

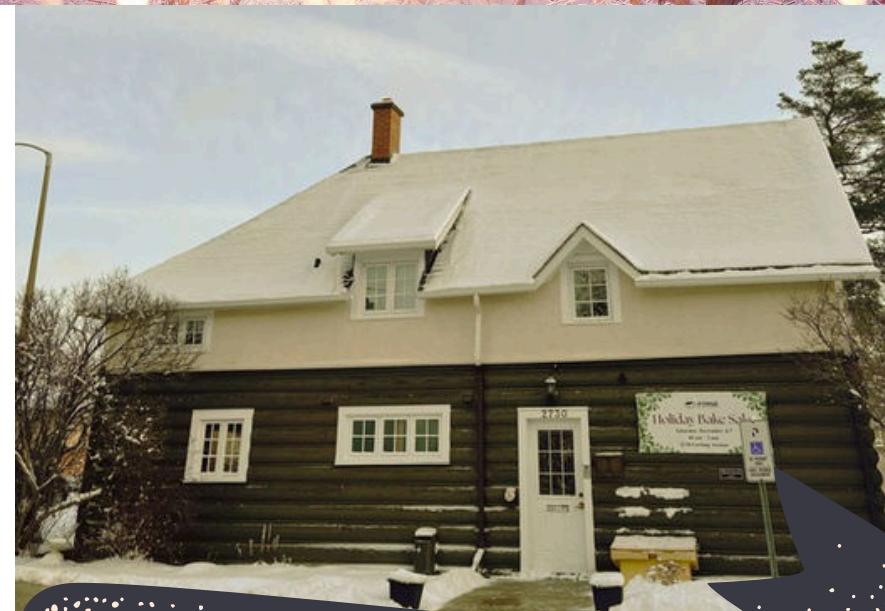


THE BELLOWWS

ISSUE 85, Winter 2026



As we step into 2026, the Olde Forge Community Resource Centre remains a place of warmth, connection, and support, no matter the season. This issue of Bellows celebrates the people, partnerships, and programs that continue to strengthen our community and carry us forward together.



GOALS!



1 THE BELLows

Winter 2026

MESSAGE FROM THE BOARD

Dear Friends,

And there we go - another year under our belts! 2025 gave the Olde Forge so much to celebrate as an organization and a community.

We started 2025 with a commitment to continue combatting social isolation - a quiet epidemic amongst seniors. The recognition of social isolation is finally growing, and the Olde Forge has been ahead of the game for years with our Recreation and Luncheon programs and in more recent years, our Oasis program.

We were excited to add the Mādahòkì Farm Indigenous Experience to our offerings to be able to experience and learn from Indigenous history and traditions. We added another unprecedented experience for our Oasis and Recreation members via an amazing partnership with the TROtt program where members engaged hands-on with horses. And our incredible staff and volunteers offered over 4000 hours of care and respite through our Day Programs.

We enriched our staffing complement, with some extraordinary staff members, and recruited some incredible new volunteers to our board, and client-facing programs.

In September our community joined us in an inaugural walk and fundraiser which drew a crowd to support the Forge and as always, we rounded out the year with our annual bake sale and tantalizing treats.

On the doorstep of 2026, we remain committed to helping our community thrive. Community Support Services like the Olde Forge face challenging times, but we remain committed to being here for you because we believe in healthy communities. We know that we are a part of the solution to keeping people healthy and at home.

Our very best wishes to you for a healthy and happy 2026!!

Colleen Taylor
Executive Director



Meghan O'Halloran
Board Chair

STAFF DIRECTORY

PHONE: 613-829-9777

Colleen Taylor
Executive Director
c.taylor@oldeforge.ca
Phone Extension: 224

Elizabeth Parcher
Senior Manager, Programs/Operations
e.parcher@oldeforge.ca
Phone Extension: 226

Tricia McGee
Community Outreach Coordinator
t.mcgee@oldeforge.ca
Phone Extension: 253

TRANSPORTATION & COMMUNITY SUPPORT

Laura Coverett
Program Manager
Transportation, Home Services
l.coverett@oldeforge.ca
Phone Extension: 232

Ray Brisebois
Program Assistant
Transportation, Home Services
r.brisebois@oldeforge.ca
Phone Extension: 231

Sonia Lall
Program Assistant
Foot Care, Administration
s.lall@oldeforge.ca
Phone Extension: 233

DAY SERVICES

Jacinthe Gosselin
Program Manager
Day Services, Footcare
j.gosselin@oldeforge.ca
Phone Extension: 251

Bethany Hambrey
Program Assistant
Day Services
b.hambrey@oldeforge.ca
Phone Extension: 227

Azra Temple
Program Manager
Recreation
a.temple@oldeforge.ca
Phone Extension: 228

Deborah Davis
Program Assistant
d.davis@oldeforge.ca
Laura Radford
Program Assistant
l.radford@oldeforge.ca

OASIS

Sarah Posthuma
Oasis Coordinator, Ambleside
s.posthuma@oldeforge.ca
613-898-8514

Tracy-Lynn Cordina
Oasis Coordinator, Rosewood
& Richmond Heights
t.l.cordina@oldeforge.ca
613-818-2977



FRIENDLY VISITING

Tracy-Lynn Cordina
613-818-2977

Executives:

Chair: Meghan O'Halloran
Treasurer: Annam Ganesan
Secretary: Carol Doyle
Past Chairperson: Joel VanSnick
Executive Director: Colleen Taylor

Directors:

David Bennett
Jane Inch
John Lammy
Samir Nawaz
Dennis Kao
Jennifer Hughes Doucet
Amir Afkham
Maria de la Puent



The Bellows is a publication of the Olde Forge and is published 3 times a year.
For more information please contact: Tricia McGee, Community Outreach Coordinator
t.mcgee@oldeforge.ca
613-829-9777 Ext 253

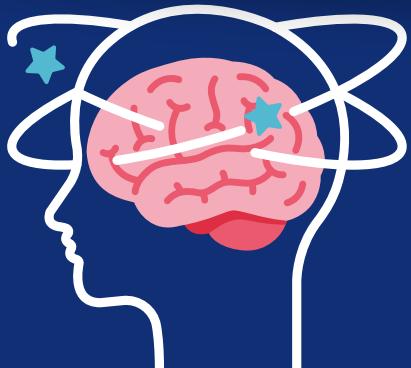
 /OldeForgeCR
 @oldeforgecr
 /OldeForgeSeniorCommunity

3 THE BELLows

Winter 2026

WINTER WORKSHOPS AND CLINICS

Contact Azra for registration: a.temple@oldeforge.ca
or 613-829-9777 EXT 228



Concussion Management



Women's Heart Health



Mental Wellbeing



Heart Valve Screening



Eating and Nutrition



55 Alive Driver Refresher

TAX CLINIC

The Olde Forge income tax team will return March 02 as part of the CRA Community Volunteer Income Tax Program, assisting low-income older adults and adults living with disabilities. This free service helps people navigate the often confusing world of income tax, and we aim to complete more than 500 returns in 2026. Forms will be available on our website the end of February. We can't wait to see the positive impact.



To Qualify to have your taxes completed by Drop-Off:

- You live in Ontario
- Your 2025 income tax return has not yet been filed with CRA
- You were born in 1970 or earlier or you are an adult with a physical disability
- Married or common-law couple: your 2025 total income was \$55,000 or less
- Single, separated or divorced person: your 2025 total income was \$40,000 or less
- You did not have income from capital gains, rental income from a property you own, income from a business you own, nor were you self-employed
- You are not bankrupt
- Fee: FREE!

Please Note: The turn around time for income tax filings will be 2-3 weeks.



5 THE BELLows

Winter 2026

DONATIONS MAKE A DIFFERENCE

Thank you



Storage for this project is kindly being provided by Dymon Storage



Thank you to all who donated toward the holiday bake sale, and to all 2025 events. Special thanks to Biagio's, the Real Collective, and Tim Hortons, 250 Greenbank Rd for supporting our first fundraising walk!



Proud sponsor



REAL
COLLECTIVE



250 Greenbank Rd



DONATIONS MAKE A DIFFERENCE



Gifts of Stocks and Securities

You can support older adults and adults living with disabilities, and at the same time reduce your income taxes, by donating securities.

When you gift publicly traded securities to the Olde Forge, the stocks, bonds, mutual funds or certificates of deposit are exempt from capital gains tax. And your donation can still be used for a charitable donation tax credit.

Gifts of securities can be the most cost-effective way of giving.



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

\$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: _____

THE BELLows

Winter 2026

FACES OF THE FORGE



Meet Tricia!



Tricia McGee is a social worker and the Community Outreach Coordinator at Olde Forge Community Resource Centre, where she leads community engagement, fundraising, grant writing, and partnership development. Her work is grounded in equity, accessibility, and collective care, with a strong focus on supporting caregivers and strengthening community connections. Tricia brings over a decade of experience in nonprofit and community-based work, informed by feminist and trauma-informed practice. A Certified Laughter Yoga Teacher, ceramicist, and proud parent, Tricia believes that joy, creativity, and collective care are essential to sustaining community work.

Meet Gail!



Visitors to The Olde Forge are often welcomed by Gail Brown, whose warmth and smile brighten every corner of the centre. At 80 years young, Gail brings endless energy, kindness, and enthusiasm to everything she does. Originally from Aylmer, Quebec, and one of six siblings, Gail first came to the Forge as a participant in the Balance and Stretch class. Encouraged by fellow volunteer Mary McCaffrey, she joined the volunteer team in 2017 and has been a beloved part of our community ever since. Over the years, Gail has helped at the front desk, with Friendly Visiting, the Day Program, Luncheons, and special events like The Grand Parade, always ready to lend a hand wherever needed. Gail built a 37-year career at Sears, having started full-time work at just 15. She jokes that she's "more of a Road Runner than a tech whiz," but we know she's a fast learner and a true team player. When she's not volunteering, Gail enjoys Aqua-Fit, coffee, her cat Tigger, and a little Elvis Presley, as the "oldies but goodies" always make her smile. She says the Oasis program is her favourite, but the truth is, we're all big fans of Gail.



VOLUNTEER CORNER



THANK YOU TO OUR DEDICATED, VOLUNTEERS

A heartfelt thank you to everyone who baked, volunteered, and supported this holiday season. Special thanks to our friends at RBC for handling all the financial aspects, ensuring smooth transactions, and contributing to the day's success. Your support allowed us to focus on the fun and community spirit. We truly appreciate all the generosity and commitment to helping the Olde Forge.



9 THE BELLows

Winter 2026

OASIS

Oasis is built on three foundational pillars that support healthy aging: Nutrition, Physical Activity, and Social Engagement, of seniors. These core elements are rooted in global healthy aging principles and form the foundation of all Oasis programming. Through shared meals, movement opportunities like group exercise classes, and member-driven social activities, Oasis helps older adults stay nourished, active, and connected within their communities, boosting overall well-being and quality of life.



For more information on Oasis contact 613 829 9777 or email info@oldeforge.ca

FITNESS, FRIENDSHIP AND FUN



The Olde Forge Recreation Group enjoying a visit with the Therapeutic Riding Association of Ottawa-Carleton (top) and Annual Recreation Holiday Party (bottom)



December 19, 2025



COMMUNITY, CARE, AND CONNECTION



Our Diners Club ended the year on a heart-warming note with visit from a special couple - Santa and Mrs. Claus - who shared plenty of holiday cheer with our members. The smiles in the room said it all! Santa even gave special compliments on the beautiful decorations, handmade by our very own Day Program members!

These “Forge” moments remind us why connection matters so much.

There will be plenty more in 2026!



COMMUNITY SUPPORT PROGRAMS



HOME SUPPORT

Winter has arrived and has brought us a ton of the white stuff so far. With a few months of winter ahead of us yet, take caution managing icy walkways and driveways. If you feel the cold air seeping in, check seals and drafts around windows and doors.

Our home support services are here to help with seasonal tasks such as snow clearing, walkway salting, draft-proofing, window cleaning, and general winter home maintenance.

Let's get your home cozy, safe, and winter-ready so you can enjoy the season's beauty with comfort and peace of mind.



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!

13 THE BELLows

Winter 2026

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

**available to those living in Olde Forge catchment*

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* Appointments available on Thursdays

Register with Ray: r.briseboise@oldeforge.ca

**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 '14

Winter 2026

SHOW YOUR SUPPORT

CALL for VOLUNTEERS



To find the right volunteer position for you, please contact us at 613-829-9777 or visit oldeforge.ca/get-involved/volunteer to learn more about how you can get involved.

**JOIN
OUR TEAM**

THE BELLows

Winter 2026

WHAT OUR CLIENTS ARE SAYING



"The Olde Forge Recreation Program keeps me active, connected, and uplifted, it's as good for the heart as it is for the body"

Sue F.



"Yoga classes at the Olde Forge are so beneficial for the body and mind. The instructors are great. I have met many people in the classes, and it is very fun and non-judgemental".

Liz J.



"3 weeks of yoga and I already see an improvement in my flexibility. Great teachers and friendly classmates! Thanks to Olde Forge staff for facilitating these programs."

Peggy S.



2730 Carling Ave
Ottawa, ON K2B 7J1



oldeforge.ca