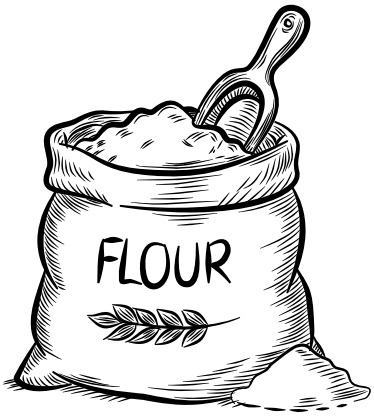
OLDE FORGE COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 87, Fall 2026



There is something special about autumn in Ottawa, as familiar routines return, the seasons shift, and we find new ways to come together. At the Olde Forge, this time of year reminds us of the importance of staying active, engaged, and connected as we prepare for the cooler months ahead. As the days grow shorter, opportunities to gather, share experiences, and enjoy the company of others become all the more meaningful. Located in Ottawa's Bay Ward, the Olde Forge is a not-for-profit organization dedicated to supporting older adults and adults with disabilities to live independently while remaining connected to their community. Our programs and services are designed to meet the evolving needs of those we serve, offering opportunities for social connection, learning, and meaningful engagement in a warm and welcoming environment.

We take great pride in fostering a space where everyone feels valued, supported, and included. Whether through recreational activities, practical assistance, or simply sharing a friendly conversation, we believe that strong community connections make a meaningful difference in people's lives. With the dedication of our staff and hardworking volunteers, we continue to build a stronger, more connected community throughout the changing seasons.



GOT CANS??

Fall at the Forge also means we are forging ahead with 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!



MESSAGE FROM THE BOARD

Happy Fall!

Over the past several months, our amazing staff and volunteers have been hard at work keeping our community active and engaged. This fall we introduced Heritage Days at the Forge which is a series of events to engage our community. Heritage Days are about stepping back and remembering the simple things that bring people together while raising much-needed funds for our programs and services. They're about family and community, supporting one another and reminding ourselves that we can all make a difference in big and small ways.

Our inaugural Heritage Days Pie Sale in October was a great success. We're grateful to everyone who supported us and we hope you enjoyed your pies! A special thank-you to FreshCo on Merivale Road for generously donating many of the ingredients for our pies to keep costs down so that more of the funds raised can support Olde Forge's programs and services.

In November we'll keep the momentum going with the revival of our popular Bean Supper. December we'll honour tradition with our Holiday Bake Sale, and Christmas Pudding Sale. Behind these events are incredible volunteers and staff, whose hard work, generosity, and enthusiasm make what we do possible.

On behalf of the Board of Directors, we extend our heartfelt appreciation to our dedicated staff, volunteers, partners, funders, and community supporters. Whether working behind the scenes, lending a helping hand, or supporting our programs and events financially, your contributions are at the heart of everything we do.

Wishing you a wonderful fall and a warm start to the holiday season!

THANK YOU!

Colleen Taylor
Executive Director



Meghan O'Halloran
Board Co-Chair



FRESH CO
Lowering food prices
1595 Merivale Rd Ottawa
Proud supporter of the Olde Forge
SINCE 2017

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

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/OldeForgeSeniors Community

BOARD OF DIRECTORS

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Danial Leduc
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Jim Watson

FACES OF THE FORGE

Meet Carolyn!



Hi everyone! I'm Carolyn Beaton, the new Program Assistant in administration and footcare at the Olde Forge, and I'm very excited to be part of the team.

I began my career with the federal government, where I worked in several positions over the years. I eventually obtained a diploma in Information Technology, which led me to my final role as an IT Help Desk Analyst. When I retired from the government, I decided, just for fun, to go back to school. I completed the Academic and Career Entrance Program (ACE) at Algonquin College, as well as an online Medical Office Assistant course. I then returned to the workforce, taking on several roles in the medical field.

The Olde Forge has a special connection for me, as my mother volunteered here in the 1980s and always spoke so fondly of her experience. I began volunteering here myself in 2023, and when the opportunity came to join the staff, I was delighted to become part a great and caring team.



DONATIONS MAKE A DIFFERENCE

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

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 and would be greatly appreciated.

Baked goods can be dropped off between November 30th and December 4th. We would like to extend our sincere appreciation for your continued support of this wonderful holiday tradition.

'TIS THE SEASON FOR THE OLDE FORGE

HOLIDAY BAKE SALE

Join us

Saturday, December 5, 10 AM - 2 PM

Donations of cookies, tarts, squares, jams, pickles, preserves, or knitted dishclothes, welcome!

Drop off: Nov 30 - Dec 4



Donate today to help more seniors age with dignity, support, and a sense of belonging in their own communities.

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

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

ALSO

Gifts of Stocks and Securities



☐ **$25** ☐ **$50** ☐ **$75** ☐ **$100** ☐ **$250** ☐ **$** _____

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

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

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

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

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

Signature: _____ Name: _____

Address: _____ City: _____ Postal Code:_____

Telephone:_____ Email_____

Charitable Status Number 10779 4000 RR0001

COMMUNITY SUPPORT PROGRAMS

HOME SUPPORT

Autumn is upon us, and after a summer of shifting temperatures and downpours, your home might be feeling a bit worse for wear. From weather-worn paint and cracked pavement to muddy footprints and dingy windows, the changing seasons have left their mark.

But don't worry! Now is the perfect time to refresh your home and prepare it for the cooler months ahead. Our home help support services are here to tackle those seasonal issues, clean up the mess, and get your space looking and feeling great both inside and out. Let's get your home ready for autumn so you can enjoy the crisp, cool days in comfort and style.



Book your service today!

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

613-829-9777

Home Help

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

- vacuuming
- laundry
- additional housekeeping chores

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

Home Maintenance

It's like having your own reliable handyperson. Our Home Maintenance program runs on a fee-for-service basis that focuses on the projects you want completed with no long-term contracts or obligations.
Services provided may include:

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

Our maintenance employees can assist as often as you need, with a minimum service time of one hour. Bookings are done on a job-by-job basis unless otherwise arranged with Ray Brisebois. Get the help you need at a reasonable rate!

PROGRAM AND SERVICE COSTS

Transportation Services*

$16 Round Trip (1-20km)
$20 Round Trip (21-40km)
$30 Round Trip (over 40km)

Drive requests must be made 7 days in advance
Types of trips:

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

*

Home Support Services

$30/hr Home Help (2 hr min*)
$30/hr Home Maintenance (1 hr min*)
$25/hr Snow Removal (1 hr min*)
***30 minute increments thereafter**

Grocery Support

$10 Online ordering support and delivery*
Register with Ray: r.briseboise@oldeforge.ca

Day Services

$25 Adult Day Program
$16 Transportation Round Trip*
$18 Diners Club Luncheon Program
$16 Transportation Round Trip*

Recreation

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

Foot Care

$50 Initial Appointment
$34 Ongoing Appointments
$16 Transportation Round Trip*
Appointments available on Thursdays by appointment

***available to those living in Olde Forge catchment**

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



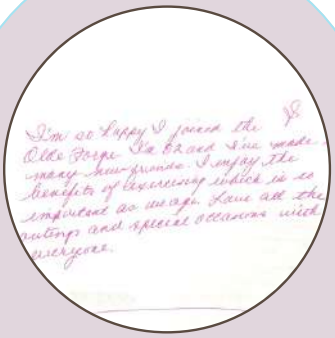
ELECTRONIC BILLS AND PAYMENT

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

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

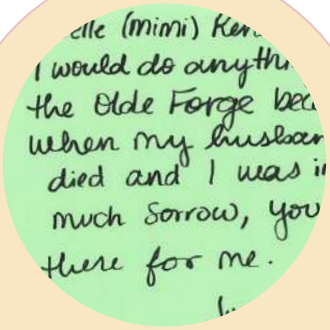
THE BELLOWS
Fall 2026

COMMUNITY SUPPORT PROGRAMS



“I am so happy I joined the Olde Forge. I’m 82 and I’ve made many new friends. I enjoy the benefits of exercising which is so important as we age.”

J.L.



“I would do anything for the Olde Forge because when my husband died and I was in so much sorrow, you were there for me”

Mirielle R.



"The staff is “so helpful” + the clients are “awesome” to meet them and help them enjoy a “Great Day” with friends to listen to informative stories and chat with everyone! I never want to miss my Tuesday Volunteer Day"

L. P.

OLDE FORGE COMMUNITY RESOURCE CENTRE

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