



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 67, WINTER 2020



IT'S 2020!!!

Remember when 2020 just referred to perfect vision? Well, now it is also the year! Confusing?? Maybe not.... the year 2020 might still reflect perfect vision; maybe it doesn't refer to our eyesight (those days are long gone), but maybe it is a sign of the year ahead! Maybe this is the year we are going to live our best life where we make the changes needed to reach our optimal health. Maybe it signifies the year we spend more time with family and friends, or take more time to enjoy the simple things in life. In this edition of the Bellows, we are going to focus on ways to help you enjoy your best life. I am hopeful that 2020 will bring with it the perfect vision of how to live a life that nurtures our mind, body and spirit.

THANK YOU TO OUR VOLUNTEERS

The Olde Forge wishes to formally thank the following volunteers who helped make our Christmas Sale such a success. With your assistance, we were able to raise over \$3500!

Carol Kolbus
Michael and Vera Roche
Denise Kirkpatrick
Ione Timlin
Marie-France Bonenfant-Kusters
Susan Au
Lyn Shouldice
Odet Aslan
Hannah Duquette
Eileen Black
Jane Barbe
Mary Leclair
Brenda Chapman
The Redwoods
RBC Volunteers
Ramona's Naturals
Nahid Farsadfar
All of our Bakers
Shawn Weathrup
Joanne Lafrance
Margaret Deneumoustier
Ray Brisebois
Bulk Barn Fairlawn Plaza
Creative Signs and Designs
Carm Drouin
Glen MacDonald City of Ottawa
Larga Baffin

We would also like to say a special thank-you to all of our knitters, bakers and those who donated their home made items. Your support is always very much appreciated. Happy Holidays!



CHRISTMAS AT THE FORGE

You know the holiday season is just around the corner when you can smell the sweet aroma of the Olde Forge Christmas Puddings being baked for the Annual Christmas Sale. This year's sale featured many Olde favorites including a holiday bake table, a beautiful selection of knitting, woven rugs and crafts and of course, a Cookie Walk! This year's sale also included a beautiful selection of homemade soaps, jams, preserves and even a selection of locally sourced maple syrup! And what would the Olde Forge Christmas Sale be without the Traditional Olde Forge Christmas Puddings made with love by Olde Forge staff and volunteers.

We would like to send a big Thank You to The Redwoods for sponsoring this year's puddings and to the RBC volunteers who helped us get the sale set-up and kept it running smoothly the whole day. Many patrons of the sale commented on how impressed (and proud) they were to see their bank volunteering at such a community focused event! We were very grateful for their support as well!!



A MESSAGE FROM THE BOARD

THANK YOU – now there's a couple of words that never seem to go out of style. Have you ever noticed how many of our holidays revolve around being thankful for something or other. Both the Canadian and the American Thanksgiving have now gone by and we hope that you had some reason to be grateful, and the opportunity to give thanks. As winter sets in, rather gently this year it seems, we have to be thankful that we live in Canada. That we can all count on warm houses and that, whatever the destination, once indoors, we'll be warm again.

Christmas – now there's another reason to give thanks, and we all have very different reasons for that. This is the beginning of winter, something that those of us in Eastern Canada often forget – how many times have you survived all the Christmas joy, excitement and hullabaloo, only to then realize that winter has only just started, and that Mother Nature has lots more to send our way.

THANK YOU – New Years' is often a time of reflection and anticipation. Reflection on the year that has just gone by, and all the changes we've experienced, and anticipation of whatever might come in a brand new year, and hopes that we'll have something to be thankful for. Of course we all know that sometimes one has to dig a little deeper than usual to find it, but I guarantee you that it's there.

THANK YOU to the wonderful staff at The Olde Forge who continue to produce innovative and affordable programs and initiatives to help keep us all fit, healthy, entertained and informed, and socialized. We are very fortunate indeed to have such dedicated and hard-working people. These young folks aren't paid anything like the big bucks that some corporate types enjoy, but they just keep working and giving. They obviously know the old maxim:

The Purpose of Life is to discover your gift

The Work of Life is to develop it

The Meaning of Life is to give your gift away.

THANK YOU to the Olde Forge Volunteers. You are an amazing group and we certainly hope you realize how very much you are appreciated.

And, last of all, THANK YOU to the Olde Forge clients. You enjoy our offerings, and you tell all your friends – and we all know that word of mouth is the best advertising we can ever get.

Have a safe and happy Holiday Season, and remember to say "THANK YOU"

STAFF DIRECTORY

Elizabeth Parcher

Executive Director

e.parcher@oldeforge.ca

Phone extension: 224

Karen Toll

Coordinator,

Community Support Service

Home Help

k.toll@oldeforge.ca

Phone extension: 227

Sue Vinson

Manager, Transportation

Transportation to Medical

Appointments Grocery Bus

Program Community Van

s.vinson@oldeforge.ca

Phone extension: 231

Vanessa Jackson

Manager, Day Program

Luncheon Program

v.jackson@oldeforge.ca

Phone extension: 223

Scott Roscoe

Program Coordinator

Day Programs and

Home Maintenance

s.roscoe@oldeforge.ca

Phone extension: 232

Azra Temple

Manager

Recreation Program

a.temple@oldeforge.ca

Phone extension: 228

Deborah Davis

Program Assistant Recreation

d.davis@oldeforge.ca

Phone extension: 233

Sonia Lall

Program Assistant

s.lall@oldeforge.ca

Phone extension: 240

Emily Angel

Manager Marketing/

Communications

e.angel@oldeforge.ca

Phone extension: 225



OLDE FORGE
COMMUNITY RESOURCE CENTRE



THE BELLOWS is the publication of The Olde Forge Community Resource Centre and is published three times a year.

For more information please contact:

EMILY ANGEL, Manager Marketing/Communications • e.angel@oldeforge.ca

2730 Carling Ave, Ottawa, ON K2B 7J1 • Tel: 613-829-9777

e-mail: info@oldeforge.ca • www.oldeforge.ca

CHRISTMAS HOURS: The Olde Forge will be closed as of Noon on December 24th and will re-open at 9am on January 2nd.



VOLUNTEER CORNER

OLDE FORGE 40TH ANNIVERSARY HIGH TEA

Fascinators and big hats were in abundance at the Old Forges' 40th Anniversary High Tea. Guests enjoyed a wonderful fall afternoon at the historic Britannia Yacht Club reconnecting and sharing stories of their time with the Olde Forge. It was a real honour for everyone in attendance to share a very special moment with long-time volunteer Doug Drew as he was presented with the Governor Generals Sovereigns Award. Thank you to Mayor Jim Watson, Bay Ward Councillor Theresa Kavanagh and MPP Jeremy Roberts for sharing their memories of the Olde Forge with us and for highlighting just how valuable this non-profit resource centre is to our community.

Thank You to the wonderful sponsors and organizations who made this event so special.



KIN

VINEYARDS

Flowers
by Maggie



VOLUNTEER APPRECIATION LUNCH

On December 4th, the Olde Forge hosted the Annual Volunteer Appreciate Luncheon. This year, the luncheon was hosted at the Chartwell Stillwater Creek Retirement Community in their beautiful, newly renovated entertainment room. Our volunteers were treated to a wonderful holiday turkey dinner prepared by the Stillwater Creek kitchen and served with love by the Olde Forge staff. We are truly honoured to be working alongside such a dedicated group of volunteers and we would like to extend our most heartfelt appreciation for everything you do.

VOLUNTEER YEARS OF SERVICE PIN RECIPIENTS 2019:

5 YEARS

Joan Peterkin, Joseph Lam,
Patti McCabe, Lynn Miskelly,
Agnes Black

10 YEARS

Jackie Chapman,
Richard Macdonald,
Irene Miles, Charles Muir

15 YEARS

Priscilla Lanois,
Mary McCaffrey,
Gay McMillen

20 YEARS

Kevin Carter,
David Grosvenor



YOUR OPTIMUM HEALTH

THE HEALTH AND WELLNESS FAIR:

50 exhibitors came together on October 26th to share senior focused programs and services that encourage healthy active aging within our community. Demonstrations on healthy cooking, downsizing and a virtual cycling program for seniors helped to further educate attendees. Health screenings for hearing and gait assessments were also available for those interested in learning more about the state of their current health. The end of the day featured a lively fitness demo from the Olde Forge Recreation instructors and clients. This demo provided a snapshot of two popular, but very different programs offered by Olde Forge Recreation - Chair Yoga and Zumba. The Recreation clients were happy to be joined on stage by Special Guest participant Councillor Theresa Kavanagh! We commend Theresa for her commitment and dedication to fitness and the healthy active aging initiative.



Impact of Hearing Loss

Brought to you by Davidson Hearing Aid Centres

Sensorineural hearing loss is by far the most prevalent type of hearing loss in adults. It is typically the result of damage to the hair cells in the inner ear. We are born with thousands of hair cells in the cochlea and once damaged, these hair cells do not regrow or repair themselves. The further the damage, the more severe the impairment.

Whether it is loud music, industrial noise, a cheering sports stadium, an ambulance siren or fire alarm, the world is a noisy environment. The extent to which noise damages hearing is directly related to the intensity of the sound and the duration of that noise.

The aging process also takes a toll on the hearing system just like all other cells in the body. Over time, the function of the cochlear hair cells tends to diminish.



Mild Hearing Loss:

- Can still hear well in quiet situations
- Start having difficulty hearing soft spoken voices or from a distance
- More difficulty in understanding high pitch female and children's voices
- Start to develop difficulty hearing in background noise

Moderate Hearing Loss:

- Start having more trouble with certain voices even in quiet
- Clarity of speech starts to diminish
- Significant difficulty in groups and noise

Severe Hearing Loss:

- Cannot have a normal conversation without the use of hearing aids
- Clarity of speech becomes significantly diminished
- Requires FM systems and remote microphones to function adequately in very noisy environments

Davidson
Hearing Aid Centres



HAVE AN EMPTY BEDROOM?

Win-Win Homesharing makes it possible to earn a new income and save on time by finding you a vetted, helpful housemate to live in that unused guest room. In exchange for a student-friendly price, your compatible housemate takes care of your to-do list.

What chores do you hate?

Whether it's taking out the trash, vacuuming, shovelling the snow, driving to appointments, cooking daily meals, cleaning dishes, or just someone to share a meal with, your new housemate will do your chores or we will hire someone to do them.

Want to know how we'll find your dream match?

www.winwinhomesharing.com

winwin
HOMESHARING



SUPPORTS FOR SENIORS LIVING AT HOME

HOME HELP

Do you know someone who might need a bit of help around the home? The Olde Forge Home Help Program offers housekeeping services to seniors and adults with disabilities in Ottawa's West End. Provided on a fee-for-service basis by Olde Forge employees, Home Help offers general housekeeping services including cleaning, vacuuming, laundry and even some simple meal preparation. The Home Help Program is designed to allow clients to continue to live independently in their homes.

Please Note: This service has a two-hour visit minimum and does not involve any hands-on personal care.

Contact Karen for more details:
613-829-9777 ext 227



HOME MAINTENANCE

Ah Winter! This is the time of year that I appreciate the cozy comforts of my home the most! If I could just stay inside and never leave til Spring...



then I guess I would be hibernating! Since we all tend to hibernate (a little) during our cold Ottawa winters, this is the time of year when we begin to notice things in our homes that might be in need of a little TLC. So where should we start with winter home maintenance? Well, since we are spending more time indoors, proper ventilation is probably a good place to begin. Did you know it is recommended that furnace filters get changed once a month during the winter?! What about your smoke detectors and carbon monoxide detectors? Over the winter when our windows are shut, it is very important to have every smoke detector and carbon monoxide detector in your home inspected to make sure it is in proper working order. And if these tasks aren't enough, there is always the painting touch ups, the caulking that needs replacing and the list can go on and on. Remember, the more you take care of your home, the better it will perform.

Olde Forge has skilled Home Maintenance employees that can help you get all of those little jobs done.

Reliable Service and Reasonable Rates

Contact Scott for more details. 613 829-9777 ext 232

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**

JANUARY - APRIL PROGRAMS

Season runs through January 6th - April 30th, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PINECREST-QUEENSWAY 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-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road
BRAIN & BALANCE 12:00PM	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30AM	CONVERSATION CAFÉ 10:00AM **Check reverse side for topics & dates
PROGRAM FEES \$28.00 monthly membership fee Provides you with unlimited access to all scheduled programs. Drop in fee for fitness classes is \$8.00. Should you require financial assistance, please inquire about our subsidy program.	ZUMBA GOLD 10:30AM	LINE DANCING 10:30AM	AEROBICS 10:30AM	MOTION to MUSIC 12:00PM
	BALANCE FOR LIFE 11:30AM	STRETCH & STRENGTH 11:30AM	GENTLE YOGA 11:30AM	OLDE FORGE 2730 Carling Ave
	NO CLASSES February 17 th April 10 th April 13 th	JULIEN OF NORWICH ANGLICAN CHURCH 7 Rossland Ave	OUR LADY OF FATIMA CHURCH 153 Woodroffe Ave	TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH
		KNITTERS GROUP 12AM - 2PM	MILKBAG WEAVING 1PM - 3PM	Donations of bakery items to share are welcome.



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 exercise including some weights

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

GENTLE YOGA – Floor Yoga for beginners or those looking for a Gentle Yoga experience

IRRESISTIBLE – Toning with Weights & Resistance Bands

LINE DANCING – Low Impact Cardiovascular Exercise

MOTION TO MUSIC – Balance, Flexibility & Stretch

TAI CHI – Balance, Breathing & Meditation

STRETCH & STRENGTH – Circuit format strength training

ZUMBA – Cardiovascular workout with Latin dance

All fitness programs are lead by certified fitness instructors. Program assistant, Deborah is available on site at the Woodroffe United Church during scheduled program.



CRAFTING AT THE OLDE FORGE

2730 Carling Ave

Acrylic Painting -
January 31st at 1PM

Ring Making - February 28th at 1PM

Pendant Making - March 27th at 1PM

Earing Making - April 24th at 1PM

Note there is a small supply fee per project,
call the Olde Forge 613-829-9777



SENIORS' RECREATION SCHEDULE

CONVERSATION CAFÉ

**NOTE THE LOCATION & TIME
PLEASE SIGN UP 613-829-9777**

DATE & LOCATION:	TOPIC:
January 10th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Welcome Back! What is new for 2020
January 17th at 9:30AM – 12:30PM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Tea & Tech
January 24th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Banking, Fraud with Catherine from RBC
January 31st at 10:30AM Olde Forge 2730 Carling Ave	Social Tea at the Olde Forge
February 7th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Fire Safety
February 14th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Fraud, Scams and Personal Safety Part 1
February 21st at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Personal Safety with Ottawa Police Constable Jeff
February 28th at 10:30AM Olde Forge 2730 Carling Ave	Social Tea at the Olde Forge
March 27th at 10:30AM Olde Forge 2730 Carling Ave	Social Tea at the Olde Forge
April 24th at 10:30AM Olde Forge 2730 Carling Ave	Social Tea at the Olde Forge

SENIORS' RECREATION SCHEDULE



OUTINGS & TOURS

Call reception to sign up

613-829-9777

Space is limited

Sunday March 8th at 1pm

Classic & Tea at CentrepoinTE Theatre
"Tea with a Lump of Movies"

Total Cost: \$30.00

Friday April 3rd

Fulton's Sugar Bush Outing
Cost: \$20.00, food cost extra

BRIDGE CLUB

Hosted by Revera



Wednesdays 2:00pm

Lynwood Park
Retirement Community
1 Eaton Street

Please speak to the Olde Forge
recreation manager to register or for
more details, 613-829-9777 ext.228

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.

FIT MINDS

Fit Minds is a series of 7 free workshops to encourage healthy aging. The program is designed to benefit our brain health, Promote active living and encourage social activity.



Sponsored and hosted
by Stillwater Creek
Retirement Community.
This program runs Friday mornings in
March and April.



To know more about this program or
to register contact the Olde Forge
recreation

**A BIG THANK YOU FOR THE SUPPORT OF
OUR COMMUNITY PARTNERS:**

**PROGRAMMING MADE POSSIBLE
THROUGH FUNDING BY:**



THE GROCERY BUS



Serving seniors 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 Grocery Store in Bells Corners. The Grocery Bus is heated with spacious comfortable seating and is fully accessible. Staff and volunteers load and unload the groceries and can even assist clients with their shopping when needed.

Service Fee \$4 Round Trip

For Pick up Times and Locations, please visit our website www.oldeforge.ca or call the Olde Forge 613-829-9777 ext. 231

GROCERY SHOPPING BAGS

Why not pick up one of the Olde Forge re-usable shopping bags. These shopping bags are light weight, washable, durable and fold up into a little pouch that easily fits in your pocket or purse. Ideal for grocery shopping, taking on outings or just storing in your purse or pocket for that impromptu purchase.

**The little bag
with BIG space!**

\$5.00 each.



FITNESS FRIENDSHIP AND FUN

DON'T RESIST RESISTANCE TRAINING

As we age it is normal to lose muscle strength. In fact, it is believed that muscle loss can begin as early as age 40! Maintaining muscle mass is particularly important for Seniors as it not only improves strength, but also increases mobility and balance which are key to reducing the risk of falls. One of the best ways to improve your strength is to incorporate some resistance training into your fitness plan. Strength training does not necessarily have to mean hitting the weight room. One of the best solutions for senior strength training is resistance bands. These bands are light, portable and safe for people of all fitness levels as they are simple to use and easily adjust the amount of resistance.

The Olde Forge Recreation Program offers 2 different resistance band training classes: Irresistible and Stretch and Strength. Want to find out more about these classes? Why not attend a free trial class - now there's an offer that is hard to resist!



STAYCATIONS - OUTINGS AND FIELDTRIPS

If this picture makes you think of a Time Machine, you are sort of correct! In August, our recreation clients hopped on a bus and took a trip back in time....through the Brockville Railway Tunnel! The Brockville Tunnel was Canada's first railway tunnel that opened for business way back on December 31, 1860. The trains are long gone, but the tunnel has been re-envisioned. Today, the tunnel's history mixes seamlessly with a modern day music and light show. What was old is new again!



In October Olde Forge Rec clients got to enjoy a Taste of Ottawa on a wonderful tour and tasting adventure at Kin Vineyards. We could not have imagined a more perfect Fall day to learn about the wine making in our region! An added bonus for the day- a stop at Aquatopia! We are always so impressed with everything Ottawa has to offer! For more information on Ottawa's local winery why not take a visit to the beautiful Kin Vineyards or visit their website at www.kinvineyards.com and see everything they have to offer.



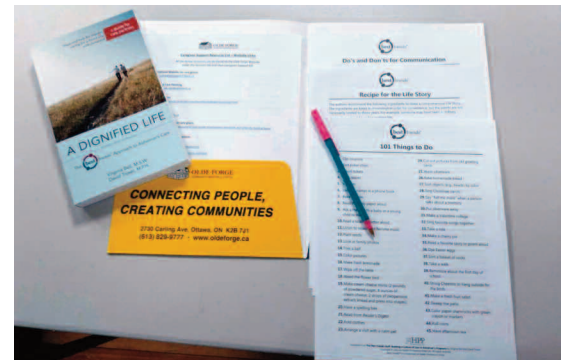
CARING FOR CAREGIVERS

This past Fall, the Caring for Caregiver Program focused on nutrition for seniors. This series of workshops were run by a registered holistic nutritionist and focused on highlighting nutritional options for breakfast, lunch, dinner and even dessert! Participants enjoyed preparing and of course tasting everything they learned. The Caregiver Program also held workshops on Cancer Care and Support Systems, the Importance of Planning Ahead, and Dementia Care Using the Best Friends Approach.

If you are interested in receiving a resource package featuring additional information on the topics discussed in any of the Educational Series, please contact Azra at 613-829-9777 ext. 228. If you are interested in reading the book "A Dignified Life" which was discussed in the Dementia Care- Best Friends workshop, the Olde Forge has a few copies that are available to borrow.

Funding for this project was generously provided by the Province of Ontario

Ontario



NOTICE BOARD

FACILITY RENTAL:

Did you know that outside of operational hours, the main room and kitchen at the Olde Forge are available to rent? This is a great space for hosting group meetings, family get-togethers, or any other special event. For booking inquiries, please contact Azra Temple. 613-829-9777 Ext 228

NOTICE OF FEE INCREASE:

Please Note:

As of January 1st Recreation Membership Fees will be \$28 per month. The drop-in rate will increase to \$8 per visit.

As of April 1st Foot Care services will be increasing to \$24 per visit (after the first initial consultation).

INCOME TAX:

Income tax preparation assistance will once again be offered at 100 Constellation Drive.

Stay tuned for further details!

IT'S NEVER TOO EARLY...TO TALK OLDE FORGE PUDDINGS!

We are always looking for 28oz cans for our Christmas Puddings.

Why not start saving them up now?

Cleaned cans can be dropped off at the Olde Forge anytime.

GIVE THE GIFT OF FRIENDSHIP, HEALTH AND SUPPORT

Do you love the programs and support services at the Olde Forge? Want to know how you can help?

There are many ways to support the Olde Forge Community Resource Centre whether it is through an individual donation, a tribute or memorial donation, or by setting up Legacy Giving.

As we are a registered charity, your donation is tax-deductible and you will receive a charitable tax receipt for your gift.

Your donation allows the Olde Forge to continue providing affordable programs and support services that enhance the lives of seniors and adults with physical disabilities living in our community.

Make a difference today!



THE MANY WAYS TO GIVE

Individual Donations:

Individual giving is always welcome and very much appreciated! What better reason to give than "just because we love what you do!"

Tribute Donations:

Making a donation to honour a loved one or for a special occasion (birthdays, anniversaries, retirements etc.) is a meaningful way to show your support. If you would like for us to send a special note acknowledging the occasion, please indicate the intent of the donation and any other pertinent information.

Memorial Donations:

A donation to honour the memory of a loved one can be a special gift to celebrate someone's life. If you would like for us to send a special note acknowledging the gift, please indicate any instructions or pertinent information (such as a special message, name of recipient and mailing address) that you would like us to include.

Become a Monthly Donor:

When you sign up to be a monthly donor, your gift goes to support the many programs and services provided by the Olde Forge. Your ongoing support when becoming a monthly donor has an impact year-round helping to ensure the Olde Forge is able to support those that might need our services the most.

Legacy Giving:

Your gift, no matter the size, will help us continue to provide support services and programs for seniors and adults with disabilities empowering them to maintain their independence and age with choice. Legacy gifts can be made in the form of a lump-sum amount, a percentage of your estate or a special item of property.

All Donations can be made online through our website donation portal www.oldeforge.ca or in-person/by mail to The Olde Forge, 2730 Carling Ave, Ottawa, ON K2B 7J1

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 ☐ \$_____ ☐ donate online at www.oldeforge.ca

☐ 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.

Charitable Status Number: 10779 4000 RR0001



OLDE FORGE

COMMUNITY RESOURCE CENTRE

2730 Carling Ave

Ottawa, ON K2B 7J1