE FORGE
COMMUNITY RESOURCE CENTRE



2019 SENIORS' HEALTH & WELLNESS FAIR

Saturday, October 26, 2019
10 a.m. until 2 p.m.

**Eat Well.
Move More.
Live Longer.**

*Stay Active and
Independent for Life*



Retirement • Health • Home • Fitness • Nutrition

OVER 50 EXHIBITORS

- **FREE ADMISSION**
- **LIVE MUSIC AND KEYNOTE SPEAKERS**
- **LIVE DEMOS AND HEALTH SCREENINGS**
- **COMPLIMENTARY REFRESHMENTS**

FREE SWAG BAGS TO THE FIRST 200 ATTENDEES

Location: Ron Kolbus Centre, 102 Greenview Ave., Ottawa, ON K2B 5Z6

**GOLD
SPONSORS**

Davidson  **Tea & toast**
Hearing Aid Centres

**SILVER
SPONSOR**

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS

**BOOK YOUR
BOOTH TODAY**
Call Emily
(613) 829-9777

CARING FOR CAREGIVERS

This year's **Caring for Caregivers** series ended with a much needed therapeutic day of rest, relaxation and reflection for some very special caregivers in our community. A Big Thank You to the team at Strathmere House for hosting our special day.



**PLEASE JOIN US AT THE OLDE FORGE THIS FALL FOR A
FREE EDUCATIONAL SUPPORT SERIES FOR CAREGIVERS.**

**NUTRITION FOR SENIORS – BREAKFAST
SEPTEMBER 23RD AT 5:30PM - 7:30PM**

**NUTRITION FOR SENIORS – LUNCH
OCTOBER 8TH AT 5:30PM - 7:30PM**

**CANCER CARE AND SUPPORT SYSTEMS
OCTOBER 10TH AT 6:30PM - 7:30PM**

**NUTRITION FOR SENIORS – DINNER
OCTOBER 21ST AT 5:30PM - 7:30PM**

**DEMENTIA CARE USING THE BEST FRIENDS APPROACH
OCTOBER 24TH AT 6:30PM - 7:30PM**

**NUTRITION FOR SENIORS – DESSERTS
NOVEMBER 4TH AT 5:30PM - 7:30PM**

Nutrition for seniors education is taught by registered holistic nutritionist
"Hanifa Yip" and will include preparing and enjoying food.

Please **SIGN UP FOR EACH EDUCATION SESSION YOU ARE INTERESTED IN** to Ensure a spot,
RSVP your attendance to our office at 613-829-9777 and speak with reception.

ACTIVE LIVING CENTRE

Show your support for the Olde Forge Community Resource Centre
Your generous donation will improve lives of seniors in your community by:

- Providing a place where seniors can socialize and learn
- Providing transportation services to less mobile seniors



DONATE TODAY!

I WANT TO ENHANCE THE LIVES OF SENIORS IN MY COMMUNITY !

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ \$_____

☐ One-Time **OR** ☐ Monthly Pledge (Post dated cheques or credit card, paid 1st day of each month)

☐ Cash ☐ Cheque (Payable to **Olde Forge Community Resource Centre**)

☐ Visa ☐ MasterCard Card Number: _____

Expiry Date: (MM/YY): ____/____ CVC: _____ Signature : _____

Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone : _____ - _____ - _____ Email: _____

☐ Yes! Please sign me up for the email newsletter.



OLDE FORGE

COMMUNITY RESOURCE CENTRE

2730 Carling Ave

Ottawa, ON K2B 7J1