



THE BELLOWS

ISSUE 78, FALL 2023

OUTSIDE UPDATES

This spring Olde Forge rearranged programs and juggled parking as our building got a much-needed outdoor makeover. With a new well-marked parking area that is free from potholes and a patio that is flat and smooth, the Olde Forge is pleased to offer a more accessible experience to our clients and supporters. We have enjoyed hosting outdoor activities and social events this summer and look forward to continuing to use it throughout the fall.



School bells are ringing, the leaves have started to change and soon all the shops will be brimming with everything pumpkin... and I mean EVERYTHING! Welcome to fall in the Capital! Here at the Forge, fall means we can "fall back" into familiar routines with friends at the Olde Forge whether it be at fitness, social groups, or volunteer gatherings. Fall is also the season of transition, a time where Mother Nature mixes things up as our leaves go from green to vibrant reds, oranges and yellows. Maybe this fall we can take our cue from nature and jump into those leaves of change with an open mind and try something new! You never know...one small change might forge a path to a whole new adventure!



TO HELP MAKE OUR ANNUAL CHRISTMAS SALE A SUCCESS, THE OLDE FORGE IS LOOKING FOR DONATIONS OF BAKED GOODS, JAMS AND HOLIDAY GOODIES

Donations of cookies, squares, loaves, pies, muffins, tarts, brownies, candy, breads, and jams would be greatly appreciated.

This year we will once again bring back our Cookie Walk, so donations of drop cookies would be a wonderful addition would be greatly appreciated for the December 2nd event.

PICK UP/DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off no earlier than the week of the sale (November 27th - December 1st).

We would like to extend our sincere appreciation for your continued support of this wonderful holiday tradition.

GOT CANS??

Fall at the Forge also means we are forging ahead with plans, for dare I say it, our Christmas Puddings! We are currently looking for cans (28 oz) to use in the baking of our special holiday treats. Cleaned cans can be dropped off at the Olde Forge anytime.



A MESSAGE FROM THE EXECUTIVE DIRECTOR

How can it possibly be September already?! I ask myself this same question every year when the first yellow leaf appears in my front yard. And each year I find myself scurrying to fit in all the items on my summer to-do list which could include a trip to "that new ice cream shop," visiting a friend or painting the fence. In the end, I say goodbye to that list and create another one, so I have

something to look forward to and work towards when the colder weather sets in. It's important to have meaningful things to look forward to and people to spend time with. Do you have that in your life, or do you find yourself longing for "a list" that you actually want to tackle?

Whether you have no children or 4, whether you are a retired lawyer, stay at home parent, professor, or mechanic, you can find yourself with too much time on your hands as you age or move out of the workforce. And if your children and friends move on you may be left with even more free time than you wished for even a few years earlier. It's ironic how that happens. At other times it's simply a matter of wanting to fill your time with things that actually make you feel good and smile (even if only on the inside!). The Olde Forge can help with this dilemma by offering a plethora of activities to chase away loneliness and boredom. Heck, with the Olde Forge crew it's easy to guarantee a smile! Why not volunteer for us helping others with things that now challenge them, like a drive to a doctor's appointment? Or get moving in one of our recreation classes like yoga at Woodroffe United Church, movie matinees or Zumba - as a participant or a volunteer. We are always looking for talented people to entertain the folks in our day programs so if you sing, play an instrument, or have another talent waiting to be shared, please share it with us!

Whatever you do this fall, have fun and do it with a smile!

I will be embracing the coming months by adding and taking away from my to-do list which so far includes taking more time to appreciate our amazing volunteers, seeking new partnerships and sources of sustainability for our seniors' services, and trying my hand at a new skill. And I will no doubt search for a new winter dessert to replace my summer ice cream. Feel free to send ideasand samples... my way!!

All the best to our great community,

Colleen

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BOARD OF DIRECTORS

Chair: Meghan O'Halloran

Vice-Chair: Sheila Gariepy

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Secretary: Janice Bridgewater

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Alex Cullen

Carol Doyle

Carole Gagnon

Sandra Crocker

Catherine Farrow

Samir Nawaz

Annam Ganesan

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

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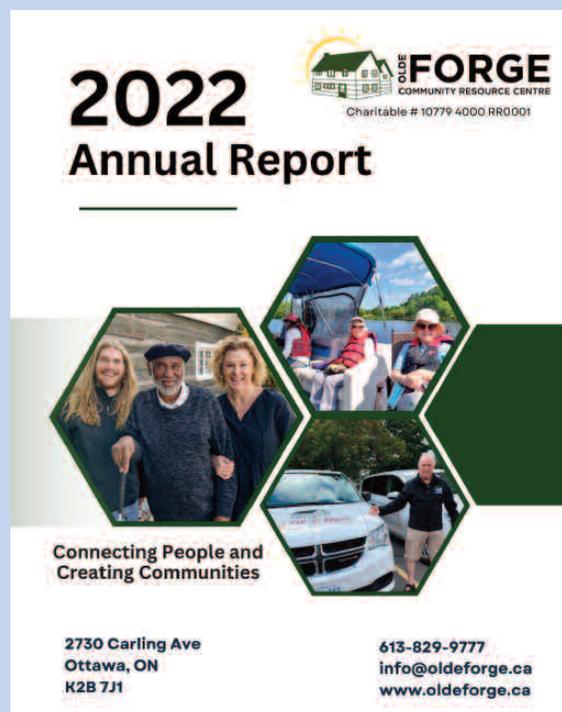
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AGM

The Olde Forge 2022-2023 AGM took place on Wednesday June 21st over Zoom. Executive Director Colleen Taylor provided a comprehensive look back at the year's achievements and also addressed some of the challenges currently facing our sector as we move into our new fiscal year. The approved audited financial statements for the past year were also presented by Robert Fetzer from Welch LLP to those who were in attendance. The AGM also provided the perfect platform to announce some changes to the Olde Forge Board of Directors. We said farewell to past chair and long-time board member Rod Vanier and officially thanked him for his many years of leadership and dedicated service to the Olde Forge community. Other changes to the Board of Directors included the following: current chair, Joel VanSnick transitioned to the role of Past Chair, director Meghan O'Halloran took over the role of Chair of the board, and the appointments of Samir Nawaz and Annam Ganesan to the Board of Directors were announced.

To read the full 2022 Annual Report, please download a copy by visiting our website at www.oldeforge.ca. If you would prefer to receive a printed copy of this document, please contact Emily at e.angel@oldeforge.ca.



INTRODUCING THE CHAIR OF THE BOARD

MEGHAN O'HALLORAN

I am excited to return to the Board this year and look forward to my term as Chair! For those who don't know me, I am a lawyer currently working in the human resources field, who lives near the Olde Forge. We have a busy year ahead including changes to our by-laws and advocacy for funding of our programs. This work is more important than ever given the growing demand for our services, and I am proud of the impact we are making in the community. On behalf of the Board, thank you to all of the Olde Forge staff for the care, enthusiasm, and dedication they bring every day to their work! Thank you to all of our volunteers and donors for everything we have been able to accomplish, and for your ongoing contributions! Last but not least, thank you to all of the members who continue to support the Olde Forge!

NEW FACES ON THE BOARD OF DIRECTORS: SAMIR NAWAZ

Samir is very excited to be joining the Old Forge. Samir currently works for the Immigration and Refugee Board where he works as an adjudicator, and prior to this Samir worked for many years as a lawyer, policy analyst, and Access to Information and Privacy analyst. Samir attended the University of Western Ontario for his undergraduate studies, attaining degrees in Biology and Political Science. After his undergraduate studies, he attended Osgoode Hall Law School and was subsequently called to the Bar of Ontario in 2009. While working, Samir completed his Masters Law Degree degree from the University of Ottawa law school in 2012. Samir resides in Ottawa and is married to his wonderful wife Abanti, and the two are the parents to a feisty and inquisitive baby girl named Imara. Samir is excited to join the the Old Forge and looks forward to being a positive, productive, and diligent member of the team.



ANNAM GANESAN

As a professional accountant and internal auditor, Annam has over 25 years' experience in the private and public sector. Currently, she is a Director of Audit at Global Affairs Canada where she leads audits of Canadian embassies, grants and contribution programs, and a myriad of corporate processes. She was formerly on the Board of Directors for the Ottawa Chapter of the Institute of Internal Auditors, preparing an annual curriculum of professional development activities for about 1,200 members. She draws upon her knowledge and experience in the areas of risk management, financial controls and governance when providing strategic advice to executive management. Annam has lived in Ottawa for 35 years and looks forward to contributing to the wellbeing of the community through the services provided by The Old Forge. Annam strives to enjoy the present moment through her leisure activities of yoga, gardening, and travelling. This summer, she hopes to try the popular sport of pickle ball as well.

VOLUNTEER CORNER

BARB LAJEUNESSE COMMUNITY BUILDER AWARD 2022/23: BRENDA FAULKNER



Brenda Faulkner came to the Forge in December of 2021 as a recreation volunteer; as an active senior it made perfect sense. Brenda started a walking group in 2022 that became incredibly popular, and she plans and runs it

from the ground up. Brenda knows people, and she is patient and compassionate, which was well suited to her becoming a desk volunteer. Brenda has an uncanny ability to get to the crux of the client's need. She is able to direct them to the right program or service in the community. She is also an Excel whiz! Brenda's background in Volunteer Management, which she completed after retiring, made her a natural recruiter for anyone interested in helping at the Olde Forge. Her drive to make life better for seniors in our community is unquenchable. She wants to empower people to remain engaged and independent. She would have made Barb Lajeunesse proud.

VOLUNTEER OF THE YEAR 2022/23: CATHIE HENDLEY



Cathie came to us at the Olde Forge in October of 2019 as a footcare volunteer. She was an immediate fit. She was a caring welcoming face for the clients and staff and her administrative skills taken from her years in the Government, kept the

Footcare schedule in check. Cathie moved onto the desk where she became the Tuesday afternoon face and is loved by all. She brought lots of treats for us to enjoy which led to her preparing desserts for the Day Program! Our staff have been known to commission her to make some of her famous fudge for our friends and family. She has been a special guest at Day Program where she shares her love of all things spiritual and magical which is a true reflection of her personality. She is also known to have a special connection to Mrs. Claus...Cathie has said that the Olde Forge is not just a place where she volunteers, she feels like staff and clients are her family. We feel the same way about her.

Volunteer Drivers Needed



Can You Spare a Few Hours Each Month?

Olde Forge offers help to seniors
living in the Ottawa's West End.

More and more people are seeking our
help for transportation for appointments.

We urgently need more volunteers
drivers to join our team.



Contact Liam
l.molloy@oldeforge.ca
613-829-9777 Ext: 232

www.oldeforge.ca

COMMUNITY SUPPORT PROGRAMS

FOOT CARE AT THE FORGE

Foot care is an important part of healthy aging. Taking care of your feet and checking for problems brings many benefits:

- Healthy feet allow you to remain active and mobile as you age.
- Healthy feet improve balance and can help to reduce the risk of falls.
- Your feet can alert you to health problems at an early stage. Problems such as diabetes, arthritis, poor blood circulation and nerve damage can all have a noticeable effect on the feet or toenails.

Regular footcare helps to keep your feet in tip top shape so you can keep on moving and grooving! The Olde Forge foot care program runs on Thursdays once a week out of the Olde Forge. We are currently accepting new clients, please contact Sonia Lall for more details at extension 233.



Joyful Sound Ottawa

choir

A community choir for people with memory loss,
their caregivers, and their family and friends.

In-person rehearsals:

September 13 – December 6, 2023

Where: St. Stephen's Anglican Church,
2821 St. Stephen's Street, Ottawa

When: Wednesdays, 10:30 a.m. – 12 noon

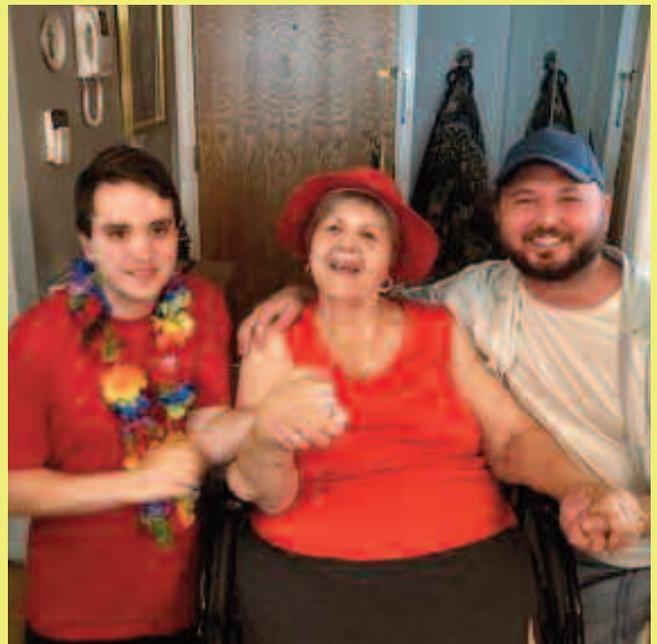
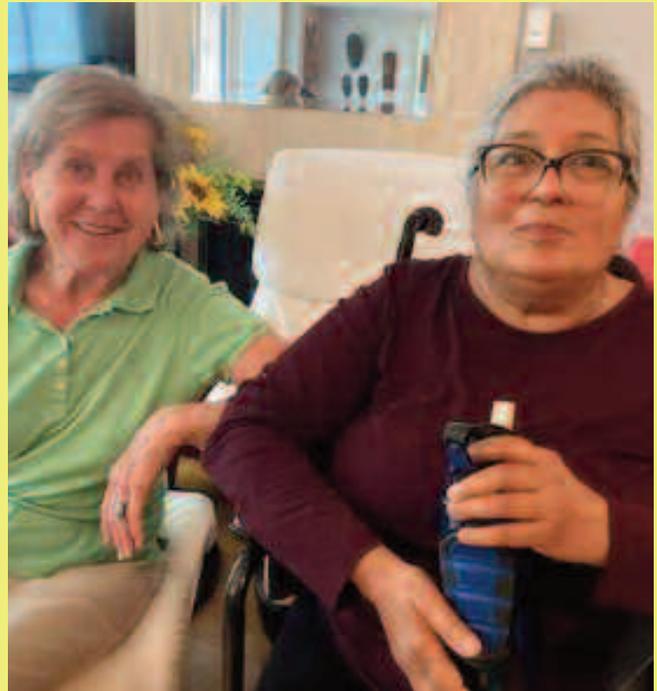
JSO partners with the Dementia Society of Ottawa and Renfrew County. For more info or to register: <https://dementiahelp.ca/activities/musical-connections-with-anne-and-the-joyful-sound-choir-autumn/> or contact zkirschner@dsorc.org



COMMUNITY SUPPORT PROGRAMS

ADULT DAY PROGRAM SUMMER SOCIALS

Our Adult Day Program clients always love a good party, ESPECIALLY when it involves a BBQ!



YOUR OPTIMAL HEALTH



FOOD FOR THOUGHT: ROUTINES TO SUPPORT HEALTHY EATING HABITS

What am I going to eat today? For some of us this struggle is real. It starts off with “what do I feel like eating,” moves to the dreaded “do I have the ingredients?” and ends with either a trip to the store or sacrificing the meal altogether - peanut butter sandwich anyone??

We all know that healthy eating is a key part of aging well; it provides energy and essential nutrients to maintain health, lowers the risk of chronic diseases, improves circulation for healthy heart and brain, and it can even help to prevent muscle and bone loss that in turn, helps reduce the risk of falls.

Cooking and eating healthy doesn't have to be complicated, time consuming or expensive. With just a few tweaks to our routine, we can enjoy nutritious meals that involve less prep time, reduce food wastage AND help to reduce the dreaded dinner dilemma.

TIPS AND TRICKS TO COOKING FOR ONE

Prepare a Weekly Meal Plan: Plan before you shop. It doesn't need to be perfect, but making a list of the types of meals you would like to enjoy for a week or 2 will help you save money by avoiding impulse buys. This is especially helpful when it comes to perishable items, like produce and dairy.

Add Grocery Shopping to Your Calendar: If you are someone who needs to plan, adding “Grocery Shopping” as an activity will ensure it gets done. If you have transportation needs, organizations such as the Olde Forge can assist with drives to and from the grocery store

Keep Things Simple: Remember to enjoy a variety of healthy foods with different nutritional content. Helpful tip: Each week choose recipes that use similar ingredients to reduce food wastage. Pick one or two vegetables and proteins you can utilize throughout the week.

Meal Prep: Prepare meals and snacks on the days when you are less likely to be busy. Anticipate days when you might feel too tired to cook and ensure you have meal ideas that are simple, healthy and require little effort to prepare.

Cook Once, Eat Twice: Make meals that are great as leftovers or make a larger amount and freeze the extras. Some communities even offer communal meal prep programs that add social fun to meal preparation.

Eat with Others: Eating with others is great for both your physical and emotional wellbeing. It may encourage you to eat more of the foods that you need to stay healthy, and the socialization component can nourish your mind and spirit. If you live alone, why not try joining a luncheon program or start a monthly potluck club with friends. Olde Forge Luncheon and the Lunch Bunch programs are a great way to stay connected and meet new friends. For more information on our luncheon programs contact: **Lunch bunch:** A social dining program that takes place at local restaurants in the community. Contact Azra at extension 228. **Olde Forge Luncheon:** A social dining program that takes place at the Olde Forge. Contact Liam at extension 232

Coming this Fall: Olde Forge will be partnering with Britannia United Church for a special meal prep and dining program. Stay tuned for more details on this fantastic new partnership.

DID YOU KNOW?

OLDE FORGE ALSO HAS GROCERY ORDERING SUPPORT AND DELIVERY OPTIONS FOR THOSE UNFAMILIAR WITH ONLINE SHOPPING OR ARE UNABLE TO SHOP FOR THEMSELVES.

CONTACT RAY AT EXTENSION 231

SENIORS' RECREATION SCHEDULE



Programs for independent adults 55+ years and adults living with disability. For location details and to register contact the recreation manager. a.temple@oldeforge.ca or **613-829-9777 ext 228**

RECREATION PROGRAMMING

September 11th, 2023 - October 31st, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
 10:30AM YOGA (MAT) 	9:30AM CHAIR YOGA	 9:30AM CHAIR FIT I	 9:30AM BALANCE & STRETCH	9:30AM WALKING WITH BRENDA WEATHER DEPENDING 
		10:30AM FUSION	10:30 AM TAI CHI	2:00PM MOVIE MATINEE BRITANNIA UNITED CHURCH FIRST FRIDAY OF EACH MONTH
	10:30AM AEROBICS	11:30AM GENTLE YOGA	 11:30AM CHAIR FIT II	10:30AM MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH
		UPCOMING PROGRAMMING WORKSHOPS Elder Abuse Fraud Prevention Cyber Security Home Safety Falls Prevention 55 Alive Drivers Refresher Art Class Meal Prep & Dine Program	IN PERSON 10:30AM CARDIO, STRENGTH COMBO	10:30AM  FIT MINDS EACH FRIDAY EXCEPT THE LAST FRIDAY
 11:30AM BALANCE & STRETCH	11:30AM ZUMBA		1:00PM  LUNCH BUNCH LAST THURSDAY OF EACH MONTH	

PARTICIPANT MONTHLY PROGRAM FEE:

IN PERSON PROGRAM \$40 • VIRTUAL PROGRAM \$30

FEE INCLUDES UNLIMITED MONTHLY PROGRAM REGISTRATION PROVIDING THERE ARE SPACES AVAILABLE. THE IN-PERSON PROGRAM FEE INCLUDES ACCESS TO ALL VIRTUAL PROGRAMS. ADDITIONAL FEE MAY APPLY TO OUTINGS, ART CLASSES & SPECIAL EVENTS.

SENIORS' RECREATION SCHEDULE



Programs for independent adults 55+ years and adults living with disability. For location details and to register contact the recreation manager. a.temple@oldeforge.ca or **613-829-9777 ext 228**

RECREATION PROGRAMMING November 1st, 2023 - December 22nd, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
 10:30AM YOGA (MAT) 	9:30AM CHAIR YOGA	9:30AM CHAIR FIT I 	9:30AM BALANCE & STRETCH 	9:30AM WALKING WITH BRENDA INDOOR 
		10:30AM FUSION	 10:30 AM TAI CHI	2:00PM MOVIE MATINEE BRITANNIA UNITED CHURCH FIRST FRIDAY OF EACH MONTH
	10:30AM AEROBICS	11:30AM GENTLE YOGA	IN PERSON 10:30AM CARDIO, STRENGTH COMBO	VIRTUAL 10:30AM  FIT MINDS EACH FRIDAY EXCEPT THE LAST FRIDAY
 11:30AM BALANCE & STRETCH	11:30AM ZUMBA 	UPCOMING PROGRAMMING WORKSHOPS Elder Abuse Fraud Prevention Cyber Security Home Safety Meal Prep & Dine Program	 11:30AM CHAIR FIT II	10:30AM MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH
			1:00PM LUNCH BUNCH WITH DEB LAST THURSDAY OF THE MONTH	

PARTICIPANT MONTHLY PROGRAM FEE:

IN PERSON PROGRAM \$40 • VIRTUAL PROGRAM \$30

FEE INCLUDES UNLIMITED MONTHLY PROGRAM REGISTRATION PROVIDING THERE ARE SPACES AVAILABLE. THE IN-PERSON PROGRAM FEE INCLUDES ACCESS TO ALL VIRTUAL PROGRAMS. ADDITIONAL FEE MAY APPLY TO OUTINGS, ART CLASSES & SPECIAL EVENTS.

SENIORS' RECREATION SCHEDULE

ALL PROGRAM DESCRIPTIONS

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

PROGRAM	DESCRIPTION
	Programs with the Heartwise logo are certified by the University of Ottawa Heart Institute
Aerobics	Cardiovascular exercise including toning with weights. Intermediate level.
Balance and Stretch 	Designed as a falls prevention program, focus is on improving balance. Beginner level.
Cardio, Strengthen Combo	Muscle toning with low-impact moves. Weights & resistance bands used. Intermediate level.
Chair Yoga	Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day. Beginner level.
Chair Fit I 	A seated beginner exercise class to get your muscles moving. Beginner level.
Chair Fit II	A combination of stretching, cardio and toning workout done seated. Intermediate level.
Fusion	A ballet bar, dance style class using resistance bands and weights. Intermediate to Advanced level.
FitMinds	Fun word and math challenges to exercise the mind in a welcoming group setting.
Gentle Yoga	Learn the basics of yoga, bring your own mat. Ideal for beginners.
Lunch Bunch	Social dining program. Participants will meet at a local restaurant each month for lunch and friendly conversation. Pay your own way.
Mindfulness and Meditation	Our experienced mindfulness coach teaches what is mindfulness, how to use it daily and guides participants in a relaxing meditation in the comfort of their own home.
Movie Matinee	Monthly afternoon at the movies sponsored by the Britannia United Church. Snacks included.
Tai Chi	Focus your mind, improve circulation & breathing through guided movements. Beginner level.
Walking Group	An outdoor walking program that takes you around the neighbourhood, including to Mud Lake Volunteer run. Beginner to Intermediate level welcome.
Yoga (Mat) 	A gentle flow class combining strength, balance & flexibility for the body & mind, perfect for participants with yoga experience. Beginner/Intermediate level.
Zumba Gold	It's a fun dance style cardiovascular workout with a Latin vibe. Intermediate level.

Thank you to our funder for their generous financial support:

Thank you to our community partners:



FACES OF THE FORGE

IN THIS EDITION OF FACES OF THE FORGE WE SAY HELLO TO OUR EAST COAST CONNECTION



MEET EMILY

Hi! My name is Emily Angel and I am the person behind these pages, the website and the posts at the Olde Forge. I am originally from Newfoundland but have lived in Ottawa (in the community surrounding the Olde Forge) with my family for the past 25 years. Since moving here, I have been heavily involved in the nonprofit sector working at the Children's Wish Foundation, and Candlelighters Childhood Cancer Support before joining the team at the Olde Forge. I really love working in my neighborhood and getting to know the people and businesses that make our community so special. AND I can even walk to work, which means that getting my daily steps has never been easier!

Staying true to my east coast roots, I am an expert in the art of friendly chit chat and love having a revolving door of drop-in guests to mix things up! I even use my chatting superpower to volunteer at English learner conversation groups in our community. You don't need to chat with me very long to realize that I love all animals. It is sad to say, but I think I have more photos of my pets, other people's pets, and random pet videos than I have of my family. Speaking of my family, my husband Peter and I are the proud parents of 2 grown children and a fur baby. Our daughter Marina just graduated with her Masters of Physiotherapy and our son Lewis recently graduated from Ottawa U with a degree in accounting. Our fur baby Peaches is a "Puggle" (pug/beagle mix). We adopted her from the Humane Society and she is the funniest ball of love you will ever meet (no wonder we have some many photos of her!). We are also the host family for 2 young women from Ukraine. In Newfoundland, they would describe our house as "breaking and foaming," as there is a lot going on all the time, but to me this is how we keep things interesting!

So, if you see me out and about in our community, or sometimes manning the front desk on foot-care days, please come and say hi, or as they say in Newfoundland "Whaddya at?"



MEET KAREN

Hello, my name is Karen Kelly-Scott and I am honoured to be a volunteer with the Olde Forge. My journey with the Forge began in the spring of 2019 when I started helping with the luncheon program. During the peak of the pandemic, I was involved in making friendly telephone calls, visiting isolated seniors in their driveways and creating inspirational cards to be included with grocery deliveries. I also work at the front desk one morning a week and I always look forward to interacting with the clients and staff!

Let me share a little about myself ... My number one priority has always been, my family. I am blessed with a caring and supportive husband, two wonderful children and a large extended family. Being a mother is most certainly one of my greatest gifts and I am so very proud of my daughter, Kaylee, who is finishing her Masters of Physical Therapy at McGill and my son, Nicholas, who is completing his Social Work degree at Carleton. Nicholas is no stranger to the Forge; we both are fortunate to be a part of this great family!

Life has been good to me. I was born and raised in New Brunswick and grew up in a large family (1 sister and 4 brothers). I completed a Masters (Statistics) at Carleton University and after a 31-year career at Statistics Canada, I retired in 2016. I had the opportunity to be involved with numerous interesting surveys, most notably a survey directly measuring the literacy skills of Canadian adults and several cycles of an Indigenous Peoples survey. I enjoy spending time with friends and family, walks with my walking buddies, gardening (although my aging back is not always happy after my time in the garden!), travelling, crocheting, and helping where I can.

One of our dear clients frequently reminds us that "it's nice to be important but it's more important to be nice". This is something I aspire to as I have repeatedly witnessed the ripple effects that kindness has. Thanks to the Olde Forge family for their excellent work and for allowing me to play a role. I am of the belief that in giving we receive our richest blessings, and my involvement with this wonderful community centre has certainly confirmed this.

FITNESS, FRIENDSHIP, FUN AND FIELD TRIPS

This summer the Olde Forge welcomed the return of Outings and Field Trips to the Recreation Calendar.

RIDING THE RIDEAU: Olde Forge clients enjoyed 2 rides on the Rideau this summer. Thanks to our friends at The Westwood, our clients rode in style on an accessible (and air conditioned) minibus to historic Manotick where they met with the group Friends in Sport Fishing for a one-hour cruise on the Rideau River. Who doesn't love a beautiful day on the water?!



CULTURE IN THE CAPITAL:

A big thank you to the Classic Theatre Festival for putting on a such a wonderful performance of the play Sleuth! Our clients enjoyed lunch at Jackson Cafe (first floor of the Arts Court) and a visit to the Ottawa Art Gallery - Galerie d'art d'Ottawa before taking their seats for the performance. What a great day of Art and Theatre! Our city has so much to offer!

PROGRAM AND SERVICE RATES

DAY PROGRAM: \$20

\$10 Transportation (round trip)

LUNCHEON PROGRAM: \$15

\$12 Transportation (round trip)

FOOT CARE

\$40 Initial Appointment

\$28 Ongoing Appointments

\$12 Transportation (round trip)

TRANSPORTATION SERVICES

Medical Drives:

\$12 Round Trip (1-20 km)

\$17 Round Trip (21-40km)

\$25 Round Trip (over 40km)

**Check website for catchment area.*

Shopping Van: \$12 (Return)

RECREATION

Fitness/Social/Creative

\$40/Month (in-person & virtual)

\$30/Month (virtual only)

SNOW REMOVAL

\$25 Per Hour (1 Hour minimum)

with 30-minute increments thereafter.

HOME SUPPORT SERVICES

Home Help: \$30 Per Hour

(2 hour minimum)

Home Maintenance: \$30 Per Hour

(1 hour minimum) with 30-minute increments thereafter.

GROCERY SUPPORT

Online ordering support and delivery \$10



ELECTRONIC BILLS AND PAYMENTS

The Olde Forge is continuing to move billing to an electronic format.

If you have an email address, you can participate in electronic billing- YES it's that easy!

AND- Did you know that Olde Forge takes Electronic Payments as well?

If you are set up with electronic banking you can pay your

Olde Forge Bill online by sending it to theoldeforge1@gmail.com.



CHRISTMAS SALE

Saturday, December 2, 2023

10am-2pm

Olde Forge, 2730 Carling Avenue, Ottawa

- **Holiday Baked Goods**
- **Olde Forge Christmas Puddings**
 - **A Selection of Jams**
 - **Modified Cookie Walk**

HOPE TO SEE YOU THERE!

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!

The deadline to pre-order puddings is November 1st. And they will be available for pick up on December 2nd.

Small: \$12 Large: \$20



Hope everyone had a lovely summer. Hopefully, the warm weather will not disappear too quickly. My summer was a little different this year with a trip to Tanzania, Africa to climb Mount Kilimanjaro. Alex and I trained beforehand and travelled with a dedicated group of 17, mostly teachers and former teachers. The goal was not only to climb the highest mountain in Africa but to raise funds for Christie Lake Kids, a charity that offers kids an opportunity to go a camp who would otherwise not be able to afford it. I am happy to report both myself and my husband Alex Cullen and most of our climbing group accomplished both these goals. It was an experience of a lifetime, and we are glad we did it. In total our group raised almost \$ 50,000 that will be used by Christie Lake Kids to set up new after school programs in the Carson Grove neighbourhood. I am so happy to know more kids will benefit from these programs. As Chair of Ottawa Community Housing, I am proud to know that Christie Lake Kids helps many of our young OCH residents have some fun opportunities to learn and develop new skills in after school programs as well as at camp.

Last week City Council had its first meeting after the summer break. I am happy to report that at this meeting myself and my colleague Councillor Allan Hubley were made Co-Liaisons to City Council on Older Adult Issues. I had fun teasing Allan that I am senior to him since my birthday is earlier. In all seriousness we are both looking forward to promoting the concerns and interests of older adults. I will have more to report on this new role once we have met with city staff to discuss this opportunity to advance municipal issues that affect older adults in Bay Ward and across the city.

A handwritten signature in black ink, appearing to read 'Theresa Kavanagh'. The signature is fluid and cursive.

Theresa Kavanagh
Bay Ward Councillor City of Ottawa

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