



THE BELLOWS

ISSUE 83, Spring 2025



HELLO
Spring

As spring arrives, the Olde Forge celebrates its long-standing role as a cornerstone of support for seniors and adults with disabilities. Originally founded as a blacksmith's shop, our building has evolved into a vital community hub. This season, we embrace the spirit of renewal, reflecting on our journey and looking ahead to the opportunities spring brings. Our accessible facilities and dedicated team continue to

empower those we serve. Our home support program helps seniors and adults with disabilities live independently, and we're proud of the difference we make. Spring offers a time to grow, connect, and refresh, and we invite you to be part of that. Whether through participating in programs, volunteering, or connecting with us, there's no better time to get involved and celebrate the season of new beginnings. Thank you for being a valued part of the Olde Forge family. Together, let's step into spring with hope and enthusiasm for the year ahead!



MESSAGE FROM THE BOARD

Dear Olde Forge Community,

We're thrilled to share the Spring 2025 edition of the Bellows with you. It's chock-full of information and positivity to inspire you and pique your interest! And if you can imagine, this is only a fraction of what's going on at the Forge right now! Page 3 shares our excitement about our beloved Oasis program, which continues to make waves across Canada for its simple yet effective model that fosters movement, healthy nutrition and socialization to support older adults to age within their communities.

We won't spill the beans on this next feature, but we're launching a unique fundraiser this season thanks to the creativity of our longtime volunteer, Carol Doyle (see page 4). It's a new opportunity to support the Olde Forge, and we're excited to see the treasures that will be uncovered in the coming months and the impact this fundraiser will have.

As always, we are shining a spotlight on a few individuals at the Forge who help make our house a home. Their creativity and commitment remind us that together, we can make incredible things happen.

As we move further into 2025, we want to thank you for your unwavering support and generosity for what we do. It simply wouldn't be possible for us to provide the high level, quality and variety of services that we do without your financial contributions and dedication to our mission. As we embrace the season ahead, let's continue to build a thriving, healthy community together.

Warm regards,

Meghan O'Halloran
Board Chair



Colleen Taylor
Executive Director



STAFF DIRECTORY

PHONE: 613-829-9777

Colleen Taylor

Executive Director
c.taylor@oldeforge.ca
Phone Extension: 224

Elizabeth Parcher

Senior Manager, Programs/Operations
e.parcher@oldeforge.ca
Phone Extension: 226

Tricia McGee

Community Outreach Coordinator
t.mcgee@oldeforge.ca
Phone Extension: 253

TRANSPORTATION & COMMUNITY SUPPORT

Laura Coverett

Program Manager
Transportation, Home Services
l.coverett@oldeforge.ca
Phone Extension: 232

Ray Brisebois

Program Assistant
Transportation, Home Services
r.brisebois@oldeforge.ca
Phone Extension: 231

Sonia Lall

Program Assistant
Foot Care, Administration
s.lall@oldeforge.ca
Phone Extension: 233

DAY SERVICES

Jacinthe Gosselin

Program Manager
Day Services, Footcare
j.gosselin@oldeforge.ca
Phone Extension: 251

Azra Temple

Program Manager
Recreation
a.temple@oldeforge.ca
Phone Extension: 228

Deborah Davis

Program Assistant, Recreation
d.davis@oldeforge.ca

OASIS

Sarah Posthuma

Oasis Coordinator, Ambleside
s.posthuma@oldeforge.ca
613-898-8514

Laura Radford

Oasis Coordinator, Rosewood
& Richmond Heights
l.radford@oldeforge.ca
613-818-2977



FRIENDLY VISITING

Phone Extension: 227

BOARD OF DIRECTORS

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The Bellows is a publication of the Olde Forge and is published 3 times a year.

For more information please contact: Tricia McGee, Community Outreach Coordinator
t.mcgee@oldeforge.ca
613-829-9777 Ext 253

 /OldeForgeCRC

 @oldeforgecrc

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CULTIVATING CONNECTION

Reaching New Heights: Oasis is Expanding!



At the Olde Forge, our passion is to support older adults in the community. We want to help our community to keep living and thriving in their own homes as they age. With that in mind, we are delighted to announce that our Oasis program has now expanded to include our third site at Richmond Heights. This marks the opening of a third Oasis location within Ottawa to add to our ever-expanding

national Oasis network. We are thrilled to be able to directly support another Naturally Occurring Retirement Community in our very own neighbourhood by coordinating recreation, nutrition-based, and physical activities! Backed by Queen's University, Oasis supports our members by addressing the needs of older adults and facilitating connection with other's in the community.

Do you love the programs and services at the Olde Forge? Show your support with a one-time or monthly donation, a corporate matching program, a tribute donation or by setting up Legacy Giving. Your donation allows the Olde Forge to continue providing essential programs and support services to seniors and adults with physical disabilities living independently in our community.



All donations can be made online through our secure website donation portal at www.oldeforge.ca, by e-transfer at theoldeforge1@gmail.com, or by mail to the Olde Forge, 2730 Carling Ave, Ottawa ON K2B 5K4

\$25 \$50 \$100 \$250 \$500 \$ _____

Donations can be made via E- Transfer to theoldeforge1@gmail.com

I will donate online at www.oldeforge.ca I have left a legacy gift in my will

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

Cash Cheque (Payable to Olde Forge Community Resource Centre) Visa MC

Card Number: _____ Expiry Date (MM/YY): _____ CVC: _____

Signature: _____ Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone: _____ Email: _____

Charitable Status Number 10779 4000 RR001

DONATIONS MAKE A DIFFERENCE

NEW!

Antiques for a Better Tomorrow: Donate and Deduct

If you have antiques collecting dust, now's the time to make them count! The Olde Forge has partnered with Maclean and Associates to host a charity auction to support our local programs and services. We're looking for donations of household antiques including vintage tableware, chairs, small furniture, or other unique antiques to help make this fundraiser a success!

How to Donate:

Simply arrange pickup, or ask general questions by contacting us at **613 829 9777 Ext 200** or **oldeforgeantiques@gmail.com**

When: April 1, 2025 - December 31, 2025. Items will be included in MacLean & Associates bi-weekly auctions.

Tax Receipt: Donors will receive a tax receipt for the auction value of their item, offering tax benefits while supporting a great cause.


MACLEAN
& ASSOCIATES



WISHLIST

Our programs are in need of a 50-foot garden hose and a set of 16 lightweight, Corelle Vitrelle dishes.



info@oldeforge.ca or 613 829 9777 to donate

Thank you!



Senior Organic GARDENERS

for the donation of garden therapy bags and plants for our sensory garden project.

FACES OF THE FORGE

Meet Sue!



I am originally from Southern Ontario. I came to Ottawa in 1963 to attend the nursing school at the Ottawa Civic Hospital. I met my husband during “training” and both my daughters were born at the Riverside Hospital. Ottawa and the Ottawa/Gatineau area became our home. In 1993 a career move took my husband and I back to southern Ontario for 12 years. My girls stayed in Ottawa. When I retired from full time nursing in 2005 I moved back “home”. My husband had died in 2003 and family was everything during that time.

As a child I had been lovingly surrounded by a host of great aunts and uncles and energetic grandparents. I believe it was the positive interactions I had with them that led me to a specialty in Geriatric Nursing. I wanted to help older people maintain their health so they can contribute to contribute their vitality and wisdom to the younger generations, the same way my elders had done for me.

I worked part-time for another few years and then decided it was time to truly retire from nursing. I had always planned to volunteer at that time but I wasn't sure where that would be or what I would be doing. I would say I became a volunteer “through the back door.” One other goal for retirement was to keep active. I first became aware of the Olde Forge through their exercise program. From the moment I walked into the room I felt welcomed. Then I heard about the plan to revitalize the gardens at the Olde Forge. I love to garden and so I volunteered to help with that project.

That experience brought me to a place where “everything came together.” One day while I was weeding in the garden, one of the staff came along with a member of the Adult Day Program. This gentleman had been an avid gardener and the staff member asked me if I would be okay letting him help in the garden. The end result was that I now volunteer with the Day Program and last year started a gardening project with the members. I feel like my life has come full circle from those first interactions with my family elders to my Olde Forge family doing all the things I love.

FACES OF THE FORGE

We bid a fond farewell to two, long-time members of our Olde Forge family!

This past winter we said farewell to long-time Day Program and Diners club staff Scott Roscoe. After 7 years, moving from student to Manager, Scott is returning to Carleton University to further his education. Scott's warm heart and unique character will be missed by the Olde Forge Community.

In April we bid a bittersweet farewell to Karen Toll, as she enters retirement after 20 years with the Olde Forge! Karen has been a cherished member of the Olde Forge and will be dearly missed for her enthusiastic laugh and presence!



Meet Sarah!



I'm Sarah, an Oasis Program Coordinator. I've been working in this role since May 2024. I have spent many years coordinating programs across social services in Ottawa and I am very passionate about being a part of building more caring and connected communities. The Olde Forge and the Oasis program are both all about community, so it makes sense that it didn't take me long to fall in love with the people here and my job!

I'm an Ottawa native through and through – I love this city in all its diversity! I spend a lot of time on the bike paths and enjoying our incredible green spaces. I grew up in Hintonburg, spent my later childhood and teen years in a small town just outside Ottawa, and went away briefly to Trent and Queen's for my university years. My family is here and I was lucky to meet my husband, Brennan, here as well. We are very proud parents of two school-aged rascals, Ben and Maddie. When I'm not busy parenting, I love to play Ultimate frisbee, garden, do yoga, read, make art, cook and eat, and travel. I love that the Oasis program centres around building community through social, physical, and food-based activities, as well as health and wellness programming. I can genuinely say that I get to have fun in my job every day and I'm so grateful for it!

COMMUNITY CONNECTION



Welcome spring!



April 7, 2025.

After a few false starts the weather is improving and folks are getting out and about more and more. Regardless of the weather we all need to travel around our city. Transportation is important and, for many older adults, driving is not an option, so we need a safe, reliable transit system to get you across the city or just to your local grocery store. The New Ways to Bus schedule changes begins on April 27th . The New Ways to Bus is

a streamline of the current bus services with some low-ridership routes reduced or eliminated. Many bus routes will be connecting with the new Trillium train line system which is already in operation. Overall, the schedule changes will mean more buses and drivers available for the remaining routes. We all hope these changes bring better, more reliable bus service. Here is a link to the website to check on your bus route. Please check it out before you travel. <https://www.octranspo.com/en/plan-your-trip/service-changes/new-ways-to-bus> At my recent Open House on March 26th, we heard from the Stage 2 LRT Team and yes, the project is moving forward! In Bay Ward there are 7 transit stations and they are all at high levels of completion, not to mention that the tracks are laid and train run testing is starting very soon from the Light Maintenance and Storage Facility (LMSF), located west of Moodie Drive. It is starting to feel real! Please check my newsletter at baywardbulletin.ca for further updates on this project. The Transportation Master Plan Ottawa: has grown into a city of one million residents. Over the next two decades, Ottawa will gain approximately 400,000 new residents and 160,000 new jobs. With that kind of growth, we need to plan for a flexible, dependable, safe and efficient transportation network.

Get involved! • Complete the surveys on the recommended road and transit projects, the prioritized list of active transportation projects, and other components of the Capital Infrastructure Plan • Attend a public engagement session – virtual and in-person events will run from April 8 to May 6 • Sign up for updates and stay informed on the TMP process Surveys will be open until May 12. To participate and learn more, visit the Transportation Master Plan project page. Your input matters! Transportation decisions impact everyone, no matter how you move through the city. Safe and happy travels!

A handwritten signature in blue ink, appearing to read "Theresa Kavanagh".

Theresa Kavanagh

**Bay Ward Councillor | Conseillère quartier Baie
City of Ottawa | Ville d'Ottawa**

VOLUNTEER CORNER

THANK YOU

A Sincere Thank You to Our Tax Volunteers

Tax season can be stressful, but thanks to your dedication and expertise, many people in our community receive the support they need. Your time, patience, and hard work make a meaningful difference, ensuring people can navigate the process with confidence. We are truly grateful for your commitment—thank you for all that you do!



Spring CLEANING



A Shout Out to our Gardening Volunteers

As spring blossoms, so does our gratitude for your dedication! Your hard work brings life, colour, and joy to our garden space, making it a welcoming retreat for all. Thank you for helping our community bloom!



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Spring 2025

SPECIAL HAPPENINGS

MOVIE

MATINEE

AZRA TEMPLE



DEBORAH DAVIS



REEL TIME AT OLDE FORGE

A story about finding community

First **Wednesday** of the month: Classic Titles TBD

-  **May 7**
-  **June 4**
-  **July 2**
-  **August 6**

Time: Afternoon screening at the Olde Forge
Snacks provided!

Drop-in fee: \$5 (Free for recreation clients)

This event is open to older adults 55+ and adults with disabilities. Come by and enjoy the show!

Contact Azra to Register: a.temple@oldeforge.ca

613 829 9777 ext. 228



Bells Corners Legion is a proud funder of the
Olde Forge Community Resource Centre



Legion 
Branch 593
Bells Corners

FITNESS, FRIENDSHIP AND FUN

MOTION TO MUSIC WITH HANIFA YIP



Hanifa Yip is an author, certified fitness professional, and registered holistic nutritionist. She has been teaching a variety of group fitness classes for over 25 years and is also the author of *Healthy with Hanifa: A*

Woman's Guide to Holistic Health & Fitness, available for purchase on Amazon. After many years of pain and strain with both personal workouts and group fitness classes, she has developed a more holistic approach towards health. She understands that the best workouts replenish the body rather than deplete them. She also believes in the importance of nutrition and stress management for fitness goals, support for conditions, and disease prevention. Please join her for her weekly Motion to Music Workouts, which are a hybrid of dance, calisthenics, stretch, and flow, Thursdays at 10:00AM in person. Check the recreation calendar for details.

NEW! Spring Registration

Fitness
OPEN
HOUSE

the week of May 5

open for unlimited free trial of classes, in person and virtual

W♥RK OUT

Interested in exercise classes or fitness groups with the Olde Forge?

Programs are identified on the recreation calendar.

oldeforge.ca/activity-calendar

Contact Azra:

a.temple@oldeforge.ca

613 829 9777 ext. 228



COMMUNITY, CARE, AND CONNECTION

Virtual Recreation

Participate from the comfort of your own home, have an opportunity to connect with each other and meet the instructor.



Classes Offered:

Zumba Gold
Chair yoga
Aerobics
Balance & Stretch
Tai Chi

oldeforge.ca/activity-calendar

There are so many health benefits to being engaged and physically active, but it is not always easy to leave the house. Did you know that the Olde Forge has weekly fitness classes on Zoom? You can participate from the comfort of your own home. Join one or join all for a small monthly fee.

For more information contact Azra

a.temple@oldeforge.ca

613 829 9777 ext. 228



**Westboro Legion is a proud funder of the
 Olde Forge Community Resource Centre**

Westboro Branch 480

Legion 

389-391 Richmond Rd.



COMMUNITY SUPPORT PROGRAMS



HOME SUPPORT

Spring has arrived, bringing with it the promise of warmer days and vibrant blooms. After a long winter of icy winds and snow, your home may need some attention. From faded paint and cracked pavement to leftover winter debris and smudgy windows, the season's changes have left their mark.

But don't fret! Now is the ideal time to breathe new life into your home. Our home support services are here to help with tasks like clearing away debris, washing windows, and freshening up your space. Let's get your home ready for spring so you can fully enjoy the sunshine, fresh air, and new beginnings in comfort and style.



Book your service today!

r.briseboise@oldeforge.ca | l.coverett@oldeforge.ca

613-829-9777

Home Help

The Olde Forge Home Help program offers housekeeping services to seniors and adults with physical disabilities living in Ottawa's West end. The Home Help program is a customizable service that focuses on the tasks you need completed.

Services may include:

- vacuuming
- laundry
- additional housekeeping chores

With Olde Forge Home Help program you get the same Home Helper at the same convenient time, which helps to keep scheduling simple and easy for everyone! Provided on a fee-for-service basis by Olde Forge employees, this program provides the support that some clients need to continue living independently in their homes.

Home Maintenance

It's like having your own reliable handy person. The Home Maintenance program provided by Olde Forge runs on a fee-for-service basis that focuses on the projects you want completed with no long-term contracts or obligations.

Services provided may include:

- storage cleanout
- window cleaning
- ongoing lawn and garden maintenance (mowing, planting, weeding)
- Patio and outdoor set-up
- small interior and exterior home repairs and maintenance
- snow shoveling and odd jobs

Our maintenance employees can work as little or as often as you need. Bookings are done on a job-by-job basis unless otherwise arranged with Ray Brisebois. Get the help you need at a reasonable rate!

PROGRAM AND SERVICE COSTS**Transportation Services*****\$16 Round Trip (1-20km)****\$20 Round Trip (21-40km)****\$30 Round Trip (over 40km)**

Drive requests must be made 7 days in advance

Types of trips:

- Non-urgent Medical Appointments
- Adult Day Programs
- Luncheons
- Grocery Shopping

available to those living in Olde Forge catchment*Home Support Services****\$30/hr Home Help (2 hr min*)****\$30/hr Home Maintenance (1 hr min*)****\$25/hr Snow Removal (1 hr min*)*****30 minute increments thereafter****Grocery Support****\$10 Online ordering support and delivery****Day Services****\$25 Adult Day Program****\$16 Transportation Round Trip*****\$18 Diners Club Luncheon Program****\$16 Transportation Round Trip*****available to those living in Olde Forge catchment***Recreation****(Fitness/Social/Creative)****\$40/Month (in-person & virtual)****\$32/Month (virtual only)****Foot Care****\$50 Initial Appointment****\$34 Ongoing Appointments****\$16 Transportation Round Trip*****available to those living in Olde Forge catchment***Appointments available on Thursdays**

****To confirm the catchment area of these services, please refer to our website www.oldeforge.ca***

ELECTRONIC BILLS AND PAYMENT

The Olde Forge is continuing to move billing to an electronic format. If you have an email address, you can participate in electronic billing.

Did you know that Olde Forge takes electronic payments through online banking as well? Send an e-transfer to theoldeforge1@gmail.com *Please include client's name and program or service

SHOW YOUR SUPPORT



If you're interested in volunteering, please contact us at 613-829-9777 or visit oldeforge.ca/get-involved/volunteer to learn more about how you can get involved.



WHAT OUR CLIENTS ARE SAYING



"I am so grateful for all the wonderful people that I have met through classes that I can now call my friends"

Dorothy M.

*Hi neighbours, #1
I used to be alone and lonely, I joined a group of seniors and since then I am happy I have real friends of my age. "J.P."*

"I used to be alone and lonely, I joined a group of seniors and since then I am happy I have real friends of my age"

J. P.



"My circle of friends and community has expanded even outside of activities."

Anne G.



2730 Carling Ave
Ottawa, ON K2B 7J1

