



2025-2026 ANNUAL REPORT



Connecting People and Creating Communities

LAND ACKNOWLEDGEMENT

The work of Olde Forge Community Resource Centre takes place on the unceded and unsundered territory of the Anishinaabe Algonquin Nation. Our occupation of this land is part of a continuing legacy of colonialism marked by racism, displacement, and the loss of land, language, and culture for Indigenous peoples. We honour the rich history and enduring presence of the Algonquin Anishinaabe, and recognize our responsibilities for those of us who are settlers on this land.



FORGE
COMMUNITY RESOURCE CENTRE

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ABOUT US

The Olde Forge is a non-profit community-governed organization established in 1978 and located in the heart of Britannia, at the intersection of Carling Ave and Richmond Rd.

We support older adults and adults living with disabilities to enjoy the best possible health and well-being by providing community support services and programs.

We work with community members to make our neighborhood and our city an even better place to live.

Olde Forge is deeply connected to the community and strive to serve all seniors and adults with disabilities including those who are:

- Isolated seniors
- Living with cognitive support needs
- Living with low-income
- From racialized or newcomer communities

Our Mission

Empower older adults and people with physical disabilities to live well and maintain their independence at home.

Our Vision

To be a valued health system partner, supporting people to live well at home for as long as possible



Our Values

Client-centered care.

We are trustworthy and work to create an environment that is accessible, inclusive, caring, uplifting, and empowering.

Community well-being.

We engage with our community, build strong partnerships and create meaningful opportunities for connection.

Continuous improvement

We challenge ourselves, evaluate our impact and embrace new ideas to better serve our community.

Our Strategic Priorities

Deliver high-quality support services that empower older adults and adults with disabilities to live well at home.

Expand community and government awareness and understanding of our services and their impact for seniors and adults with disabilities

Strengthen the capacity of the organization to deliver a more effective and efficient mix of hands-on care and technology

REFLECTIONS FROM OUR EXECUTIVE DIRECTOR

2025 emphasized the importance of social connection and community support to our health and well-being. For older adults and adults with disabilities opportunities to stay active and build meaningful relationships can reduce isolation, strengthen resilience, and support continued independence. This understanding is at the heart of everything we do at the Olde Forge Community Resource Centre.

Over the past year, over 500 older adults participated in our recreation, Oasis, and lunch programs. They enjoyed outings, exercise classes, nutrition programs, educational workshops, health and safety clinics, preventive wellness activities, and entertainment of all kinds. Another 1500+ accessed footcare, transportation, home help, and other programs with the shared goal of remaining active, connected, and independent.

We also continued to strengthen our connections beyond our doors. Through community outreach we introduced more people to the programs and supports available at the Olde Forge. We created exceptional new partnerships to expand the opportunities and resources we could offer our community.

This was also a year of change and renewal within our organization as we welcomed new staff, board members and volunteers who brought fresh ideas, skills, and enthusiasm to complement our already remarkable team. We explored new fundraising activities while continuing cherished traditions, like our popular bake and pudding sales. Each initiative helped raise both funds and awareness while strengthening the sense of community that makes the Forge so special. Behind the scenes, we made important investments in our future. We completed a new

strategic plan for 2026–2029, establishing clear priorities for the coming years. We also transitioned to a new client management system to capture better data, understand community needs and align ourselves with community service partners. Like many non-profit organizations, we are navigating challenging times. The number of older adults in our community is increasing, demand for services continues to grow, and limited resources require us to be increasingly creative and resourceful. Nevertheless, we move forward with confidence because we know we are not doing this work alone.

We are deeply grateful to our volunteers, staff, board members, community supporters, and corporate donors. Their generous contributions of time and resources make it possible for the Forge to remain a warm place where people not only connect and thrive, but belong.

We know that together, we can build a healthier, more connected community.

Warmly,

Colleen Taylor
Executive Director



VOLUNTEERS

This year, **125 volunteers** generously contributed **5004 hours** across Olde Forge Community Resource Centre programs – an extraordinary show of commitment that continues to enrich our services and strengthen our community.



At the Olde Forge Community Resource Centre, our volunteers are the heartbeat of our organization, embodying the spirit of community and dedication that defines us. Our volunteers have made an immense impact in many areas. Every volunteer plays a crucial role, contributing their time, skills, and energy to support our mission and enrich the lives of those we serve. Their commitment is the cornerstone of our success, and we are profoundly grateful for their support.



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

5 years

- Abha Goomar
- Ann Shaughnessy
- Barbara Kornack
- Cathie Hendley
- Catherine Farrow
- Jocelyne Dubois

10 years

- Brenda Chapman
- Geoffrey Boyle
- Lynn Miskelly
- Doug Yonson
- Susan Fortin
- Liddell Malan-Bennett
- Louise Poirier
- Janice Bridgewater

15 years

- Mary Leclair
- Michael Roche
- Peggy McHugh
- Susan Wormington
- Freddie Pitz

20 years

- Carol Doyle

Volunteer AWARD

Doug Yonson's dedication, advocacy, and meticulous attention to detail have made a lasting impact at the Olde Forge. Since joining the Income Tax Clinic as a volunteer in 2015, Doug has been a tireless champion for low-income clients, directly bringing key tax issues to the Canada Revenue Agency (CRA) to ensure community members get the support they deserve.

Drawing on his background as a former Editor with the Ottawa Citizen, Doug generously lends his sharp editorial skills to edit The Bellows, helping share the stories and mission of the Olde Forge. Doug cares deeply for his community and the Olde Forge thanks him for being part of ours.

Volunteer of the Year



Doug Yonson

**Barb Lajeunesse
Community Builder Award**



John Lammey

John Lammey joined our board of directors in September 2024 and immediately took steps to get to know the Olde Forge. He quickly gained an appreciation for the work of our staff and volunteers and chose a few places where his skills would be best used.

John's resume tells us that he is a dedicated community member with a strong background in risk management corporate governance. What it doesn't say is that he is a compassionate, thoughtful person who puts family and community as a priority. John's attention to detail serves the Forge very well in his roles as Vice Chair of the Board of Directors, Finance Committee member, volunteer receptionist and volunteer extraordinaire in many other places including fundraising and community outreach events.

We are thankful to John and are pleased to name him as our recipient of the Barb Lajeunesse Community Builder Award..

NEW INITIATIVES



INTERGENERATIONAL PROGRAMMING

During the spring of 2026 the Adult Day Program was exploring new directions for the the program. Intergenerational programming immediately stood out as an area that would provide a rich connection for our clients. Beginning in April we invited a group of young families to join the program for part of the morning. From the first moment the children arrived it was clear how joyful and life-giving these interactions would be.



The morning is spent with clients interacting with both children and their parents. The program begins with the children having free play time with toys as the clients interact and engage. Part way through the morning we move to tables where an art project is set out for both the families and clients to work on. The energy and joy is contagious as the clients and families work together and create side-by-side. It is clear that this new initiative is providing a rich integrational experience both for our clients and the families themselves.

The Horsepower for Seniors program



A welcoming and therapeutic program designed to foster meaningful connections between seniors and horses in a peaceful, supportive farm environment. The program provided participants with an opportunity to slow down, enjoy the outdoors, and experience the calming and rewarding presence of horses. The Therapeutic Riding Association of Ottawa Carleton (TROtt) partnered with the Olde Forge Recreation and Oasis programs to deliver this unique program. The riding association trained staff, and volunteers provided gentle, hands-on, unmounted activities allowing participants to interact with horses at their own comfort level while developing a sense of connection, confidence, and enjoyment.

Participants took part in a variety of engaging and interactive activities, including:

- Meeting and greeting the horses
- Grooming and horse care
- Bonding and connecting with horses
- Fun horse trivia games
- Mindful group interactions and discussions about experience with horses
- Building connections with one another, staff and volunteers in a relaxed social setting.
- Enjoying the farm environment, time outdoors, the peaceful surroundings, and the positive atmosphere of the farm.

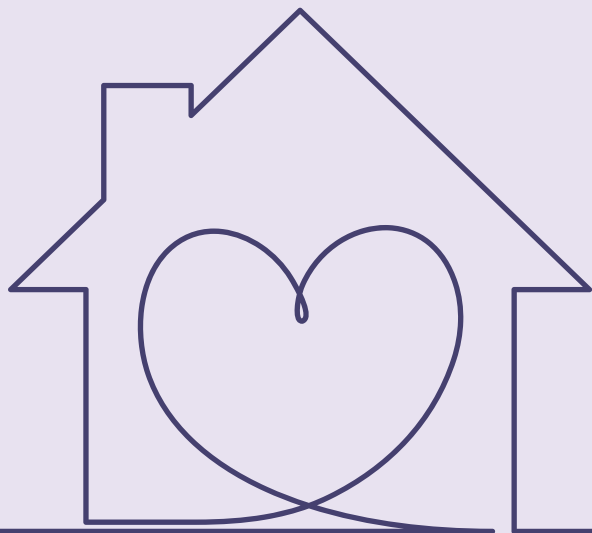


Horsepower for Seniors benefited participants by promoting social connection, emotional well-being, relaxation, and meaningful engagement. Spending time with horses provided a calming and enjoyable experience while encouraging participants to be active, curious, and socially connected.

The program offered seniors a chance to try something new, create positive memories, and enjoy a supportive environment to interact with animals and others at their own pace.



PROGRAM HIGHLIGHTS



OASIS

An innovative model that offers programming for older adults living within a NORC (naturally occurring retirement community).

The Oasis program offers participants weekly social programming, physical activities, and nutrition- and health-based programs designed by and for members, all with the aim of supporting them to age well at home. With over 211 registered members, the Ambleside site of the Oasis program operates out of three condo buildings on Ambleside Drive.

Some highlights of our 2025-2026 community initiatives include:

- A monthly waste reduction initiative run by a member;
- Our monthly Good Food Market in partnership with the Ottawa Good Food Box;

- A closer partnership with the local Men's Shed;
- Health initiatives including the expansion of an annual health fair, vaccine clinics, heart valve clinics, hearing clinics, Blood Donation drives at Canadian Blood Services, participation in research studies, co-development of a cognitive health program with Queen's University and presentations galore (on vision loss, cancer, mental health, gut health, nutrition, foot health, diabetes, arthritis, occupational therapy, and assistive devices);
- Outings to several locations around Ottawa, including the Mississippi Textile Museum, the One World Bazaar in Manotick, concerts at the NAC and Meridian Theatres at CentrepoinTE, and the Therapeutic Riding Association of Ottawa (TROtt).



Oasis is unique as it seeks to empower older adults to identify their needs and determine the services and activities which best meet those needs (Donnelly et al, 2019).

Oasis includes programming, developed by members, designed to foster movement, healthy nutrition and socialization to support older adults to age within their communities.

Since starting the Environmentally Conscious Condo Occupants initiative in 2025, member Maryanne MacDonald has helped divert over hundreds of items from the landfill, including 26 pieces of luggage, 59 pairs of shoes and 27 pairs of eye glasses to be re-used; 284 milk bags, repurposed to make mats for those experiencing homelessness; 800+ grams of plastic tags, 1100+ grams of can tabs, and 900+ plastic bottle caps; 32 small electronics and computers, over 60 bulbs, and 8+ kg of batteries; 285 egg cartons, donated to the local food bank to redistribute eggs in bulk into household quantities

Each month, Oasis Ambleside members drop accepted items at a designated time and Maryanne ensures the items she collects are delivered to the local businesses and organizations that take care of the recycling or repurposing. She and another member, Cathy MacLean, have also become formal Waste Reduction Champions with the City of Ottawa and taken the lead on educating all residents of their condo about items that can be redirected from the garbage bin to recycling and compost.





GOOD FOOD MARKETS

The monthly Good Food Market at Ambleside continues to offer opportunities for members to shop in-house, accessing affordable, fresh, and healthy produce in partnership with local non-profit Ottawa Good Food Box. Additionally, leftover fruit and veggies from the market are donated to another aging in place program within the catchment that runs in Ottawa Community Housing, so the initiative also benefits community members outside of Oasis. In fiscal 2025-2026, market-goers purchased over \$16,000 worth of affordable produce, supporting local farmers (whenever possible) and the delivery of programs supporting equitable food access across three non-profits!

MEN'S SHED

In 2025-2026, the Ambleside Men's Shed and Ambleside Oasis partnered closely on several event series, including live music evenings which drew a full house each time, Lunch & Learn sessions on the use of AI in everyday life, and several health initiatives, including presentations, clinics and a health fair. The Shed has brought more men into community life—and increasingly into OASIS itself. Men help with OASIS events, contribute ideas and programming, provide volunteers and even help offset some OASIS costs. In return, OASIS provides connections, opportunities and a community infrastructure that has helped the Men's Shed flourish. In other words, each group reaches people the other might not—and together they make the whole community stronger. Knowing a good thing when they see it, they have continued to expand on this partnership in 2026...

The Ambleside Oasis community is a tight-knit group of committed members with a clear vision for aging well, and it shows in the myriad ways that, with support from their Program Coordinator, they've developed meaningful programs to meet their needs.



\$16, 000 worth of
affordable produce
supporting local farmers



ROSEWOOD

Rosewood continued to be a vibrant place for connection, learning, and healthy aging this year, with 54 members participating in a wide range of social, nutrition, physical activity, and educational opportunities.

Social connection remained at the heart of Rosewood. Throughout the year, 141 social programs welcomed a combined 1,640 member visits, creating regular opportunities for members to connect with one another, build relationships, and remain engaged in their community. Members also participated in 22 nutrition programs, with 406 member visits, and 86 physical activity programs, with 496 member visits, supporting healthy eating, movement, and overall wellbeing.

Community partnerships further expanded the range of information, resources, and preventative health services available to members. Partners offered diabetes, heart valve and hearing screenings; flu and COVID-19 vaccination clinics; nutrition and falls-prevention programming; and workshops addressing financial literacy, fraud prevention, fire safety, brain health, mental wellbeing, advance care planning, and end-of-life options. These opportunities were made possible through partnerships with the Good Food Box, Pinecrest-Queensway Community Health Centre, University of Ottawa Heart Institute, eatwellbewell, BuildAble, St. Mary's IDA, Ottawa Police Service, The Dementia Society, Dying With Dignity, Ontario Health atHome, Ottawa Fire Services, Compassionate Ottawa, Geriatric Psychiatry Community Services of Ottawa, Chartered Professional Accountants, and HearCANADA.

Together, these programs and partnerships helped Rosewood provide members with meaningful opportunities to stay connected, active, informed, and engaged throughout the year.



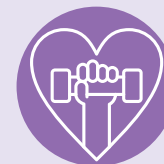
54 Members



141 social programs



22 nutrition programs



86 physical activities



RICHMOND HEIGHTS

This year, 63 members made Richmond Heights a lively and engaged community, coming together for opportunities that supported social connection, physical health, good nutrition, and continued learning.

Members took part in 99 social programs, generating 975 member visits throughout the year. Physical activity was another strong area of participation, with 72 programs and 739 member visits, while 15 nutrition programs welcomed 274 member visits. Together, these activities offered members many different ways to stay active, build friendships, share experiences, and support their wellbeing.

Richmond Heights also welcomed an impressive range of community partners, bringing valuable health services, practical information, and educational opportunities directly to members. Activities included heart valve, diabetes, and hearing screening clinics; falls prevention and nutrition programming; and sessions on fraud prevention, fire safety, brain health, mental wellbeing, financial topics, advance care planning, and end-of-life options.

Throughout the year, members benefited from the expertise of Service Canada, Good Food Box, Canadian Women's Heart Health, University of Ottawa Heart Institute, BuildAble, Pinecrest-Queensway Community Health Centre, Ottawa Police Service, The Dementia Society, eatwellbewell, Dying With Dignity, Ontario Health atHome, Ottawa Fire Services, Geriatric Psychiatry Community Services of Ottawa, Compassionate Ottawa, HearCANADA, and Chartered Professional Accountants.

- The strong participation seen throughout the year reflects what Richmond Heights is all about: bringing people together and creating opportunities to stay active, informed, healthy, and connected to community.

63 Members



99 social programs



15 nutrition programs



72 physical activities



COMMUNITY RECREATION

Over the past year, our seniors had the opportunity to explore the rich history, natural environment, and cultural heritage of the Ottawa Valley through nine group outings.

Participants enjoyed guided tours of Pinhey's Point Historic Site and the Canadian War Museum, explored the historic village of Merrickville and learned about environmental conservation at the Rideau Valley Conservation Authority's Chapman Mills Conservation Area. They celebrated the fall harvest with a seasonal apple-picking outing. We offered two scenic boat excursions on the Rideau River, and a wellness retreat in rural Richmond, Ontario, along the historic Jock River.

Our Recreation and Adult Day Programs joined forces for a meaningful visit to Madahoki Indigenous Farm, where participants learned about Indigenous culture and the significance of the Sacred Spirit House.

We were pleased to welcome seniors from the Pinecrest Queensway CHC Multicultural Seniors Program who joined us for the apple-picking and Chapman Mills Conservation Area outings. These experiences helped foster inclusion and community connection while providing seniors with enriching opportunities to explore and engage with the region.

Collectively, 138 seniors participated in these outings, creating opportunities for social connection, learning, recreation, and wellness.



138 Clients



Over **5,000**
program
attendances



The Adult Day Program provides a welcoming and supportive environment for up to 12 clients per day, with a focus on meaningful engagement and social connection.

Clients enjoy engaging sessions, ranging from live music and storytelling to presentations by field experts on a variety of topics.

CLIENT COMMENT

"The Olde Forge has introduced me to many great people. It just makes me feel good to get up and do something. Being involved with the Olde Forge has been really good and enjoyable to me"



ADULT DAY PROGRAMS

Highlights this past year included Laurence Wall sharing insights into 20th-century Canadian history and the advent of radio. Monthly baking activities and expanded arts programming have added new opportunities for creativity and self-expression, with clients taking pride in their completed projects. Themed activities and gardening have also added variety, with clients planting vegetables and herbs that were later enjoyed in fresh salads at lunch.

- **Partnership & cultural experiences:** In July 2025, the Adult Day Program partnered with the Recreation Department for a joint excursion to Madahóki Farm, an Indigenous cultural destination featuring Spirit Horses. Clients learned about Indigenous culture and traditions specific to our region while experiencing this unique setting. The outing was warmly received and thoroughly enjoyed by those who attended.
- **Community connections:** Monthly dog visits continue to be a favourite, while an intergenerational program developed toward the end of the fiscal year has since become a monthly initiative, bringing clients and younger generations together to share experiences and build connections.
- **Volunteer engagement:** Dedicated volunteers contributed over 2,000 hours throughout the year, providing valuable support to daily programming and enhancing the day-to-day experience for clients.



35 clients



870 program attendances

DINERS CLUB

- **Social connection & celebration:** 21 luncheons were held throughout the year, with live music at every gathering and special themes incorporated around holidays and occasions. These celebrations gave clients an opportunity to share good food, music, and friendship in the company of others.
- **Community generosity:** The Diner's Club partnered with Smiles for Seniors, who generously provided each client with a personalized gift based on their individual wish list. The beautifully prepared gift bags were a meaningful surprise, and many clients were deeply moved by the thought and care behind the gifts. For some, the experience was especially meaningful as a reminder that they are valued, remembered and part of a caring community.
- **Delicious meals:** Lunch is catered through our community partners, providing clients with a nutritious and enjoyable meal as part of their outing.

The Diner's Club provides up to 20 clients with a bi-weekly opportunity to enjoy lunch, live music, and time with friends in a relaxed community setting. The program offers a social outing outside of the home and away from a medical environment.

- **Volunteer engagement:** 2-5 volunteers support each luncheon, contributing approximately 370 hours throughout the year. Their familiar faces and ongoing involvement are an important part of what makes each Diner's Club gathering special.



21 Luncheons to **54** Clients
5 Volunteers Contribute
370 hours throughout the year

CAREGIVER SUPPORT GROUP

- **Learning and shared experience:** Regular gatherings aimed to include a facilitator who led an hour-long session on a topic of interest or importance to caregivers. Participants asked questions, exchanged practical tips, and shared resources and information gathered through their own caregiving journeys.
- **Community and connection:** Facilitated sessions were followed by a complimentary meal, providing additional time for conversation and socializing in a welcoming environment.
- **A place to feel understood:** While friends and family can provide valuable support, those living a similar experience often understand the unique nuances of caregiving in a way others cannot. Caregivers have shared the positive impact the group has had on their lives and how much they value having a place where they can speak openly, learn from others, and feel understood.

The Caregiver Support Group meets on the last Wednesday of each month for a two-hour gathering, offering caregivers a consistent and manageable opportunity to step away from their responsibilities and spend time with others who understand the caregiving journey

- **Consistent engagement:** The group had 83 individual attendances throughout the year, with a core group returning regularly. Only a small number of participants attended fewer than five times, and many have shared that they try not to miss the monthly gathering whenever possible.



FOOTCARE

- **Qualified care:** Services are provided by Registered Nurses and/or Registered Practical Nurses with Advanced Foot Care training who are in good standing with the College. Each nurse works from their own station to provide individualized care.
- **Personalized support:** Nurses provided recommendations tailored to each client's individual footcare needs, helping clients better understand and maintain their foot health.
- **Volunteer support:** Volunteers are essential to the success of the clinic, providing support with client triage, appointment flow and bookings, reception, and payments. Together, their contributions total over 550 volunteer hours throughout the year, helping ensure the clinic ran smoothly and clients received a welcoming experience.

The Footcare Clinic operates every Thursday from 8:30 a.m. to approximately 2:00 p.m., serving approximately 30 clients per clinic. Open to community members 55 and older, the clinic provides professional, accessible footcare in a welcoming setting.



452 clients



2166 individual appointments

HOME HELP & HOME MAINTENAINCE

A Helping Hand at Home

Home is where most of us want to stay as we age, but keeping up with household tasks and maintenance isn't always easy. That's where Olde Forge's Home Help and Home Maintenance programs come in.

This year, 142 clients received 1,830 Home Help services, providing support with household tasks and helping make day-to-day life at home a little easier.

Another 121 clients received 834 Home Maintenance services, helping them keep up with the practical and seasonal work needed to maintain a safe and comfortable home.

Behind every one of those 2,664 services is something bigger: a task taken off someone's plate, a safer and more comfortable home, and one more way for a community member to maintain their independence.

At the Olde Forge, supporting aging in place means more than providing services; it means helping people continue to feel at home in their home.



263 clients



2,664 service visits



TRANSPORTATION



Helping Our Community Stay on the Move

Reliable transportation plays an important role in helping older adults and adults with disabilities remain independent and connected to their communities. The Olde Forge's Transportation Program helps clients get where they need to go, whether for medical appointments, essential errands, programs, or other important activities.

This year, we were delighted to welcome Yaqoob, our new driver, to the Olde Forge team. Yaqoob has quickly become a valued part of our transportation service, providing clients with a friendly and dependable ride while helping them stay connected to the services and activities that support their wellbeing and independence.

We are excited to have Yaqoob on the road representing the Olde Forge and supporting our community!



254 clients



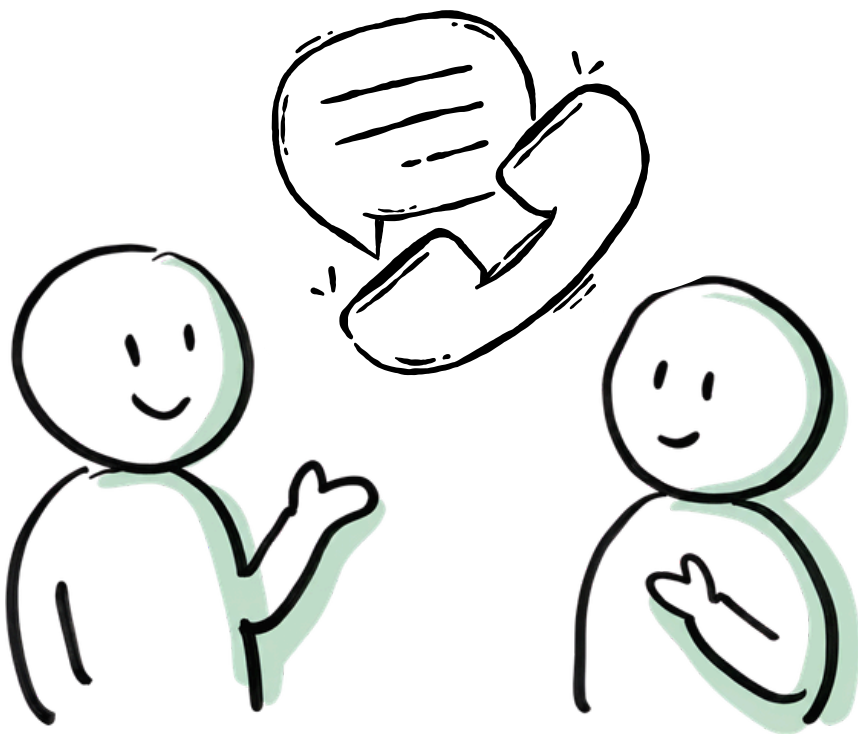
4,944 drives



FRIENDLY VISITING

Our Friendly Visiting program is all about the simple but meaningful power of connection. Through regular one-on-one calls, older adults and adults with disabilities have opportunities to connect, share stories, enjoy a laugh, and build genuine relationships in a warm and welcoming way. For individuals who may spend much of their time alone, these friendly conversations can become an important and anticipated part of their routine.

More than just a friendly check-in, the program creates space for companionship, belonging, and community connection. Whether chatting about family, hobbies, current events, or everyday life, each conversation is an opportunity to listen, connect, and remind community members that they are valued and part of the Olde Forge community.



24 clients



833 calls

COMMUNITY ENGAGEMENT

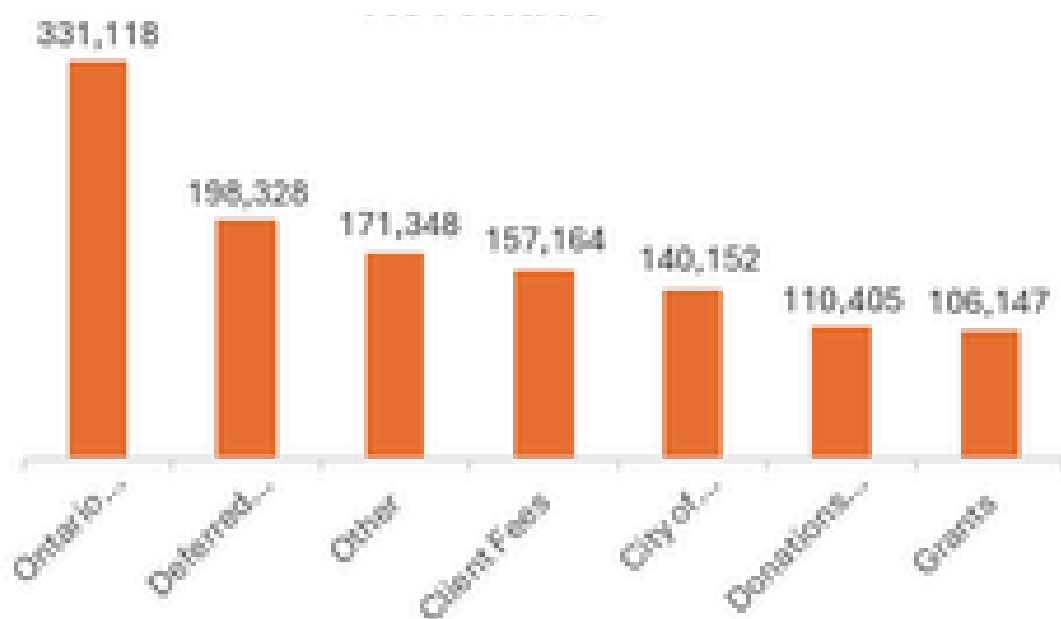
The Olde Forge was proud to take part in The Grand Parade, a nationwide fundraising walk celebrating and supporting older adults in our communities. Staff, volunteers, community members, and supporters came together to walk, connect, and raise awareness of the important role community-based programs play in helping older adults remain active, independent, and connected.

More than a fundraiser, the event was an opportunity to celebrate our community and the people at the heart of Olde Forge. We are grateful to everyone who walked, donated, volunteered, and cheered us on. Your support helped the Olde Forge continue to provide programs and services that strengthen connection and support aging well in our community.



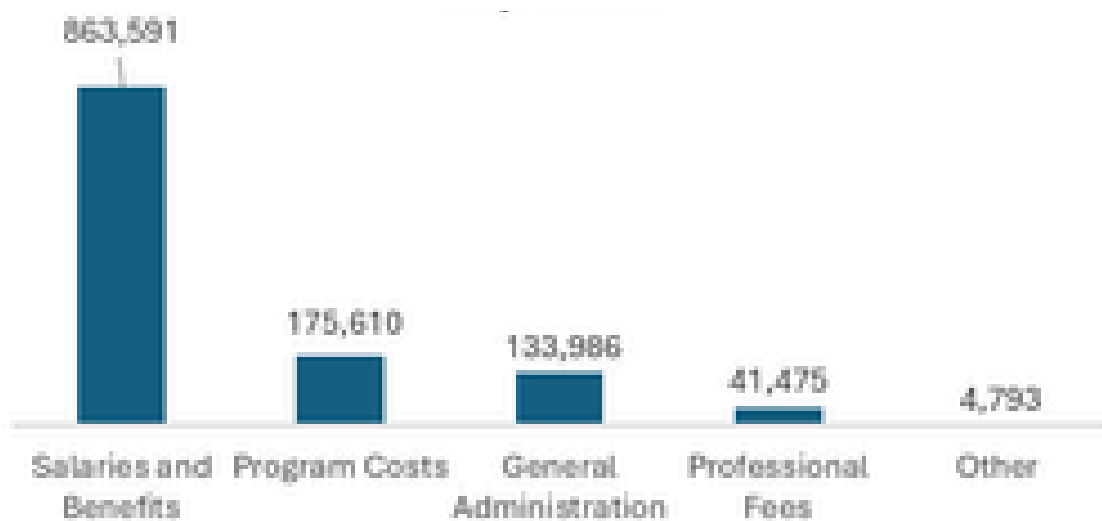
FINANCIALS

Revenues



\$1,214,661

Expenses



\$1,219,445



BOARD OF DIRECTORS

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Co- Chair

John Lammey,
Vice - Chair

Annam Ganesan,
Treasurer

Carol Doyle,
Secretary

Joel VanSnick,
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Our dedicated staff

Thank You

to our generous funders



**Ontario
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Funded by the
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OACAO

Westboro Branch 480

Legion 

389-391 Richmond Rd.



The Voice of Older Adult Centres
La voix des centres pour aînés

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