



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 71, SPRING 2021

WINTER OF QUARANTINE

Well, we did it! We made it through the "Winter of Quarantine". Thanks to a reasonably mild winter, many of us were able to clip on our ice grippers, snowshoes, skis or skates and get out and enjoy some of the best winter weather we have had in years! Thanks to the wonders of technology, we all learned a new word- ZOOM! I think many of us surprised ourselves with our tech-ability as we learned to join virtual fitness and social programs to keep ourselves physically and mentally strong during the long winter months. And we single handedly brought back the lost art of Talking on the Telephone! Those many chats with family and friends brought back fond memories of time spent chatting on those stationary phones with the rotary dials (or buttons that you could actually push) and the extra-long telephone receiver cords. And if you were really fancy you may have had a shoulder rest added on to the receiver for added comfort during those extra-long gab sessions-Ah memories! I am sure even though we did our best to put a positive spin on the Winter of Quarantine, we can all agree that this is probably the most excited we have ever been to welcome Spring and all the additional freedoms that will come with the warmer weather!



VOLUNTEER APPRECIATION WEEK APRIL 18TH-24TH: *THE VALUE OF ONE; THE POWER OF MANY*

The Olde Forge would like to send our most heartfelt thanks to all our volunteers. In a year that has been especially difficult for seniors and adults with physical disabilities, your commitment and dedication to the Olde Forge has made a tremendous difference in their lives. From delivering food hampers, making friendly check-in calls, running remote income tax clinics, supporting virtual programs, and then helping us reach over 500 seniors to support the vaccine roll out you have helped our most vulnerable citizens feel safe and supported. We are forever grateful!



A MESSAGE FROM THE BOARD

I hope you and your loved ones are well. I type this letter with the sun shining through the open window and a cup of joe in hand. Spring is finally here, so it's time to go outside and enjoy the fresh air!

March 17th marked the one-year anniversary the City of Ottawa entering a State of Emergency due to the COVID 19 pandemic. Can you believe we have been at this for a whole year? For many of us the time has flown by as we scrambled to care for that which we treasure. And for others the days have dragged on. I hope you have found balance in your life and made the most of past year regardless.

This Spring brings with it signs of hope. We are in the midst of the greatest vaccination campaign to-date- many of you may be vaccinated already or awaiting your first shot. Take the vaccine. It will lessen any symptoms of COVID and could potentially save your life or the life of someone close to you. This applies to those of you who are much younger and healthier too, take the vaccine. This is a group effort and we desperately want to see everyone back together soon. If you are not sure about where and who can get the vaccine, please reach out to the Olde Forge. We can provide information on booking your appointment and our transportation team is available to help get you there.

As many of you may know, the Olde Forge is considered an essential service provider. We provide many services that require us to be in close contact with clients, and for that reason, we will continue to sport our masks and other protective gear. We will follow the most up to date Public Health guidelines to ensure the safety of all our clients, volunteers and staff. I encourage you to take a moment to thank the essential workers in education, health services, grocery and retail, public transportation, (and the Olde Forge staff of course) who have helped and continue to keep our great city moving along.

Take care and be safe,



Joel Vansnick
Chair, Board of Directors



Colleen Taylor
Executive Director

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

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SUMMER HOURS

July and August, we are
available from 9am -3pm
Monday to Friday
www.oldeforge.ca

VOLUNTEER CORNER

THREE CHEERS FOR THE TAX TEAM!

Spring is always a busy time for our Income Tax volunteers. The telephone at the office rings non-stop with inquiries and the drop-box at the Forge is always full of requests. Even though our Income Tax Clinics have had to move from an in-person to a drop off format to support COVID restrictions, the applications keep on pouring in. Its popularity clearly speaks to the need for this service for low-income seniors in our community. The Olde Forge would not be able to run this vital program without the support of our dedicated group of income tax volunteers. This year the Olde Forge Income Tax volunteer team will help over 700 low-income seniors file their Income Tax. Way to go tax team!

SHARING THE CARING

The Olde Forge with help from our friends at Amica Westboro and Biagio's Italian Kitchen delivered some extra special love to some seniors and their caregivers on Valentine's Day. Volunteers took time out of their day to help deliver over 80 Italian meals to clients and their caregivers. Dinner was followed by an evening of virtual entertainment where local storyteller Mary Wiggin Mercier shared a series of love stories over our Mercuri telephone line and Erin from AMICA Westboro took us on a virtual travel adventure to exotic Bali.

"Thank-you so much for all you do for the seniors! My dad enjoys going to the Alzheimer's group activities with Old Forge and my mom really appreciates the support. They LOVED their dinner last night (and have enough left over for at least 1 more meal)! Thank-you to all involved."



AMICA
WESTBORO PARK

BIAGIO'S
KITCHEN • CATERING



MEET THE STUDENT

Hello, my name is Jocelyn Baetz. I am from Saskatoon Saskatchewan but had the opportunity to move here to Ottawa to continue my education at Carleton University. I am currently in her fourth year of social work and did my winter term placement here at the Olde Forge.

Despite not being able to meet anyone in person, the virtual zoom and phone calls still allowed for such a meaningful connection and I can understand why everyone says the Olde Forge is like one big family. I have really enjoyed my time here at the Old Forge and sad that it is over. I am grateful for all the staff, clients, and volunteers I have met along the way and the wonderful learning experience it has been.

TECH SUCCESS - A TECHNOLOGY LEARNING SUCCESS STORY

It all started with a Facebook request from the Olde Forge back in November 2020: a new program that aims to reduce isolation among seniors during the pandemic, looking for "tech savvy" volunteers. This sounded like the perfect opportunity to satisfy my curiosity about the lovely historic building right across the street from my new home in Britannia, so of course I had to give this a go!

The new program consists of providing iPads to seniors who are interested in learning how to attend virtual events on Zoom, speak to family members over FaceTime, connect with friends via email and other platforms, practice surfing the web, or do a little bit of online shopping, that sort of thing. The call for volunteers resulted in a wonderful group of around 10 people who agreed to go through some training with a wonderful partner called Connected Canadians. They helped us understand how best to support all kinds of different requests, completely over the phone, which can sometimes be a challenge! They also provided further training for me to help Scott and Elizabeth with the evaluation process for each of the "Technical Support Volunteers" so that everyone could get the Olde Forge Stamp of Approval before working with their clients. So I had the privilege of getting to know 3 of the volunteers a little bit better in the process.

Though I've had a few one-time sessions with clients, I've been meeting regularly with Linda now since January, 2021 on a weekly basis. We get together over the phone, catch up on each others' fun-filled lockdown lives, and then we practice mastering things like FaceTime video calling, sending jokes and reviewing messages over email, and using the keyboard like a pro. We've managed to get onto YouTube once, and we are planning on surfing the web next time we get together. Linda's church has a fantastic website, and I want to show her some great musical websites since she's a big music buff. She's also very cautious, she knows to avoid scams over the phone and checks with me if something doesn't seem right so that she's sure her private life stays private. Smart cookie that one!

We still have lots to explore, but I think soon Linda will be the one coaching her friends at The Olde Forge, you just wait and see!

-Jocelyne, Olde Forge Tech Volunteer



If you would like more information on the Technology lending and Technology support program at the Olde Forge, call Scott at 613-829-9777 or visit our website www.oldeforge.ca

YOUR OPTIMAL HEALTH

QUARANTINE SUCCESS STORIES

During this extraordinary time of isolation and stress, mental health has become an important topic of discussion. Navigating ways to support our mental health have been extremely challenging as many of our social outlets have been restricted. Being alone can make it tough to stay mentally engaged, but mental engagement is a vital part of maintaining our overall mental health. So, what can we do to help engage our minds? Well reading the Olde Forge Bellows would be a good answer! If you are looking for some ideas to inspire your mind, check out the following quarantine success stories:



PANDEMIC PERSPECTIVE - REFLECTIONS BY AN OLDE FORGE CLIENT

Meet Claire

The poem at the end of this piece describes me well. I keep busy, mostly on the computer, writing, seeing to my emails, reading, and posting on Facebook and playing backgammon or Golf (the card game) with my daughter, Roxanne. I especially like playing Bridge, Euchre and Canasta. However, this is not nearly as entertaining as when I could play with REAL PEOPLE. I receive a fair number of phone calls and love to check up on old friends and family and especially enjoy listening to the fascinating tales told by my grandson, Mich. This lockdown has meant no more house parties, which is a shame. I loved hosting them and listening to live music in the company of dear friends or family.

I also enjoy cooking, nothing fancy though, soups, stews, curries, stir fries, chick pea salad, and my famous mousse desserts of course! I must confess that I do order in the occasional pizza, Chinese, Lebanese, or Thai food.

My greatest achievement of the pandemic is the publication of my memoirs, a dream realized with the help of my beloved niece, Lynda: More than a bump in the road, Memories of an Ottawa Valley woman, in both paper back and audio. My memoirs were written in tandem with a collection of poems and short stories. I do not know where all this came from. I just woke up one day with all these words in my head. I think of it as a precious gift, much like my talent for painting (miniatures on stone and canvas) appeared overnight after my struggle with breast cancer.

The Olde Forge has been a life saver, not only for me but also for so many other people isolated by the pandemic. The Zoom get togethers and the Mercuri line programs have enabled us to keep in touch with one another, albeit virtually. The staff, notably Vanessa and Scott, and the wonderful volunteers continue to be dedicated and loving throughout this long and never-ending challenge. They are priceless.

YOUR OPTIMAL HEALTH

WHO AM I?

I do know my name
Who am I really?
Shall we play a game?
Perhaps a lady?

A sister, mother
Aunt or friend maybe?

I think a writer

Yes, that's it. Pity
The ink well is dry,
Memories long gone.

I gaze at the sky
Implore saints above

Oh please do bring back
My life history
The faces, I ask
Am only eighty

For I must write more
Am not finished yet
A few pages left
Another chapter
Yes, Another day.



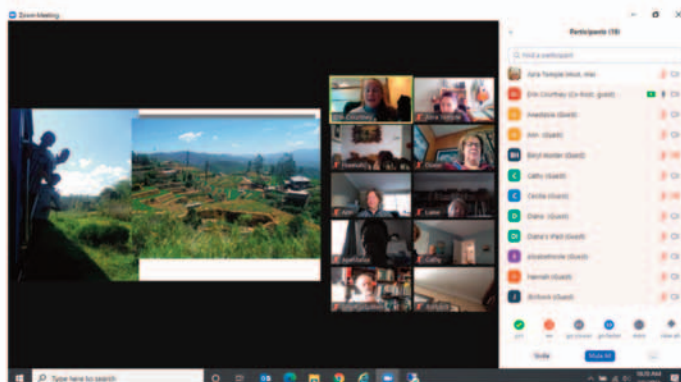
C. Paulin,
July 20, 2020

TAKE A TRIP AROUND THE WORLD: ARMCHAIR TRAVEL

Remember when people used to travel? Yes, before this whole pandemic, people used to explore the world from beyond their front door. Exploring the world around us is a great way to engage and stimulate our minds. One of the most popular programs this winter has been the Olde Forge Armchair travel. This program, courtesy of a partnership with Amica Westboro began on January 8th and has been meeting virtually via Zoom every other week. Armchair Travel allows us to explore the world from the safety of our own homes. So far, we have explored destinations in South America, South Asia and Africa. Erin Courtney, Community Relations Director, at Amica Westboro Park, has taken us with her through personal journeys to these destinations. The one-hour program includes background information about the countries, photos, personal stories, and even has an opportunity for participants to ask questions.

*Exploring the
world has
never been
so easy!*

AMICA
WESTBORO PARK



If you would like more information on the Armchair Travel program, contact Azra at 613-829-9777 Ext 228 or email her at a.temple@oldeforge.ca.

TECHNOLOGY LENDING PROGRAM

Did you know the Olde Forge has a tablet lending program?

If you want to be part of Olde Forge Virtual programs but need technology to participate, this program can get you up and running in no time! Each tablet comes complete with its own internet connectivity so you can access the internet from anywhere. Fitness, friendship and fun is now just a click away!

If you need some help learning how to use the device, our friendly and patient technology volunteers can work with you to ensure you are confident and ready to explore cyberspace.



For more information on the Tablet Lending Program and Tech Support, please contact the Olde Forge 613-829-9777 or email s.roscoe@oldeforge.ca

FITNESS FRIENDSHIP AND FUN

The best part of Olde Forge Fitness (aside from the wonderful participants) are the fitness instructors. These instructors are fun, knowledgeable, motivating, and committed to helping you reach your own personal fitness goals. Let's meet some of the wonderful instructors that make up the Olde Forge Fitness team. Meet the Instructors:



Meet Barb: Barb completed a 200-hour Yoga Teacher Training at Elation Centre Yoga. Her training consisted of practices in the following techniques: Asana, Pranayama, Yogic Lifestyle, Ethics and Philosophy. She also completed additional training to specialize in teaching Chair Yoga for seniors. For the past 8 years, Barb has taught seniors at community centers and retirement Homes. She believes in encouraging participants to engage in their emotional and physical well-being, and in teaching proper alignment, core work, stretches, breathing exercises (pranayama), and meditation. She also likes to share short readings that have inspired her, with a hope to inspire the group's overall sense of well-being as they move on with their daily lives.



Meet Alison: Alison's passion for yoga began over 15 years ago. She is currently teaching regular yoga classes at Beyond Yoga in Kanata and the Olde Forge Community Centre. Alison's goal is to make the practice of yoga accessible and enjoyable to people of all ages. Certified Yoga Instructor (RYT-500)



Meet Felicity: Felicity became a Group Fitness instructor in 1989 and a Yoga instructor in 2002. Her yoga training includes Hatha, Kripala and Aerial (kite) yoga. She has taught in Florida, Mexico and Canada. My intention is to help participants discover their physical potential and go beyond their perceived limitations. Felicity is a certified Heart-wise instructor.



Meet Isabel: Isabel believes that fitness is about feeling good through physical movement and having more energy to enjoy life. She loves seeing her students progress through the moves and choreographed routines to discover they too love Zumba. Isabel's enthusiasm for movement and dance inspires everyone to get into the groove, even those of us with two left feet. Isabel is certified in Canfitpro, Zumba and Zumba Gold (for seniors).



Meet Vihn: Vihn became passionate about Tai Chi while working at Nortel Networks as an Engineer. He experienced the tremendous health benefits first-hand, so decided to enroll in a training program to perfect his moves. He now has over 25 years of Tai Chi experience to share with his class.



Meet Ann: Ann specializes in cardio strength training, Barre, and mat Pilates. Her classes cater to a wide range of clients interested in achieving their maximum fitness level at their own pace. Her aim is to ensure that all her clients feel comfortable and safe working out and to have fun in the process. Ann is certified under CANFIT Pro and BASI Pilates Mat. She is currently working towards her certification with the Canadian Centre for Active Aging.



Meet Janice: Janice started teaching fitness to seniors when she retired. She loves being able to offer a variety of exercises each week that focus on improving cardio, coordination, strength, and balance. She is committed to helping seniors improve their fitness no matter what level they are starting from. Janice is a certified instructor through YMCA Older Adult training program.



Meet Kelsey: Kelsey is passionate about promoting a healthy lifestyle for everyBODY. She has completed an International Masters in Adapted Physical Activity as well as BSc in Human Kinetics and has been involved with a variety of adapted sports and programs, both locally and abroad. Kelsey is a certified Heart-wise instructor.



Meet Hanifa: Hanifa is a certified fitness instructor with 23 years of certified professional teaching experience and has taught older adults throughout her career. In addition, she is an author, advisor, presenter, certified personal trainer, and registered holistic nutritionist.

SENIORS' RECREATION SCHEDULE








OLDE FORGE
COMMUNITY RESOURCE CENTRE

Recreation Programs are available & accessible to all adults 55 years and older and/or adults living with physical disabilities. Please visit our site at www.oldeforge.ca or call us at **613-829-9777**

RECREATION PROGRAMMING





May 3rd, 2021 - August 28th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM	IN PERSON CLASS INSTRUCTION
10:30AM YOGA (Mat)	9:30AM CHAIR YOGA	9:30AM TAI CHI	9:30AM CARDIO, STRENGTH COMBO	10:00AM WALKING GROUP MEET AT AMBLESIDE PARK
	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	
11:30AM MOTION TO MUSIC	11:30 GENTLE YOGA (Mat)	11:30AM FUSION	11:30AM CHAIRFIT 	LOCATED BESIDE 1100 AMBLESIDE DRIVE Parking available on street
VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM		VIRTUAL PROGRAM ON ZOOM
1:30PM CONVERSATION CAFE	1:30AM COFFEE & CHAT WITH DEB	2:00PM AMICA BOOK CLUB To join contact e.courtney@amica.ca		10:00AM ARM CHAIR TRAVEL with Amica First Friday of the month
<p>CONTACT RECREATION MANAGER FOR IN PERSON CLASS DETAILS ** in person class availability is subject to change at short notice due to COVID 19 restrictions**</p> <p>MONTHLY PROGRAM FEE FOR UNLIMITED VIRTUAL PROGRAMMING \$20</p> <p>TO REGISTER CONTACT THE RECREATION MANAGER: a.temple@oldeforge.ca or 613-829-9777 ext 228</p>				<p>10:00AM</p>  <p>FIT MINDS</p> <p>Every Friday except the first one of the month</p>

SENIORS' RECREATION SCHEDULE

PROGRAM DESCRIPTION

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

PROGRAM	DESCRIPTION
Aerobics	Cardiovascular exercise including some weights, beginner to intermediate
ArmChair Travel	From the comfort & safety of your home, explore International travel and destinations
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands used beginner to intermediate
ChairFit 	Upbeat chair exercise with some resistance training with resistance bands and weights, beginner to intermediate
Chair Yoga	Calming meditation & gentle stretching while sitting, beginner
Coffee Hour w/ Deb	Drop in for a friendly chat with our cheerful program assistant, Deb
Conversation Cafe	Conversation group with guest presenters on topics of general interest
Fusion	A barre, dance balance class incorporating, stretching, resistance bands and weights, intermediate level
FitMinds	Exercise for the mind. Word & math challenges with group discussion
Gentle Yoga (Mat)	Floor yoga, perfect for beginner
Line Dancing	Gentle impact exercise with traveling moves, beginner
Motion to Music 	Improving balance & flexibility, perfect for beginners and those recovering from a fall or hip surgery
Tai Chi	Focus on balance, improving circulation & breathing, beginner
Yoga (Mat) 	A beginner/intermediate gentle flow class combining strength, balance & flexibility for the body & mind, intermediate
Zumba Gold	Cardiovascular, dance style workout with a Latin vibe, Intermediate
	Programs with the Heartwise logo have been certified through the University of Ottawa Heart Institute Heartwise program

Follow us on Facebook to receive notifications for Conversation Café & Armchair Travel topics



Thank you to our funders for their generous financial support:



This project is funded by
the Government of Canada.

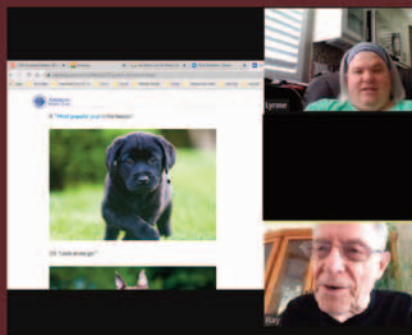


Thank you to our community partners:



ZOOM ONE-ON-ONE

The NEW one-on-one video call program provides a chance for clients to connect virtually through zoom, for a friendly, 30-60 minute video chat with a volunteer. The goal of this program is twofold- to help reduce loneliness and isolation and give a much-needed break to caregivers.



"During these calls we test our knowledge with fun quizzes/trivia, listen to music, explore the world through virtual tours, reminisce about old times, enjoy friendly chats, and just have fun in the process."

To make the activities more engaging, volunteers help to develop programming that is specific to their client's interests. During the first one-on-one call volunteers learn about their client's history as well as their past and current interests.

Zoom One-on-One volunteer Lynn says "It has been a lot of fun interacting and getting to know each other. I always look forward to what we will get up to on our next call. Sometimes it involves a little dancing."

Ray has been part of Zoom One-on One since the program began 4 weeks ago. Ray's wife has found the one-on-one format, even though virtual, has really helped to keep him engaged by putting the focus on him and his interests.

"This program really helps to occupy his time and helps break up the day as we wait for the nicer weather to come. He really misses the people at the in-person programming, but until that can happen again, Ray is very content with his one-hour session. It even allows me enough time to get a few things done around the house or just have a break."

Even though Fran and Ray say they are not the best with technology, the Olde Forge staff and volunteers have been able to help get them set up for the zoom chats and are available to help if any technology problems arise.

"The staff and volunteers have made the set up very easy for us. They have been there to walk us through every step. It is so great to hear Ray laughing and chatting about all of the things he is seeing. I can't believe how well this program is working for him!"

The Zoom One-on-One Program was the vision of our student Jocelyn from Carleton University. We are so lucky to have such innovative students contributing to the growth and development of the Olde Forge and its programs! Congratulations Jocelyn on a job well done!

For more information on the Zoom One-on-One Program, contact Vanessa v.jackson@oldeforge.ca or call her at 613-829-9777 ext.223

VIRTUAL LUNCHEON AND LOVING IT!

Who needs lunch when you are with this bunch!

Even though we miss our delicious meals there is so much more to the Olde Forge Luncheon program than just the food! Our virtual luncheon group has the same great staff, the same amazing volunteers, and there are even more friends to chat and connect with! When you combine all these great people, add a sprinkling of fun games, interesting discussions, and fantastic entertainment you get one amazing program that provides a variety of safe and engaging activities for seniors during the pandemic.

"I have very much enjoyed going to concerts and entertainment and miss that a lot [because of COVID] but then we have our entertainment every Friday that helps. And frankly, because I don't have anyone to visit anymore, the Mercuri calls give me something to look forward to during the day. I look forward to the comradery and communication and laughing with everyone. It has been wonderful, and I have told so many people." - Linda

Not only has the program helped to keep seniors engaged, it has also been a fantastic tool to stave off some of the loneliness that has come with all of the Public Health Restrictions.

"I really have appreciated all the work and care that the Olde Forge staff and their contributors have done to help the seniors in our community to deal with the challenges of the COVID-19, especially during the winter months. And I am an 85-year-old living alone, and I look forward to the calls from the Mercuri phone program Monday through Friday." - Nancy

As the pandemic and all of the restrictions drag on, it is nice to know that the Luncheon program will continue to be there for seniors bringing smiles, laughter and good times to all who join.

For more information on the Olde Forge Luncheon Program, contact Vanessa: v.jackson@oldeforge.ca or call her at 613-829-9777 Ext 223.

CLEAN IN THE SPRING!

HOME HELP

A popular Olde Forge program that offers house-keeping services to seniors and adults with physical disabilities living in Ottawa's West End.



Home Help is a customizable service that focuses on the tasks you need done!

Service may include:

- Vacuuming
- Laundry
- Additional housekeeping chores
- Organizational help
- Light meal preparation

With Olde Forge Home Help you get the same Home Helper at the same convenient time! This keeps scheduling simple and easy.

"I do so look forward to my Home Helpers visit, and much appreciate her empathy and support. I can now look forward to the immediate future knowing that, with her help, I can manage to keep on top of things and enjoy daily living without the stress of wondering how I will manage!"

The health and wellbeing of our clients and employees, is very important to us. For optimum safety, Personal Protective Equipment (PPE) will be worn by Home Help employees for the duration of the home help appointment.

For more information on how you can get involved in the Home Help Program please contact Karen Toll: 613-829-9777 Ext 227 or email: k.toll@oldeforge.ca

Please Note: There is currently a waitlist for this program. If you would like to be added to this list please contact Karen

HOME MAINTENANCE

A home and yard maintenance service for seniors and adults with physical disabilities.

The Olde Forge Home Maintenance Service is like having your own reliable handy-person that focuses on the projects you need completed.

Home Maintenance Services may include:

- Exterior clean-up
- Lawn and garden care
- Patio and outdoor set-up
- Small interior and exterior home repairs and maintenance
- Odd jobs



With the Olde Forge Home Maintenance Program there are no long-term contracts or obligations. Our maintenance employees can work as little or as often as you need. Bookings are done on a job-by-job basis unless otherwise arranged with the Home Maintenance Coordinator. Get the help you need when you need it all at a reasonable rate!

The health and wellbeing of our clients and employees, is very important to us. For optimum safety, Personal Protective Equipment (PPE) will be worn by Home Maintenance employees completing indoor projects.

For more information on the Home Maintenance Program, please contact Elizabeth at 613-829-9777 Ext 226 or email e.parcher@oldeforge.ca

GROCERY SHOPPING ORDER AND DELIVERY SERVICE

Online Grocery shopping can be a frustrating ordeal. Many seniors are not equipped with the technology to support online shopping and others find the process confusing and frustrating. Then there is the whole issue around pick-up- if you don't drive what do you do? There are services that can pick up groceries for you, but that is yet another step in the whole confusing process.

Olde Forge has heard your concerns! Seniors and adults with physical disabilities can now contact the Olde Forge and have their groceries ordered and delivered all in one easy step!

Here is what you do:

- Call or email the Olde Forge with your grocery list
- Grocery orders are filled in a timely manner by Olde Forge volunteers and then delivered directly to your door.



This is a no-contact service for seniors and adults with physical disabilities living in Ottawa's West End

Call: 613-829-9777 Ext 231 or email r.brisebois@oldeforge.ca



OTTAWA SENIORS Transportation to COVID-19 Vaccine Clinics

- **Ask a family member or neighbour** for a ride to your booked vaccine appointment.
- For **Para Transpo** users, there is a dedicated phone line to reserve your ride. **Call 613 842-3600.**
- **Request a ride** through Ottawa Community Transportation either **online or by calling 211.** You will need the date, time and location of your COVID-19 vaccine appointment.



**If you would like to schedule your vaccine drive with the Olde Forge,
Call Ray
613-829-9777
Ext.231 or
Email:**

r.brisebois@oldeforge.ca



Ottawa Community Transportation:
communitysupport.covidresponse.ca

WEBSITE REFRESH!

The Olde Forge has revamped its website to serve you better! Visit www.oldeforge.ca and see how easy it is to find all the programs and services that are available to support your independent living lifestyle. From home support services to fitness and social programs to transportation, it is all here on the Olde Forge website.


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613-829-9777

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Our Services

The Olde Forge supports seniors and adults with disabilities with a variety of services.

[LEARN MORE](#)


**When you can't
be close, we're
here to help
seniors and
their families**



"These are not easy times for any of us, but Mom speaks often of how Redwoods has added many extra lovely touches to do everything possible to care for residents and help them to know they are loved. She also raves about the suppers—they're consistently wonderful!"

Redwoods Resident Family Member

**LIMITED TIME – save
between \$1,000 – \$1,200
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months and up to \$2,500
in moving expenses***

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(613) 986-8082**



THE REDWOODS
RETIREMENT RESIDENCE

2604 Draper Avenue, Ottawa, Ontario

*Terms and conditions apply.



LEARN MORE AT REDWOODSRETIREMENT.COM



GIVE THE GIFT OF FRIENDSHIP, HEALTH AND SUPPORT

Do you love the programs and support services at the Olde Forge? Want to know how you can help?

There are many ways to support the Olde Forge Community Resource Centre whether it is through an individual donation, a tribute or memorial donation, or by setting up Legacy Giving.

As we are a registered charity, your donation is tax-deductible and you will receive a charitable tax receipt for your gift.

Your donation allows the Olde Forge to continue providing affordable programs and support services that enhance the lives of seniors and adults with physical disabilities living in our community.

Make a difference today!



THE MANY WAYS TO GIVE

Individual Donations:

Individual giving is always welcome and very much appreciated! What better reason to give than "just because we love what you do!"

Tribute Donations:

Making a donation to honour a loved one or for a special occasion (birthdays, anniversaries, retirements etc.) is a meaningful way to show your support. If you would like for us to send a special note acknowledging the occasion, please indicate the intent of the donation and any other pertinent information.

Memorial Donations:

A donation to honour the memory of a loved one can be a special gift to celebrate someone's life. If you would like for us to send a special note acknowledging the gift, please indicate any instructions or pertinent information (such as a special message, name of recipient and mailing address) that you would like us to include.

Become a Monthly Donor:

When you sign up to be a monthly donor, your gift goes to support the many programs and services provided by the Olde Forge. Your ongoing support when becoming a monthly donor has an impact year-round helping to ensure the Olde Forge is able to support those that might need our services the most.

Legacy Giving:

Your gift, no matter the size, will help us continue to provide support services and programs for seniors and adults with disabilities empowering them to maintain their independence and age with choice. Legacy gifts can be made in the form of a lump-sum amount, a percentage of your estate or a special item of property.

All Donations can be made online through our website donation portal www.oldeforge.ca or in-person/by mail to The Olde Forge, 2730 Carling Ave, Ottawa, ON K2B 7J1

May Day Word Search



TRADITION	BASKET	SINGING
PROTEST	FESTIVAL	RIBBONS
MAYPOLE	BELTANE	MAY QUEEN
VILLAGE	DEMONSTRATION	FLOWERS
BLOSSOM	REVELRY	ANCIENT

SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY RESOURCE CENTRE!

Do you love the programs and services at the Olde Forge? There are many ways to support the Olde Forge Community Resource Centre whether it is through an individual 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 in our community.

All donations can be made online through our secure website donation portal at www.oldeforge.ca or by mail to The Olde Forge, 2730 Carling Ave, Ottawa ON K2B 5K4



☐ I am a legacy giver
 ☐ \$25
 ☐ \$50
 ☐ \$75
 ☐ \$100
 ☐ \$250
 ☐ \$_____
 ☐ donate online at www.oldeforge.ca

☐ 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.

Charitable Status Number: 10779 4000 RR0001



OLDE FORGE
COMMUNITY RESOURCE CENTRE
2730 Carling Ave
Ottawa, ON K2B 7J1