



OLDE FORGE

COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 65, SPRING 2019

OLDE FASHION BEAN SUPPER

Bring on the Beans!

This year's Olde Fashioned Bean Supper was held on April 13th at Britannia United Church. Over 100 people in the community came out to sample some of Karen's Baked Beans. Anyone who has tried them knows they are the best beans in all of the land (no bias here!) Take away portions were even available for those who just couldn't get enough and wanted to enjoy them for another meal. In addition to great food, our guests were treated to some amazing live entertainment from the Forever Friends Singing Group. Not sure if it was the beans or the band (maybe both) that got everyone up moving and grooving. Beans and a Band certainly make this event a highlight in the Olde Forge Calendar every year!

A very special thank you to Karen for preparing her amazing beans, to Archie for his delicious homemade buns, and Starbucks for supplying the coffee and tea. This event is truly a wonderful community event for friendship and community engagement.



SPRING HAS SPRUNG!

Can I just tell you how excited I am to see the sun! After a winter where a senior climatologist at Environment Canada awarded Ottawa the unofficial National Gold Medal for Winter

Misery, I am sure that most of us in the Nation's Capital were just plain giddy to lock up those winter boots/ice grippers/heavy coats/mitts/scarves.... How exciting is it to be able to throw on some comfortable shoes with a light sweater and walk confidently outside without the fear of slipping on the ice rink -Oh! I mean streets and sidewalks. I think we all deserve to walk with a little more spring in our step; we earned it!

Now that Spring has finally sprung, it is time for us to get back to our lives in the "real world". Time to bring ourselves out of hibernation, see our neighbours and rediscover the great outdoors! This newsletter is full of ideas for how to get out and make the most of our sacred spring and summer months! From new recreational programs, exciting day trips and Social Enterprise spring cleaning and yard work Services, the Olde Forge is here to help you keep that spring in your step and make winter misery a thing of the past! Maybe this time Ottawa can win the gold medal for Spectacular Spring and Summer Bliss???.....There is always hope!



MEMBERSHIP RENEWALS

2019 membership renewals are now due to be eligible for voting at this year's AGM. To renew please visit reception for a membership form.

Renewals for 2019 are \$20.



You are invited to



OLDE FORGE
COMMUNITY RESOURCE CENTRE

ANNUAL GENERAL MEETING
Tuesday, June 26th, 2019

Please RSVP by June 12th to Sue Walker at 613-829-9777 ext. 224 or email: s.walker@oldeforge.ca

- **BBQ at noon**
- **AGM meeting at 12:30 pm**

A MESSAGE FROM THE BOARD

Well, I am sure we are all glad that that Winter is over! Now we can look forward to Spring and Summer and the events that they will bring. As you may know, The Olde Forge will celebrate its 40th anniversary this year and we will launch the celebrations at the Annual General Meeting in June. Yes, 40 years! We are proud of the job the Forge has done over the past four decades, and we could not have done it without the help and dedicated support of our staff and volunteers, so a well-deserved “thank you” to all. If you have any souvenirs, mementos or memories of the past 40 years that you would be willing to share with us, we would be happy to hear from you.

We will continue to expand and improve our services in 2019, but we cannot do it without your help. If you have some time to spare, perhaps you could become a driver taking clients to appointments. Or maybe you could help with one of our programs. You don't need to commit a lot of time – just let us know when you are available.

Have a great Spring and we look forward to seeing you at an Olde Forge function in the near future.

CHECK OUT OUR NEW WEBSITE!

The wait is over! Our new and improved website is here!
Come and visit us at www.oldeforge.ca and see why we are so excited!

- User friendly
- Online Recreation Calendar
- Upcoming Events
- Details on Community Services and Transportation Programs
- Access to the Olde Forge Social Media posts
- Online edition of the Bellows Newsletter
- Facilities Rental Information

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OLDE FORGE
COMMUNITY RESOURCE CENTRE

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

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VOLUNTEER CORNER

NATIONAL
VOLUNTEER WEEK

"The Staff of the Olde Forge would like to extend a heartfelt THANK YOU to the selfless individuals who channel their efforts to Lift Up our community by supporting the vision and mission of the Olde Forge Community Resource Centre. Because of you, we are able to provide more quality programs and services to those in our community that could use a little lift.

"I'll lift you and you lift me, and
we'll both ascend together"

– John Greenleaf Whittier

WE APPRECIATE YOU!
A THANK YOU NOTE FROM
AN OLDE FORGE CLIENT

"I wanted to let you know that my drive to and from my February surgery was one of **THE** most pleasant experiences I have had in a *very long time*. Marja-Leena is a real gem! We had a good chin wag there and back and she is a natural at the driving thing. I do hope she continues in that role! Just thought you should know..."

– L.G.

VOLUNTEER
SPOTLIGHT –
EVERYBODY
LOVES RAY!

Do you remember the 90's sitcom "Everybody Loves Raymond"? Well, with all of the 90's TV re-boots showing up these days, we at the Olde Forge feel like we should re-boot this show ourselves and call it "Everybody Loves Ray!" If you haven't met Ray Brisebois, you need to take a trip to the Olde Forge because you are truly missing out! Ray began volunteering with us shortly after moving to Ottawa in September 2018 from Espanola, Ontario (a town of only 5000 people). Ray says that he saw our lovely log house on one of his first trips to Ottawa and was immediately drawn to it. In November, Ray began volunteering at the front desk but has quickly turned into our "Ray of All Trades;" volunteering with luncheon, the Grocery Bus, helping with reminder calls, taking on the role of a facility attendant, and even volunteering with Income Tax! When it comes to the Olde Forge, Ray tells us that it is the people he enjoys the most, but we think it might also have something to do with the food. Ray truly is our Ray of Sunshine; whether he is singing his heart out to the radio, greeting you with his special "Hey-yo," or bringing in a batch of his famous cinnamon buns (with or without raisins), it is hard not to smile when he is around. So come on by the Olde Forge and meet our new friend Ray. You will instantly see why "Everybody Loves Ray" and why we feel that "Ray Days" are the Best Days.

Summer
HoursJuly &
August

WE ARE OPEN
FROM 9AM-3PM
MONDAY TO FRIDAY
www.oldeforge.ca



OLDE FORGE
COMMUNITY RESOURCE CENTRE
Connecting People, Creating Communities



OLDE FORGE
COMMUNITY RESOURCE CENTRE



1977 40 YEARS 2017
OWCS / SCOO
OTTAWA WEST COMMUNITY SUPPORT
SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST
Helping seniors in our community

2019 SENIORS' HEALTH & WELLNESS FAIR

Saturday, October 26, 2019
10 a.m. until 2 p.m.

**Eat Well.
Move More.
Live Longer.**

*Stay Active and
Independent for Life*



Retirement • Health • Home • Fitness • Nutrition

OVER 50 EXHIBITORS

- **FREE ADMISSION**
- **LIVE MUSIC AND KEYNOTE SPEAKERS**
- **LIVE DEMOS AND HEALTH SCREENINGS**
- **COMPLIMENTARY REFRESHMENTS**

FREE SWAG BAGS TO THE FIRST 200 ATTENDEES

Location: Ron Kolbus Centre, 102 Greenview Ave., Ottawa, ON K2B 5Z6

**BOOK YOUR
BOOTH TODAY**
Call Emily
(613) 829-9777

THE BELLOWS

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Lordy Lordy, The Olde Forge is 40!!!

1979-2019

Join Us This Year as We Celebrate
40 Years of Serving Seniors in our Community!
Stay tuned for more details on 40th Anniversary Festivities



OLDE FORGE
COMMUNITY RESOURCE CENTRE

www.oldeforge.ca
Connecting People, Creating Communities



GREAT GIFT IDEA!

Mother's Day and Father's Day are Approaching...

The Olde Forge is now offering Gift Certificates that can be used towards any of the services and programs we offer – Transportation services (grocery bus, shopping bus, medical transportation), Home Help/ Home Maintenance services, or our Recreation programs. For more information please contact us at 613-829-9777 or visit us at www.oldeforge.ca.





Olde Forge Community Resource Centre offers help to seniors in the Ottawa West Community. More and more people are seeking our help for transportation to medical appointments; we urgently need MORE volunteer drivers to join our team.



If you can spare a few hours each month,
please get in touch and contact:

Elizabeth Parcher, Volunteer Coordinator

By email: e.parcher@oldeforge.ca

Phone: 613-829-9777 ext 226



www.oldeforge.ca

ATTENTION LOCAL BUSINESSES

The Olde Forge Transportation Program is Expanding

PUT YOUR ADVERTISING IN **MOTION**

Advertising
Opportunity!



BECOME A SPONSOR OF THE OLDE FORGE COMMUNITY VAN

- ➔ **Maximum Circulation**
Our van completes over 8000 drives a year in the city of Ottawa.
It runs 5 days a week /12 months a year!
- ➔ **High Visibility**
Our van travels through neighbourhoods, business districts and medical centres all over the city.
- ➔ **Economical Alternative to Transit Advertising**

Have We Peaked Your Interest? Want to Learn More?

Contact Sue Waker 613-829-9777

email: s.walker@oldeforge.ca



SENIORS' RECREATION SCHEDULE



OLDE FORGE
COMMUNITY RESOURCE CENTRE

The Olde Forge Recreation Program provides barrier-free, low cost recreational and physical fitness activities to local seniors 60+ and adults with disabilities. Please visit our site at www.oldeforge.ca or call us at **613-829-9777**

MAY - AUGUST PROGRAMS

Season runs through May 6th - August 31st, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RON KOLBUS LAKESIDE CENTRE 102 Greenview Ave. (meet at bus stop)	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	PINECREST-QUEESNWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road
WALK FIT with TANIA 9:30AM	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30AM	CONVERSATION CORNER 10:00AM **Check reverse side for topics & dates
PINECREST-QUEESNWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM & YOGA 10:30AM	MOTION to MUSIC 12:00PM
BRAIN & BALANCE 12:00PM				OLDE FORGE 2730 Carling Ave
PROGRAM FEES \$25.00 monthly membership fee gives you unlimited access to recreation programs. Drop in fee \$7.50 Cost for outings is additional. If financial assistance is needed, please inquire.				TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH Donations of bakery items to share are welcome.
STRENGTH & BALANCE 11:30AM				DEB'S MISHMASH 11:30AM
NO PROGRAMMING on these STATUTORY HOLIDAYS: • May 20 th Victoria Day • July 1 st Canada Day • Aug. 5 th Civic Holiday				

SENIORS' RECREATION SCHEDULE

FITNESS CLASS DESCRIPTION

AEROBICS – Cardiovascular & strength training

CHAIR YOGA – Stretching & breathing exercises

DEB'S MISHMASH ACTIVITY – Variety of low impact and stretching exercises mixed into one class

IRRESISTIBLE – Strength & cardiovascular training

LINE DANCING – Low impact cardiovascular exercise

MOTION TO MUSIC – Stretching & flexibility workout

BRAIN & BALANCE – gentle movement that will improve focus, balance, mobility, & memory

STRENGTH & BALANCE – exercise to improve your balance

TAI CHI – Balance, breathing & meditation

WALK FIT – Moderate cardiovascular activity with stretching/strengthening stations along the route

YOGA – Floor yoga beginner to intermediate level

ZUMBA – Cardiovascular workout using Latin dance

All Olde Forge fitness programs are lead by certified fitness instructors. Our program assistant, Deborah is available on site at the Woodroffe United Church.

KNITTERS GROUP



Julian of Norwich Anglican Church
7 Rossland Ave
Weekly on Wednesdays
10:00pm-12:00pm

MILK BAG WEAVING



Our Lady of Fatima Church
153 Woodroffe Ave, Upper Room
Weekly on Thursdays
1:00pm– 3:00pm

Please note the locations have changed. There is parking available & locations are accessible by bus. Call the Olde Forge for more details or to register 613-829-9777 ext. 228



55 ALIVE DRIVING PROGRAM

Refresh your driving skills. Take our class taught by a trained instructor. Workbook & certificate of completion from the Canadian Safety Council provided.

\$25.00 COURSE FEE • MAY 16 & 23 - 9:00AM TO 12PM
LOCATION: STILLWATER CREEK, 2018 ROBERTSON ROAD

SENIORS' RECREATION SCHEDULE

CONVERSATION CAFE

FRIDAYS 10AM
PINECREST QUEENSWAY COMMUNITY HEALTH CENTRE
1365 RICHMOND ROAD

DATE:	TOPIC:
Friday May 10th <i>*Craft Project</i>	Paper folding card making with Anne \$2.50 supply fee
Friday May 17th	Community Gardens & Green Thumb Man - Tom Marcantonio
Friday May 24th	Sacred Circle with MaryRose Lessoway
Friday May 31st	Social tea at the Olde Forge
Friday June 7th <i>*Craft Project</i>	3D card making with Irene \$2.50 supply fee
Friday June 14th	Ottawa Public Library Services we do
Friday June 21st	Credit Counselling Society Budgeting & Credit
Friday June 28th	Social tea at the Olde Forge
Friday July 5th	Health Canada Presents -Air Quality and Your Health
Friday July 12th	NO GROUP
Friday July 19th	The art of Feng Sheu with Carole Therieault
Friday July 26th	Social tea at the Olde Forge
Friday August 2nd	TedTalk Benefits of Laughter
Friday August 9th	NO GROUP
Friday August 16th	Olde fashion Ice Cream Making- grandchildren over 6 years of age welcome
Friday August 23rd	Emily's Attic Treasures
Friday August 30th	Social tea at the Olde Forge

SENIORS' RECREATION SCHEDULE

OUTINGS & TOURS

Please call reception for more details and/or to sign up, 613-829-9777.
Space is limited



May 14th

Loblaw's tour with dietitian & cooking demo
Cost \$15, lunch included

May 23rd

Agriculture Museum Tour, lunch at Dows lake
Cost \$25, lunch not included

June 5th

Parrot Club & lunch in Carp
Cost \$30, lunch not included

June 20th

Laughter Day outing at the Redwoods
Cost: Donation, what you can give

July 28th (Sunday)

Vintage Car show, Wesley Clover Park
Cost: \$15

August 8th

Brockville bus tour, railway tunnel walk & lunch
Cost \$50, lunch not included

BRIDGE CLUB



In partnership with REVERA, the Olde Forge is able to offer

Bridge twice a week for players with various experience levels.

These programs are run by the homes and not the Olde Forge staff or volunteers.

Wednesdays 2:00pm

Lynwood Park
Retirement Community
1 Eaton Street

Please speak to Azra Temple to register or for more details
613-829-9777 ext.228.

DID YOU KNOW THE OLDE FORGE OFFERS A VARIETY OF COMMUNITY SUPPORT SERVICES:

- Medical Transportation
- Home Help
- Home Maintenance
- Community Van
- Foot Care Clinics
- Grocery Bus
- Luncheon Program
- Day Program
- Income Tax Clinics

Call 613-829-9777 to learn more about our services & how we can help you.

ROOM FOR RENT

Outside of our operating hours, our main room and kitchen are available for your use at a competitive rate. It is a great space to host a family reunion, baby shower, anniversary celebration, group meetings, or other special occasion.

For booking inquiries, please contact Sue Walker at 613-829-9777 ext. 224

OUR COMMUNITY PARTNERS:



This project is funded by the Government of Canada.



SOCIAL ENTERPRISE - SUPPORTS FOR SENIORS LIVING AT HOME

HOME HELP

The Big Clean.

Did you ever wonder where the term "Spring Cleaning" comes from? I, for one, thought it had something to do with spring being the time where animals and birds prepare their dens and nests for the arrival of their families. THIS IS APPARENTLY INCORRECT.

In older civilizations, Spring Cleaning was about preparing the home for particular religious celebrations. In North America, Spring Cleaning began as a way to wipe away the mess from winter. Back when homes were heated by fires, and doors were kept shut to hold in the heat, the buildup of soot and grime over the winter was extensive. Image the joy people felt when they could throw open their windows, let the fresh air in, and wipe away all of the dirt and darkness left by winter.

Today, with our modern homes, this type of deep cleaning isn't as much of a necessity, but after the winter we just had, a thorough spring cleaning has practical and psychological benefits that can revive your home as well as your spirit. Soooo....Let the Cleaning Commence and let the Olde Forge Home Help program assist you.

Spring Clean Your Way to Good Health and Well-Being

Spring Cleaning Can...

Reduce Slips and Trips - Cleaning out the clutter helps to reduce the risk of falls.

Improve Your Health - A good cleaning can help remove allergens and possible mold build up that you may not remove during a regular cleaning routine.

Increase Happiness - Studies have shown that taking the time to thoroughly clean and tidy can make you happier.

Reduce Stress - Cleaning and organizing personal spaces lets you enjoy a more organized environment which can relieve stress. Did you know cleaning itself is also therapeutic?

Increase Focus - Decluttering and organizing can save you time in the day-to-day, and can help clear your mind from distractions.



For more information on the Home Help Service, please contact Karen at 613-829-9777 ext.227

HOME MAINTENANCE SERVICES

Spring Cleaning can also include freshening up the outside of our homes as well! Spring is the perfect time to wash those windows, paint that trim, and prepare the yard for summer guests. And just like the indoor clean, sprucing up of your outside can promote overall health and well-being. Research has shown that gardening is an amazing activity that can maintain physical fitness, improve flexibility, coordination and strength, enhances psychological relaxation, and can even foster social bonds.

The Olde Forge Home Maintenance Service is here to assist you with yard work and any small jobs that need doing around your property.

- Reliable Service
- Reasonable Rates

For more information on the Home Maintenance Service, please contact Elizabeth at 613-829-9777 or visit our website at www.oldeforge.ca



SPRING MAINTENANCE CHECKLIST

☐ CLEAN DEBRIS FROM LAWN
☐ CUT BACK OLD GROWTH
☐ PREPARE GARDENS FOR PLANTING
☐ UNCOVER AND WASH PATIO FURNITURE
☐ ATTACH HOSES TO OUTDOOR FAUCETS
☐ WASH EXTERIOR WINDOWS
☐ TOUCH UP TRIMS WITH PAINT
☐ PLANT SUMMER BULBS

CARING FOR THE CAREGIVER

This past Fall/Winter, the Caring for the Caregiver Program ran a series of Free Educational workshops.

Topics included:

- Navigating our Health Care System
- Understanding Privacy Rights, Power of Attorney, Wills and Estates
- Canada Pension, Olde Age Security and Caregiver Leave Entitlement
- Dementia and Alzheimers Care
- Income Tax Preparation and Caregiver Entitlement Credits
- Safety in the home
- Seniors Downsizing
- Advanced Care Planning
- Respite Care

If you are interested in receiving a resource package featuring additional information on the topics discussed in this Educational series, please contact Azra at 613-829-9777 ext.228.

**Remember to watch for new
"Caring for the Caregiver"
Workshops coming this Fall!**

Great NEW Resource for Caregivers!

Hospice Palliative Care Ontario has just released a fantastic new Caregivers support portal that consists of a comprehensive set of Caregiver Modules with the goal of providing informal caregivers with the support, resources, and information needed to be the best caregiver they can be.



There are a wide range of topics available for caregivers from learning how to deal with their own emotions, to learning how to make tough decisions, and being able to meet the appropriate physical, spiritual and cultural needs for the individual they are taking care of.

Anyone wishing to access the modules can do so by visiting the web page online, downloading the PDFs, or even listening along to the transcribed audio clips. The modules are free to access and available in English, French and First Nations.

www.caregiversupport.hpcoco.ca

WHY EVERYONE LOVES WEDNESDAY LUNCHEON GROUP

There is always something fun and exciting happening with Wednesday's Luncheon Bunch. They dance, they sing, they have interesting guests. What a great way to spend a Wednesday afternoon!

**Client fees:
\$10/day**



STAYCATIONS - OUTINGS AND FIELDTRIPS

What better way to beat the winter blues than a trip to the Spa! In February, the Olde Forge recreation group joined their friends at the Redwoods Retirement Community for a much needed day of pampering! Clients enjoyed a variety of spa services ranging from manicures to massages, and then treated their tummy to a tasty lunch at Red Lobster! **Take THAT winter!**



On March 20th, the recreation group was off again on another "SWEET" Day Trip. This time the group was off for a visit to Wheelers Pancake House and Sugar Camp! Our big group of 15 explored the museum, learned about all things maple, and enjoyed a delicious pancake lunch! A big thank you to the Redwood Retirement Residence for letting us rent their bus for this very popular event!



**Check out the Recreation Schedule for
a listing of some of our upcoming excursions.
Hope to see you there!**

FITNESS, FRIENDSHIP AND FUN

Spring is finally here and summer is just around the corner! Becoming part of the Olde Forge Recreation Programs is a great way to get out, meet new friends and get fit for spring!

\$25 a month gives you access to all of the Olde Forge Recreation Programs (See the Recreation guide in the centre of this publication or visit www.oldeforge.ca for details).

Our fitness classes are run by certified instructors and cover a wide array of aerobic, resistance, balance/flexibility and strength training programs for a variety of fitness levels and abilities. Come out and try some of the great new classes we are running this session.

A Few Words From Our Rec Clients:

"During the past few years, I've attended various Olde Forge classes in which I take such pleasure. The instructors are extremely qualified and the staff are truly amazing and so dedicated. I never realized the variety of services the Olde Forge offered. We are so fortunate to have this facility. A bonus is meeting so many enjoyable and interesting people who are also attending fitness classes, general interest workshops, conversation cafe etc. The cost is unbelievable! Where else can you be a part of so many activities for \$25 a month."

– F.B.

"The Olde Forge Seniors Recreation Program is a complete gem. Excellent coordination, friendly people and instructors who really know how to motivate people."

– Hilary Syme

NEW FOR SPRING 2019 OUTDOOR WALK-FIT WITH TANIA - WALK YOUR WAY TO GOOD HEALTH!

Get outdoors and join our instructor Tania this spring for an hour of walking fun! This program combines the benefits of outdoor walking along with stretching and resistance training components.



The Amazing Health Benefits of Walking Outside
www.prevention.com

THE BELLOWS

CONVERSATION CAFE

Thank You for dropping by our Conversation Cafe Councillor Kavanagh! We all appreciated hearing the update on the #11 Bus and news on some of the big changes coming to Bay Ward.



STABLE, ABLE, AND STRONG

Want to learn more about how to stay independent longer? Want to find out more about your own personal health? The West End Integrated Falls Prevention Program will be hosting a FREE Stable, Able and Strong clinic at the Pincerest-Queensway Community Health Centre.

Gain knowledge on:

- Falls Prevention
- Home Safety
- How to Increase your Activity Level
- Medications and much more.

Date: Tuesday June 4, 2019

Time: 8:30 am to 12:30 pm

**Location : Pinecrest Queensway
Community Health Centre
1365 Richmond Rd,
Ottawa, ON K2B 6R7**

**Pre- Registration is required
as SPACE IS LIMITED.**

**To pre-register, please contact the
Olde Forge 613-829-9777**



Deadline to Pre-register is May 10th

THE WAY I SEE IT...REFLECTIONS OF A SENIOR DOING 60 ON ROLLERBLADES



By Margaret Griffin

"I plan to go rollerblading this weekend", I say. The responses are polite, even encouraging. "Oh, isn't that great!", or "I hear it's easy once you get the hang of it." But then comes the Grand Qualifier, either spoken outright, or implied through raised eyebrows: "And at your age...!"

At my age. Well, my age is pushing 60, and I've made up my mind to try "bladin". (See, I even know the correct, hip terminology.) In fact, I am especially proud of my decision because I have never ice or roller skated before.

When I tell people of my plan, I try not to be influenced by their reactions. Some well-meaning folks remind me that pushing 60 is not the time for new adventures, particularly those that involve physical risk. After all, I could break something, or worse. Maybe, but so could a 20-year old. The point is, the issue really isn't about rollerblading at all. It's all about turning 60, something which has occupied my thoughts a great deal lately.

We've all heard the expression, "You're as old as you feel." Well that may be true, but then, why is the hardest thing about turning 60 trying to deal with other people's attitudes?

And what is 60 years old anyway? Does 60 mean that I am supposed to be walking slower? Well, I can walk a mile in 20 minutes. Can't be that.

Am I supposed to have gray hair? My hair has been gray since I was in my early 40's so it isn't that. Am I supposed to succumb to a middle-age bulge? Well, maybe a little, but overall, healthy eating and exercise have kept me fairly trim.

Am I supposed to be too embarrassed and intimidated to try new things and to stay in vogue? Hmmmm....I plan on going downhill skiing this winter, and I can't wait to try white water rafting. I draw the line at bunji jumping...well, twist my arm! I like to wear skirts above the knee, shorts, blue jeans, T-shirts and anything else that catches my eye. So that's not it.

Am I supposed to be afraid of the future, one step closer to the grave and all? I have a lot more life to live than some people and a lot less than others. So why waste time worrying about it.

Finally, am I supposed to stop having fun because I've reached the respectable age of 60? Not likely. Whenever I hear fiddles, my toes start to twitch and I can dance all night. In fact, I still do dance all night on occasion.

So what, then, does being 60 really mean? It means I can eat what I want, when I want. I can sleep when I want. It means freedom, beautiful freedom to be myself and indulge me.

Beyond that, being 60 is not very different from 50 or 40. No earth-shattering thing happens when you turn 60, and your life simply continues to unfold if you only let it. Look at life and its experiences as a learning process that leaves you with more unanswered questions than you started with. What you think is an answer is always followed by a question mark, and the best you can hope to come away with is the realization of how little you really know. Have the courage and determination to keep exploring.

There is a quote that I read or heard somewhere that goes something like, "Life is what happens while you are making plans for other things." I would put it another way. I believe that as long as you make plans, as long as you keep active and involved, real living happens. Meanwhile, I have plans for this weekend, plans to go bladin'!

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THE BELLOWS

ACTIVE LIVING CENTRE

Show your support for the Olde Forge Community Resource Centre
Your generous donation will improve lives of seniors in your community by:

- Providing a place where seniors can socialize and learn
- Providing transportation services to less mobile seniors



DONATE TODAY!

I WANT TO ENHANCE THE LIVES OF SENIORS IN MY COMMUNITY !

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

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

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

☐ Visa ☐ MasterCard Card Number: _____

Expiry Date: (MM/YY): ____/____ CVC: _____ Signature : _____

Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone : _____ - _____ - _____ Email: _____

☐ Yes! Please sign me up for the email newsletter.



OLDE FORGE

COMMUNITY RESOURCE CENTRE

2730 Carling Ave

Ottawa, ON K2B 7J1