



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

# THE BELLOWS

ISSUE 70, WINTER 2021



*Warm wishes to you for a holiday season filled with good health and much love. We look forward to seeing you in 2021.  
Love your friends at the Olde Forge Community Resource Centre*



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

## CHRISTMAS AT THE OLDE FORGE!

Like everything with 2020, the Olde Forge Annual Christmas Sale looked a little different this year. Due to the ongoing Public Health guidelines, our sale had to be pared down and moved to a drive-thru, contact-free format. Even though this was far from ideal, there was no shortage of holiday spirit. Clients, neighbors and staff baked and our community stepped up and bought! Not only did we sell out of jams/preserves and our famous Christmas puddings, but we sold over 70 dozen cookies! A big thank you to everyone that baked, bottled and pickled to support our "Drive Thru" sale. The cookies we received were a beautiful reflection of all the classic holiday favorites and jam flavors such as Blueberry-Mango were an unexpected delight! A big thank you to Eileen Black and to Shaun Weatherup our "Jam Man" for all the support with our jams and preserves. We are also so grateful for Scott and his team at Bulk Barn Fairlawn Plaza for helping us with our long list of pudding ingredients and to The Redwoods Retirement Living for their continued sponsorship of our famous Christmas Puddings.



## A MESSAGE FROM THE BOARD

Season's Greetings to All. We hope this message finds you safe, healthy, and hopeful. 'Tis the season to be thankful and as many may find that difficult to do given the events of 2020, we would like to take this opportunity to reflect upon the many things that we, at the Olde Forge are thankful for.

Despite a year of distancing, we have strangely found ourselves more connected in many ways. Physical distancing measures allowed for creativity and the birth of virtual programming for many Olde Forge programs. Seniors that were once alone, were able to access the internet through our new tablet lending program, join our Recreation programs and found themselves doing yoga and Zumba classes in their living rooms. We heard our Lunch Program clients looking for their friends on telephone conference lines. I can clearly envision one participant getting carried away with his online Zumba class and drifting off the screen during a virtual class and it still brings a smile to my face. If you haven't yet seen one of our staff members dancing online with giant stuffed animals, I encourage you to join a program and the fun!

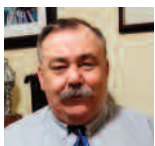
With few in-person programs running at the Forge building we were able to get a beautiful and much needed facelift this summer, thanks to the City of Ottawa. New paint, chinking and windows adorn our home and even the inside of the building has seen some improvements. We can't wait to have you back to see it for yourself.

We are thankful for the many examples of kindness that have been noted by Olde Forge staff of community members sending food, essentials, and gifts to one another. Our bake sale was a huge success and our pudding sales were through the roof because our community wanted to put their hands to good use and show their support for the Olde Forge. We were able to send food hampers to isolated seniors who later became connected to our other programs.

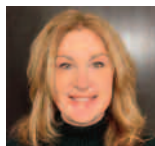
And while working from home presented its challenges, staff had a break from the commute and spent more time with family. We are extremely thankful for the incredible staff and volunteers who have made the 2020 journey at the Olde Forge possible. These extraordinary people have gone above and beyond to ensure the safety of our most vulnerable community members. They have offered countless hours of calling, coordinating, delivering, supporting, baking, teaching, learning, and listening.

We would like to extend to our many clients, friends, and community members a wish for a safe and healthy year ahead. 2021 holds many opportunities for the Olde Forge to grow and meet the new needs of our community. We will face some challenges, but our staff and Board of Directors are committed to improving the lives of the people of our community.

Cheers,



Joel Vansnick  
Chair, Board of Directors



Colleen Taylor  
Executive Director

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

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**CHRISTMAS HOURS:**  
The Olde Forge will be  
closed at Noon on  
Dec 24<sup>th</sup> and will reopen  
on January 4<sup>th</sup>.



## REFLECTIONS

2020 with its global pandemic was certainly one for the history books and is one whose effects and lessons learned will not soon be forgotten. As we reflect on a year that had more than its fair share of challenges, we shouldn't forget that it also had moments of tenderness and triumph. 2020 taught us a lot about ourselves as a community - we are more resilient, more creative, and more caring than we knew. We found out that we CAN learn new things, we CAN adjust, and we CAN be more flexible. We reached out (remotely) and worked together to support the most vulnerable, and we celebrated the efforts of our Community Support Workers and Essential Service providers that worked tirelessly to keep us safe. We learned that sometimes challenges can help us build even stronger communities in the process.



### A WORD FROM OUR CLIENTS: SILVER LININGS TAKE- AWAYS FROM 2020

"For me it was having two dogs to walk so I had to get out and move my body. As well as being able to join in all those wonderful exercise classes put on by the Olde Forge and their wonderful team. I am sure they all helped me keep the pounds off and smiling. Thank you all for being there and receiving your emails made the world a more inclusive place."

*-Gillian P.*

"We have been looking for different areas to take our daily walks and having only lived in Ottawa for a few years are still discovering this wonderful area. Our granddaughter took us to Mud Lake and has gotten us hooked on Birding. Being able to take the time to relax in such a beautiful spot and connect with our granddaughter and nature has truly been a great experience. The calming effect of the woods and of course the antics of the fat squirrels who follow you looking for food is more than enough to put a smile on our faces. So when I start feeling closed-in I just remember the last adventure and soon feel much better. "

*-Theresa B.*

"My daughter is usually very busy during the summer months. She had not taken a holiday in 10 years! I decided to rent a cottage for 5 days on a peaceful lake in the Rideau Lakes. It was the most time we had spent together in years. She kayaked, I read and we both loved to wake up in the mornings to the call of the loons."

*-Sue F.*

"I learned to picnic again. With another friend, we went to Britannia Park with our bagged lunches. Easy to sit 6 feet apart to have lunch and visit. So beautiful in the summer, and warm November days. I have gone to Britannia Park on my own now, just to enjoy nature! "

*-Cathie H.*

## A WORD FROM OUR CLIENTS: SILVER LININGS TAKE-AWAYS FROM 2020

"It has been a challenging time. What has brought me through is the kindness, compassion, and humour of people. Everyone has been so respectful. Being able to see all my clients on Zoom is always a highlight of my day"

- Deborah

"When the pandemic started, I was alone (I lost my spouse in 2019, I had just retired, and my 98 year old Mom had just moved into a LTC residence), so I decided to take better care of myself. I started to diet and exercise with the Olde Forge and Carleton University. When the weather got warmer, I started walking outside. By the time I was able to visit my mother, my weight loss was well under way. Also, I finally got the time to start emptying my storage. I will have time this winter, so hopefully, when we are able to travel and visit again, my life will be in better order."

-Line L.

"I personally came to appreciate the fact that I was no longer rushed to get anywhere. I still appreciate taking my time and feel relaxed doing whatsoever I have to do, no tension, no stress."

- Annie N.

"I feel grateful & blessed to have help and great friends from Olde Forge & the great humorous circle of friends thru our activities on-line. Thank you Azra, Deborah & Emily & everybody from Olde Forge and also to all our great teachers. A Merry & Safe Holiday to All."

-Gisèle D.

"The best thing that happened to me is that two of my nephews had babies born this year. Two beautiful precious boys that are the joy of the family."

-Nibia C.

"I am lucky to be healthy as a horse. I am happy that I have been able to help call bingo and to hear from the beautiful people at the Olde Forge."

- Diane

"I am grateful for the support I have received in the months since I have been a part of the Olde Forge."

- Linda

"Every day is a silver lining. I am very fortunate to have my good health. Getting to hear everyone during our program calls really brightens my day. "

- Gillian

"I feel lucky to be still around. You have to give thanks every day and especially during this time."

- Daphne

## VOLUNTEER CORNER

### THE OLDE FORGE VOLUNTEER TECH TEAM

Tablets, computers and Zoom Oh MY! Tablets, computers and Zoom!

For those who are new to the world of cyberspace, technology can seem like a very scary topic. With all the apps and links and icons and passwords who knows what to use where?! But never fear the Olde Forge Tech Team is here! Our volunteer Tech team has been formed to support our senior clients with learning to use technology. They can help clients become comfortable with using tablets to join our virtual programming, to order groceries online or to just connect with family and friends. Learn at your own pace with our free one-on-one support!



### VOLUNTEER YEARS OF SERVICE PIN RECIPIENTS 2020

#### 5 years:

- Rolly Dusseault
- Margaret Finn
- Susan Fortin
- Walter Sweetman
- Rod Vanier
- Susan Wormington
- Saida Nagti
- Doug Yonson

#### 10 years:

- Anne Buie
- Adrienne Diorio
- Beverly Ilkiw
- Michael Roche
- Mary Leclaire

#### 15 years:

- Sandra Tvedt
- Carol Doyle

#### 20 years:

- Marrie-Fraser Bonenfant-Kusters

#### 30 years:

- June Jordan

### VOLUNTEER OF THE YEAR AWARDS 2020

We would like to recognize the following volunteers for their dedication and outstanding contributions to the Olde Forge community.

**Outstanding  
Volunteer  
Award:**  
**Mary  
McCaffrey**



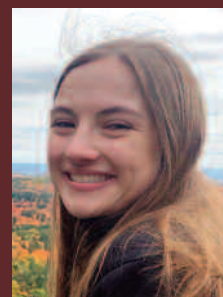
**Honorary  
Lifetime  
Member  
Award:**  
**Geoff Boyle**



### MEET THE STUDENT

Hello everyone, my name is Marrie Rappos. I am originally from Peterborough, Ontario. I have been with the Olde Forge since September, working with the Day Program as a social work placement student from Carleton University, in my final year of the program. After I graduate, my goal is to continue working with older adults and seniors.

Even though my time with the Olde Forge seemed to go by quickly, I feel very fortunate to have had so many great opportunities to learn. Although all of the programs are currently virtual and I was not able to meet everyone in person, due to Covid-19, meeting people over the phone, at a distance, and through virtual programming is just as meaningful and uplifting. Thank you to everyone for making my time with the Olde Forge very positive and memorable!



## YOUR OPTIMAL HEALTH

As we move towards the winter months and the pandemic continues to drag on, there are a few self-care strategies that we can implement to positively benefit our mental health and wellbeing. Exercising at home or walking outdoors (while keeping a safe distance) can help shake those winter blues. Mindfulness practices such as meditation and yoga may also help lift our spirits. Evidence also shows that sharing personal stories and memories can help reduce feelings of loneliness and depression. Who knew that a phone call or video chat with friends could be good for the soul!

### CYBER SENIORS:

The Olde Forge RISE program (Reaching Isolated Seniors with Electronics) is a complete suite of virtual programs dedicated to supporting the needs and interests of seniors in our community. RISE helps participants stay connected and improves their physical, emotional and mental health by providing access to a variety of interactive virtual activities offered 5 days a week! Virtual programming is currently available in Recreation, with program offerings in fitness, conversation café, FitMinds and special interest groups. Day Program and Luncheon Program also offer a variety of virtual programming including trivia, music days, poems/stories and more!



### TECH SUPPORT:

Need help getting started with virtual programming? Well, here is great news! The Olde Forge now has friendly one-on-one tech support available! Support from our volunteer tech team can be accessed by clients until they feel confident and comfortable with the technology. With the help of our tech team, you will be a Cyber Senior in no time!

### No Technology? No Problem!

The Olde Forge has added a Tablet Lending program to help seniors connect to virtual programming. Olde Forge Tablets come equipped with their own data so that you can access the internet from anywhere.

*"The fact that the Olde Forge was able to get fitness and other classes on ZOOM so quickly has been incredibly helpful. It meant that we were able to continue with our exercise programs to help us stay fit during the pandemic. In addition, it kept us connected to others and meant that many seniors in our community were less isolated. I miss my in-person classes and look forward to the day when we can meet in-person. Until then, I look forward to the classes and consider myself very privileged to belong to a community that offers this wonderful service. It is invaluable"*

- Vivian, an Olde Forge Rec Client



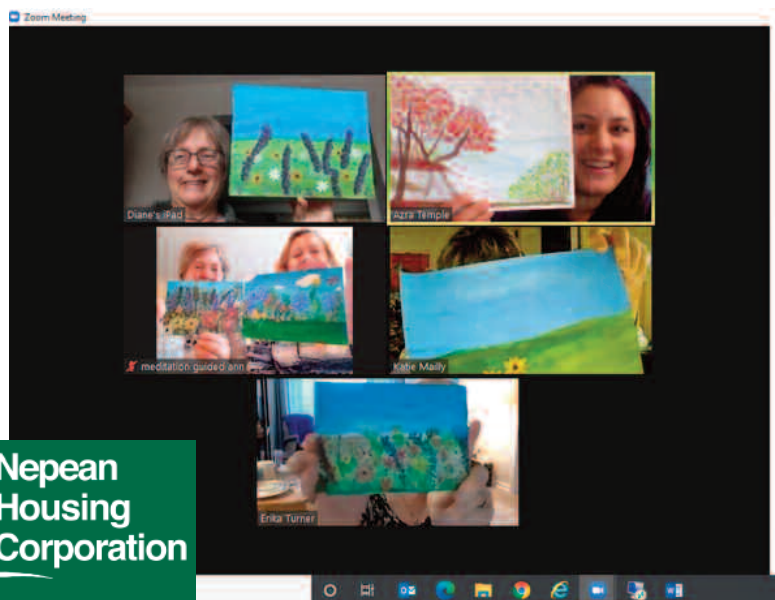
**A big THANK YOU to our partners Connected Canadians and Help Age Canada for helping us get seniors Cyber-Ready.**

**\*\* Looking for a way to remain active over the holidays? Check out our website for links to free online fitness programs and other virtual special events.**



## VIRTUAL ART PROGRAM

Back in September, the Olde Forge partnered with the Nepean Housing Corporation (NHC) to expand the virtual program offerings for both organizations. The virtual art program was provided by NHC in exchange for a virtual chair fitness class provided by the Olde Forge. Both programs were very well received by all clients involved and a wonderful partnership was formed! Here are some of the beautiful watercolor pieces created by Olde Forge clients!



## VIRTUAL LUNCHEON AND DAY PROGRAMS

In March, we unfortunately had to cancel in-person programming. While this change was abrupt, we did not let it stop our services and programs from happening. Instead, the Olde Forge introduced a different way to run programs by using a combination of Zoom and Mercuri.

**What is Zoom??** Zoom is a virtual video program on the computer that allows people to be together while remaining in their own homes. Many of those who were attending the in-person Luncheon and Day Programs, along with some new members, are now able to join. Zoom calls are offered Monday to Thursday and is a time for people to see each other and socialize while remaining physically separated.

**What is Mercuri??** Mercuri programs are additional activities offered with the Luncheon and Day Programs, that allows groups to come together over the phone. Some Mercuri programs that the Day Program offers include trivia, poems and stories, discussion groups, presentations, music, and many fun games!

The change from in-person programming to virtual programming, is not only a creative solution but also an important one. Socialization is crucial for maintaining good mental health. Feedback from our current members has been positive. It gives them a connection to people outside their homes and a chance to enjoy good company. These virtual programs are currently being offered at no cost. All are welcome!

**For More information on all  
Olde Forge Programming please call  
613-829-9777 or visit our website  
[www.oldeforge.ca](http://www.oldeforge.ca)**



## SENIORS' RECREATION SCHEDULE



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

Recreation Programs are available & accessible to all adults 55 years and older and/or adults living with physical disabilities. Please visit our site at [www.oldeforge.ca](http://www.oldeforge.ca) or call us at **613-829-9777**

# RECREATION PROGRAMMING




January 4<sup>th</sup>, 2021 - April 30<sup>th</sup>, 2021

MONTHLY PROGRAM FEE FOR IN PERSON CLASS \$28

MONTHLY PROGRAM FEE FOR UNLIMITED VIRTUAL PROGRAMMING \$20

CONTACT RECREATION MANAGER TO REGISTER

[a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca) or 613-829-9777 ext 228

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM
10:30AM YOGA (on Mat)	9:30AM CHAIR YOGA	9:30AM TAI CHI	9:30AM CARDIO, STRENGTH COMBO	10:00AM ArmChair Travel Starts January 8 <sup>th</sup> Program runs bi-weekly 
11:30AM MOTION TO MUSIC 	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	10:00AM CONVERSATION CAFÉ Starts January 15 <sup>th</sup> Program runs bi-weekly
ONE CLASS PER PARTICIPANT. COVID 19 SCREENING & PROTOCOLS ARE IN PLACE	11:30AM FITMINDS 	11:30AM FUSION	11:30AM CHAIRFIT 	Program topics will be announced at the beginning of each month sign up is required.



## SENIORS' RECREATION SCHEDULE

# PROGRAM DESCRIPTION

All fitness programs are led by certified fitness instructors & are facilitated by the recreation staff

PROGRAM	DESCRIPTION & LEVEL	FORMAT
<b>Aerobics</b>	Cardiovascular exercise including some weights, beginner to intermediate	Virtual Program on Zoom
<b>ArmChair Travel</b>	From the comfort and safety of your own home, explore International travel and destinations	Virtual Program on Zoom presented by Amica Seniors Lifestyles
<b>Cardio, Strength Combo</b>	Tone with low impact moves. Strengthen with weights and resistance	Virtual Program on Zoom
<b>ChairFit</b>	Upbeat chair exercise with some resistance training with resistance bands and weights, beginner to intermediate level	Virtual Program on Zoom
<b>Conversation Cafe</b>	Conversation group with guest presenters on topics of general interest	Virtual Program on Zoom
<b>Chair Yoga</b>	Calming meditation & gentle stretching from your chair, beginner	Virtual Program on Zoom
<b>Fusion</b>	A bar or dance style balance class incorporating, stretching, resistance bands and weights, intermediate level	Virtual Program on Zoom
<b>FitMinds</b>	Exercise for the mind. Word & math games along with group discussion for cognitive stimulation	Virtual Program on Zoom
<b>Line Dancing</b>	Low impact cardiovascular exercise with traveling moves	Virtual Program on Zoom
<b>Motion to Music</b>	Focus on improving balance and flexibility, perfect for beginners	In Person Class
<b>Tai Chi</b>	Balance, Breathing & Meditation	Virtual Program on Zoom
<b>Yoga</b>	Floor mat intermediate level yoga	In Person Programming
<b>Zumba Gold</b>	Cardiovascular, dance style workout with a Latin vibe, Intermediate	Virtual Program on Zoom

**Programming made possible  
through the support of our funders**



## THE HOME FRONT

### HOME SUPPORT FOR SENIORS AND ADULTS WITH PHYSICAL DISABILITIES

#### HOME HELP



**Need some help around your home?** The Olde Forge Home Help program offers house-keeping services to seniors and adults with physical disabilities living in Ottawa's West End.

The Home Help Services may include:

- vacuuming
- laundry
- additional housekeeping chores.
- organizational help
- light meal preparation

They can even do gift wrapping or assist with correspondence!

With Olde Forge Home Help you get the same Home Helper at the same time every week! This routine helps to keep scheduling simple and easy for everyone!

To support the health and wellbeing of our clients and employees, the Olde Forge has enhanced all health and safety regulations. For optimum protection, Personal Protective Equipment (PPE) will be worn by Home Help employees for the duration of the housekeeping appointment.

**For more information on how you can get involved in the Home Help Program please contact Karen Toll: 613-829-9777 Ext 227 or email: [k.toll@oldeforge.ca](mailto:k.toll@oldeforge.ca)**

**Please Note:** There is currently a waitlist for this program. If you would like to be added to this list please contact Karen

#### HOME MAINTENANCE

Ah Winter; the time where we spend an extraordinary amount of time indoors. This year, our time at home will be even greater as we move into the first (and hopefully last) winter of physical distancing. Our homes are now working overtime, doubling as gyms, offices, hobby studios, movie theatres etc. Now more than ever, it is important



for us to keep our homes in tip top shape. We need to make sure our home is set up to handle being used as a multi-purpose space by reducing clutter and rearranging rooms to better accommodate activities. It is also important that we keep on top of our winter home maintenance schedule. Furnace filter changes, smoke detector and carbon monoxide testing and battery replacement all help to keep our home running as safely and efficiently as possible.

To support the health and wellbeing of our clients and employees, the Olde Forge has enhanced all health and safety regulations. For optimum protection, Personal Protective Equipment (PPE) will be worn by Home Maintenance employees for the duration of the appointment.

**For more details on the Home Maintenance Program contact Chloe Toll: 613-829-9777 Ext 251 or email: [c.toll@oldeforge.ca](mailto:c.toll@oldeforge.ca)**

## THE HOME FRONT

### HOME SUPPORT FOR SENIORS AND ADULTS WITH PHYSICAL DISABILITIES

#### COMPANION/CAREGIVER RESPITE

**NEW**

To help clients and caregivers get through the winter ahead, the Olde Forge is now offering a Companion/Caregiver Respite Service. This service matches a companion worker with a client looking for a little extra support or companionship for a loved one.

The Caregiver Respite Service may include:

- Meal or snack preparation
- Social interaction activities-conversations, walks, games
- Quiet companionship or reading
- Helping with hobbies
- Assistance with minor household cleaning



Please note, the provision of personal care is NOT a function of this program.

To support the health and wellbeing of our clients and employees, the Olde Forge has enhanced all health and safety regulations. For optimum protection, Personal Protective Equipment (PPE) will be worn by Companion Care employees for the duration of the appointment.

**For more information on the Companion/Caregiver Respite Service please contact  
Karen Toll: 613-829-9777 Ext 227 or email: [k.toll@oldeforge.ca](mailto:k.toll@oldeforge.ca)**



## TRACING OUR HISTORY THROUGH ART

The Olde Forge was incredibly honored to be presented with a beautiful hooked rug lovingly designed and crafted by the members of the Olde Forge Rug Hooking group. This commemorative piece, which took hundreds of hours to create, tells the story of the Olde Forge. The rug beautifully traces the history of the Olde Forge from its early beginning as a foundry, to its time as a tearoom, dance hall, gas station and tourist information center and right through to its current role as a senior's community resource center.



On November 27th, the Conversation Café virtual program hosted Nora Lee from the Ottawa Olde Forge Rug Hooking group. Nora gave a presentation on the planning and making of our 40th anniversary commemorative rug. A specially crafted wrought iron rod and wall hooks was created and donated by Michael Kinghorn to display this special piece of community history. The rug was officially unveiled at The Olde Forge Annual General meeting in September 2020 and now proudly hangs in the Olde Forge common room for all to enjoy.

Rug Hooking is an enjoyable art. The Ottawa Olde Forge Rug Hooking group has offered to provide a demonstration on how to do rug hooking. This will be scheduled as a virtual presentation on Zoom early in the new year. Please contact the Olde Forge Recreation Manager for more details at [a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca) or 613-829-9777 ext 228.

**If you are interested in becoming a member or learning more about the Ottawa Olde Forge Rug Hooking group, please check their website at <https://ottawarughooking.com> or e-mail at [ottawarughooking@gmail.com](mailto:ottawarughooking@gmail.com). For more information on the iron work of Michael Kinghorn, please visit his website at: <https://www.kinghorn.ca>**

## AGING AND FITNESS

# BREAKING THE STIGMA



When a client approached me to ask whether I would be interested in teaching a fitness class at the Olde Forge, I jumped at the opportunity. I had no doubt that I wanted to do this. I needed to. The Olde Forge was something very personal to my family. It was the organization my mother wanted people to donate to in her memory when she passed away 14 years ago. It was a community service she believed in and supported. She too, was a community supporter—a healer who constantly looked after the elderly in her neighbourhood.

After getting the green light to teach/lead a fitness class, I enthusiastically approached the first session with an age-appropriate routine and music in tow. I had no idea what to expect. I had just completed my CANFIT PRO continuing education course Active Living for the Aging Population, and was ready to put my new-found knowledge to work. I arrived a few minutes early to get myself set up and organized. To my surprise, there were at least a dozen clients from the Olde Forge already there as they had just finished their second class of the day! When I introduced myself and started the class, they buckled right down to work and were more than ready to get the job done; after all, this was their first BARRE class. It went without fail. I was so inspired by their energy and vigour as these people were in their 70s, 80s, and 90s!

According to the Ontario Human Rights Commission, the term ‘ageism’ refers to types of behaviours that have a negative effect on older persons, including incorrect assumptions and stereotypes about them and a tendency to structure society based on an assumption that everyone is young, thereby failing to respond appropriately to the real needs of older persons.

While these statements may be intrinsically true, the importance of seniors in our community is vital. This group in our society possess a wealth of positive attributes—experience, wisdom, maturity, history (the list goes on). There is a stigma that comes along with getting old and I wanted to do what my mother had always strived to do—debunk it.

It's been a year since I first joined the Olde Forge Fitness Program as an instructor and I am honoured to be a part of the team. Every week I experience these beautiful, glorious participants happily stepping up and putting in the work to feel and be better. Inspired by this, I decided to delve into a deeper conversation with some of them and to find out what makes them tick. I asked a handful of participants to answer a few questions about their relationship with exercise over the years and the role it plays in their active daily living abilities.

Unsurprisingly, the majority of participants in my class are women. In 2005, Statistics Canada reported that most seniors are women and accounted for almost 75% of persons aged 90 or older. Some of the women I interviewed stated that they started to exercise more faithfully once their children had grown.

On the other hand, others tried to fit exercise into their busy schedules by taking long walks or tackling hills while pushing along a baby pram. Some grew up with no cars and had to walk and cycle everywhere, which lead to a good foundation for not only strength and endurance, but confidence in their abilities to progress while aging.

Rosemary Williams credits her well-being to participating in three classes per week on top of her regular 1-2 hours of cycling or walking. "I live in a townhouse with four flights of stairs, so I'm not exactly sedentary," she adds. Williams also credits exercise for keeping herself at a steady healthy weight. (By the way, she does not take any medications!).

Others were late bloomers. At the age of 69 (after a knee replacement in 2014), Sue Fornataro's physiotherapist recommended she join a fitness class. For her, attending exercise classes three times a week on top of her daily walking is beneficial to keeping up muscle strength and balance. "Also important ..." she says, "is the social aspect of being with others and challenging and supporting each other to do our best while still having fun."

Hilary Syme is a life-long fitness buff. She takes six classes a week and agrees that fitness is indeed fun. "I really enjoy it. It gives me more energy to do more things. The people I work out with and the instructors are all great!"

Think about it. Building strength, endurance, and a solid social connection are essential to being okay with getting older. But what about sustaining that motivation? Where does it come from?

"I'm hoping to put off illness," Syme says. "I simply do not want to be limited."

I asked Don McIntosh, (my first ever male BARRE participant), what inspires him to push through, and he says that it's not just the pride of having that ability that makes a difference, it's the activities themselves can be a source of joy. As an avid cyclist and class participant, he told me that he can't really remember a time in his life when he did not exercise and attributes this to his ability to do almost anything. "I can partake in activities that I would not be able to handle without the exercise," he says. "An example is being part of a garlic planting crew at Beetbox Farm; raking, digging up a garden, spreading straw, planting, spreading soil amendments." (I might add he can turn out a mean plié!)

Now more than ever, the Olde Forge's services are invaluable. We are fortunate here in Ottawa to have many resources that our seniors can look to for support. I'd personally like to thank the Olde Forge for being a prominent one. Under these Covid-times, we must continue to work harder to assist our aging population. We must remember that they are active, capable, loving individuals that have so much to give and to live for.

What I experience when I'm teaching this group of amazing people, is the never wavering self-confidence in their ability and desire to do their best. They have what it takes to be pushed and challenged. Take that ageism!

*Ann Whitely-Gillen is a certified fitness instructor under CANFIT Pro and BASI Pilates. She also holds Merithew BARRE certificates in the Foundations of BARRE and BARRE Amplified, and runs a small fitness studio out of her home. Studio A, <https://www.facebook.com/studioabarrepilatea>*

*She is a proud mother of four lovely children, an author, and public servant.*





## GIVE THE GIFT OF FRIENDSHIP, HEALTH AND SUPPORT

Do you love the programs and support services at the Olde Forge? Now more than ever, the Olde Forge needs your 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 essential programs and support services to seniors and adults with physical disabilities living in our community.

**Make a difference today!**

## A WORD FROM A DONOR

"It is with great pleasure to have chosen the Olde Forge Community Resource Center for my Charitable Donation for the year 2020.

Although I have not known your wonderful staff for very long I appreciate all the good work you have shown especially your Luncheons. Special thanks to your Transportation drivers who are doing a great job and are so gracious.

Also, special mention to Vanessa, Marrie and Scott for our Zoom calls along with all my phone calls from your volunteers who brighten my day!

Wishing everyone a Merry Christmas and a very happy New Year."

*-Ruth Orto*





## SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY RESOURCE CENTRE!

All donations can be made online through  
our website donation portal [www.oldeforge.ca](http://www.oldeforge.ca) or  
by mail to The Olde Forge, 2730 Carling Ave, Ottawa, ON K2B 7J1



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

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