



**Connect
with us**



613-829-9777



www.oldeforge.ca



2730 Carling Ave
Ottawa, ON K2B 7J1

Charitable Registration # 107794000RR0001

Donate at:

canadahelps.org/en/dn/14258



Rates

ADULT DAY PROGRAM: \$25
\$16 Transportation (round trip)

DINERS CLUB LUNCHEON: \$18
\$16 Transportation (round trip)

FOOT CARE:

\$50 Initial Appointment
\$34 Ongoing Appointments
\$16 Transportation (round trip)

TRANSPORTATION SERVICES*:

Medical Drives

\$16 Return (1-20 Km)
\$20 Return (21-40Km)
\$30 Return (over 40km)

*Check website for catchment area.

HOME SUPPORT SERVICES:

Home Help

\$30 Per Hour (2 hour minimum*)

Home Maintenance

\$30 Per Hour (1 hour minimum*)

Snow Removal

\$25 Per Hour (1 hour minimum*)
*30-minute increments thereafter

GROCERY SUPPORT:

\$10 Online ordering support
and delivery

RECREATION:

Fitness/Social/ Creative
\$40/Month (in-person & virtual)
\$32/Month (virtual only)



Helping seniors and
adults with disabilities
live and age well at
home and in their
community

connecting people,
creating community



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About Us

A not-for-profit, charitable organization offering community support services and programs to seniors 55+ and adults with disabilities living in the community in Ottawa

Programs and Services

Adult Day Program

ADP

Serving frail seniors and those with cognitive impairment, ADP offers a day full of stimulating programming and a nutritional hot meal.

Foot Care

FC

Professional Foot care Nurses assess the overall health of the client's lower legs and feet and provide treatment preventative care.

Grocery Program

GP

Online ordering support and delivery.

Friendly Visiting

FV

Regular phone calls that offer well-being check-ins and friendly conversation to help reduce social isolation.

Diners Club

DC

A luncheon program where you can meet new friends and enjoy a hot lunch with live entertainment.

Home Help

HH

A customizable house-keeping service, designed to support individuals to continue living independently in their community.

Home Maintenance

HM

A home and yard maintenance service. Such as, ongoing lawn and garden maintenance (mowing, planting, weeding)

Snow Removal

SG

Snow GO & Snow GO-Assist are matching programs to help clear snow from driveways and walkways.

Transportation

TR

Registration required. Drive requests must be made seven days in advance. Types of trips can include: Non-urgent medical appointments, adult day programs, Diners Club, and grocery shopping

Income Tax

IT

Free tax clinic where volunteers complete tax returns for older adults 55+ and adults living with disability with a modest income and a simple tax situation

Recreation

REC

Supporting total health and wellbeing, programs are available in in-person and virtual formats. Full calendar of activities available at oldeforge.ca

