



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 72, FALL 2021



FORGING INTO FALL

The lazy days of summer are once again behind us as we all prepare to forge ahead into the hustle and bustle of the Fall. Hopefully this Fall will bring with it the continued reopening of our communities allowing more freedom to visit with loved ones and take part in all the wonderful activities of the harvest season. Here at the Olde Forge, we do our best to be prepared for whatever comes our way. We will continue to navigate through the provincial regulations in order to provide safe and much needed support for seniors and adults with physical disabilities living independently in our community. As always, the Olde Forge will be offering a variety of programs and services that will help you fly through your Fall to-do list. Home Help and Home Maintenance are here to get you and your home winter-ready, Olde Forge transportation will help you get to all of your pre-winter appointments and Olde Forge Recreation will fill your social calendar with some Fall Fitness and Fun!

AGM

Join the Olde Forge at our
Virtual Annual General
Meeting September 22nd
at 2pm Via Zoom



Please RSVP by
September 21st to Sonia at
613-829-9777 ext 240 or
email s.lall@oldeforge.ca



By Max Coots

Let us give thanks for a bounty of people:

For children who are our second planting, and, though they grow like weeds and the wind too soon blows them away, may they forgive us our cultivation and fondly remember where their roots are.

Let us give thanks:

For generous friends...with hearts as big as hubbards and smiles as bright as their blossoms;

For feisty friends as tart as apples;

For continuous friends, who, like scallions and cucumbers, keep reminding us we had them;

For crotchety friends, as sour as rhubarb and as indestructible;

For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn — and the others — as plain as potatoes, and so good for you.

For funny friends, who are as silly as brussels sprouts and as amusing as Jerusalem artichokes, and serious friends as complex as cauliflowers and as intricate as onions;

For friends as unpretentious as cabbages, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini, and who — like parsnips — can be counted on to see you through the long winter;

For old friends, nodding like sunflowers in the evening-time, and young friends coming on as fast as radishes;

For loving friends, who wind around us like tendrils, and hold us despite our blights, wilts, and witherings;

And finally, **for those friends now gone**, like gardens past, that have been harvested — but who fed us in their times that we might have life thereafter;

For all these we give thanks.

BOARD/EXECUTIVE MESSAGE

Greetings Olde Forge Community,

And here we are again approaching another season! We knew it was coming as sure as the sun rises and sets but it comes as a surprise, nonetheless. And as much as we, as Canadians and Ottawa residents are used to the changing seasons, we inevitably approach it with a mix of feelings.

But regardless of the weather and the colour of the trees, the air is thick with positivity, gratitude and hope. We sense this in the voices and faces of our clients, volunteers and staff. People are happy to be together again participating in Olde Forge programs, enjoying a laugh on our patio or a yoga session in the park. And many are catching up on missed hugs (even if they are masked ones!) Take a peek at the photos of our summer gatherings in this issue of the Bellows which remind us how important it is to be with others to share the good and lean on one another when we need support.

You will see that we are slowly and safely re-opening our programs to an in-person format. You will also see that virtual programs are here to stay as well. If you haven't already, consider joining an in-person recreation program and compliment it with an online or phone-based program for those rainy – or snowy – days ahead.

Although we are not quite through it yet, we want to thank you for sticking with us through the pandemic. Thank you for letting us know that you support us through your words, offers of help and your generous donations. We missed you as much as you missed the Forge.

Happy Fall, stay healthy and get vaccinated!



Joel Vansnick
Chair, Board of Directors



Colleen Taylor
Executive Director

THE BELLOWS is the publication of
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VOLUNTEER CORNER

MEET A MEMBER - DON OUR "GARLIC GUY"

Meet our recreation member and volunteer Don! Don has been an active participant of the Olde Forge recreation program for over seven years and joined our volunteer roster in 2019. Many of us at the Olde Forge, lovingly refer to Don as our Garlic Guy due to his enthusiasm for-yes you guessed it- Garlic! Don's garlic hobby began after he took lessons on how to tie garlic bundles at the Perth Garlic Festival "I like the method taught to me because the knots are loose, and if you untie the top knot, one or more of the garlic buds come away from the bundle, leaving it neat and tidy so that you can just hang it up again". Don soon discovered a problem with his new garlic hobby- the cost associated with purchasing fresh garlic with the stocks. If he was going to continue to tie garlic (even for himself), he was going to need to find a less expensive source. At about the same time as Don's garlic dilemma, an Olde Forge staff member was lamenting about the neglected state of the flowerbeds in the park next to the Olde Forge. Upon hearing these concerns, Don had an idea and approached the Olde Forge with an interesting proposal. He asked if he could use the space to grow and harvest garlic with the understanding that he would harvest some for the Olde Forge to use in a fundraiser. So, with consent from the city of Ottawa and with pitchfork in hand, new soil and 200 garlic cloves Don worked independently and tirelessly to plant and nurture the garlic garden. Not only has Don been able to grow garlic for tying, his Olde Forge garden has produced garlic (and this year lettuce) for the Olde Forge as well as the Britannia Woods Emergency Food Pantry. For Don, growing his garlic garden has also provided him with a few unexpected perks! "The garden gives me exercise, a chance to spend time outdoors and an opportunity to spend time in the park and meet people from the community as well as some of the Indigenous people staying at Larga Baffin."

For anyone interested in learning how to harvest and tie garlic or just wanting to get involved in the gardening project, Don would be more than happy to welcome you to his gardening gang (He will even give you some garlic-tying lessons.)

"The truth is that as a gardener, I don't really know what I'm doing but I'm going ahead anyway. I get all my advice from the internet, a wonderful source of conflicting information, so if there are more knowledgeable people out there, I'm all ears."

**Don's Olde Forge garlic,
will be available to purchase starting in mid-September
Olde Forge Braided Garlic (10 bulbs per braid)
\$20 Large • \$15 Small
please contact the Olde Forge reception for details.**





MEET THE SUMMER STUDENT Nicholas

*Who is a son, a brother, a grandson,
a friend, and an immigrant to Canada*

Who enjoys swimming, playing the clarinet, and travelling

Who is kind, caring, and loves to bring peace to the world

Who loves family, friends and fun

Who feels passionate and hopeful for others

Who finds love, friends, and solutions

*Who needs a job, education, and
wants to help others be safe*

Who provides help, care, and sympathy to everyone

Who wants to be a social worker.

Hello everyone, my name is Nicholas Scott. I was born in Sliven, Bulgaria in 2003 and came to Canada in 2006 when my parents adopted me. I have a keen interest in working with others and I am about to pursue a degree in Social Work at Carleton University. My time with the Olde Forge started in March 2020. No longer able to continue my co-op placement at a long-term care home because of the pandemic, I was looking for ways to help in the community. When I began volunteering, my early task included making "friendly calls" to clients to check in on them and give them someone to talk to. I really loved talking with everyone and these calls helped boost my spirits! As time went on, I began assisting with the virtual programs and activities and gave input for theme ideas. I have had the opportunity to lead the weekly trivia and participate in many of the virtual programs. As of now, I am a summer employee with the Forge and I have really loved the position. When school starts in September, I hope to continue volunteering. All this work with the Forge has given me so many opportunities to learn more about working with people and has shown me how acts of kindness go a long way. Thank you to everyone for making my time at the Forge so special and memorable.

Recipe

Don's Garlic Scape Pesto Sauce

I made my own garlic scape pesto sauce recipe this year, which I have been asked to share. Enjoy! -Don

- 1 bag (or ½ kg) Garlic scapes
(as much as you can cram
into a 2-pound container)
- 1 bunch of basil
- 1/3 cup of slivered almonds
- Olive oil
- Lemon juice
- Parmesan cheese (optional)

DIRECTIONS:

To start, cut the flower ends off the garlic scapes (they can taste woody) and cut the stems that are left into roughly one-inch pieces. Put the slivered almonds, garlic scapes, and basil leaves in a food processor. Some pesto recipes call for parmesan cheese, however my doctors have been casting aspersions on my consumption of cholesterol so I do not add any but you can if you wish. For moisture add a couple of caps full of lemon juice and olive oil and blend, add more until you get the consistency you like. I like to keep the consistency thick like dough and then rolled it up into meatball-sized balls and freeze it on a cookie sheet. The result? Frozen garlic scape pesto sauce balls. Enjoy.





OLDE FORGE
COMMUNITY RESOURCE CENTRE

Join the
Olde Forge Community Resource Centre for an

Olde Fashioned Harvest Supper

A Drive-Thru Fundraiser for the Olde Forge

Drop on by the Olde Forge
Homestead to pick up your Homestyle
Harvest Supper, say hi to the staff!

Wednesday, October 6, 2021

Olde Forge Community Resource Centre • 2730 Carling Ave, Ottawa

Drive-Thru Runs from 2:30-5:00 pm

\$18 Meal • Menu: Homestyle Turkey Dinner, Salad, Dinner Roll & Dessert

Delivery option available within the Olde Forge catchment area

To place your order and reserve your pick-up time,
please call 613-829-9777 and speak with Sonia at reception

Deadline to place your order: Friday, October 1st

YOUR OPTIMAL HEALTH

THE POWER OF OUR PEERS

Friends are important in all stages of life, but did you know that as we get older, peers can play an important role in helping us age well? By sharing advice and encouragement, our peers can help us stay socially engaged, keep physically active, and even eat better (sometime). The Olde Forge has a wide variety of fitness, social and special interest programs for seniors in our community. Come meet your peers and be part of helping our community age well together. Let's get connected!

GET YOUR GAME FACE ON!

Did you know that the Olde Forge runs a variety of interactive games over the phone? Trivia Theme Days, Jeopardy, Bingo, and even Name that Tune are just some of the fun and games available for clients. So put your game face on and get ready to have some fun with Olde Forge game days.

**For more information
contact Vanessa at
613-829-9777 ext 223: or
v.jackson@oldeforge.ca.
A schedule of dates,
times and game themes
is also available on our
online activity calendar at
www.oldeforge.ca**



BEING TOGETHER WITH FRIENDS

Adult Day Program and other social groups have also made a point of scheduling some quality in-person togetherness in the great outdoors! Let's raise a glass (or some ice cream) to safe social gatherings!



YOUR OPTIMAL HEALTH



MOVEMENT IN THE PARK YOGA AND MOTION TO MUSIC MOVE OUTSIDE

As much as we have been enjoying our Zoom workouts, we are still missing our time together. The introduction of the Yoga and Motion to Music in the Park outdoor programs have helped clients enjoy the fresh air and feel that sense of togetherness all while remaining socially distanced and safe. Fingers crossed that Fall will bring with it some glorious weather so these outdoor fitness programs can continue to provide clients the ability to stay fit and active with friends.

FOND MEMORIES

Two Ottawa Families Who Shaped our Local Community

Olde Forge Clients learned a little bit more about the people that shaped our local community during a visit from special guest Barb Countway. Barb, the granddaughter of Barbara Winthrop and Elkanah Honeywell provided our clients with a look back into her family's long history in the area, sharing interesting family memories along the way. Barb said that her grandparents wedding in 1905 was quite the social event since both the Winthrops and the Honeywells were prominent families in the community. The Honeywell family settled in Nepean back in 1803 farming land that went from the Ottawa River all the way to Baseline Rd. Fun Fact: The last plot of land sold by the Honeywell family is where Carlingwood Mall and Fairlawn Plaza stand today. In 2003, a 200-year celebration was held recognizing the settlement of the Honeywell family in the area and a commemorative stone plaque was placed on the Parkway for the occasion. Our staff and clients found it very interesting to hear Barb reminisce about visiting the Olde Forge when she was a child to visit her great uncle Willy Winthrop. Willy is believed to be the last Winthrop family member to live at the Forge. Barb mentioned she remembered the house being very dark so we were happy to inform her that recent upgrades to the main room have made the facility lovely and bright all the while maintaining the integrity of the heritage building.

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

September 7th, 2021 - December 23rd, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	IN PERSON CLASS INSTRUCTION
WOODROFFE UNITED CHURCH	9:30AM CHAIR YOGA	WOODROFFE UNITED CHURCH	9:30AM CARDIO, STRENGTH COMBO	10:00AM ARM CHAIR TRAVEL with Amica First Friday of the month BEGINS OCTOBER 1 ST
10:30AM YOGA (Mat)		9:30AM TAI CHI		
	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	10:00AM 
11:30AM MOTION TO MUSIC	11:30 COFFEE CHAT with DEB	11:30AM FUSION	11:30AM CHAIR EXERCISE	Every Friday except the first one of the month
VIRTUAL PROGRAM ON ZOOM	 <p>Welcome Back Social Garden Party - September 3rd</p> <p>Ottawa Carleton Wildlife Centre Presentation, Nature Walk & Picnic Lunch - October 7th</p> <p>Christmas Holiday Social - Date to be announced</p>			
1:30PM CONVERSATION CAFÉ				

**** IN PERSON CLASS AVAILABILITY IS SUBJECT TO CHANGE AT SHORT NOTICE DUE TO COVID 19 RESTRICTIONS****

\$28 MONTHLY FEE FOR IN PERSON & UNLIMITED VIRTUAL CLASS ATTENDANCE

\$20 MONTHLY FEE FOR UNLIMITED VIRTUAL PROGRAM ATTENDANCE

**TO REGISTER CONTACT THE RECREATION MANAGER:
a.temple@oldeforge.ca or 613-829-9777 ext 228**





**11:30AM
GUIDED
MEDITATION
WITH RANDY
LAST FRIDAY
OF THE MONTH**

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
Chair Exercise	A combination of stretch, cardio and toning workout done seated. Beginner level
Coffee Hour with 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 ballet bar, dance style class using 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 level
Mindfulness & Meditation	A group facilitated program to teach how to harness the power of mindfulness for reducing stress
Motion to Music	Improving balance & flexibility, perfect for beginners and those recovering from a fall or hip surgery
Tai Chi	Focus your mind, improve circulation & breathing through guided movements Beginner level
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:



Thank you to our community partners:



SUPPORTS FOR SENIORS LIVING AT HOME

OLDE FORGE TRANSPORTATION - MEET OUR NEW DRIVERS!

The Olde Forge has added some new drivers to our Transportation Team. Even though these guys have been with us for almost a year, we felt we needed to give them a proper introduction!

First Up:

Meet
Dexter!



Fun Fact:

I love Suzy Q
maple bacon
donuts!!

What made me want to drive for the Forge??

I think it was mostly due to past experiences with my father before he passed. There is a big need for seniors to be able to have access to transportation to be able to get out and do things, get where they need to go. We kind of do it more with a personal touch as if you were being driven by a friend.

Favourite part of Driving for the Forge??

It's just nice to work in a place where people are happy. Our passengers are always happy to see us and we are happy to see them. Basically what ever they need we will try to accommodate them best as possible, It's as easy as that.

FUELING INDEPENDENCE AND FORGING FRIENDSHIPS

Marcella has been a client of the Home Maintenance program since 2018. She is a fiercely independent lady who prides herself on her garden and her lovely home, in which she has lived since 1976. Marcella does not have a lot of family in Ottawa and was beginning to find it difficult to keep up with the garden and minor repairs around her home. Enter Olde Forge and Home Maintenance Worker David. He is a bright and jovial man who came to the Olde Forge looking to help seniors and to maintain his activity level. David and Marcella have struck up a lovely balance of work and friendship. Marcella relies on him for keeping up her gardens, for changing lightbulbs along with other regular household fixes and for the spirit of an easy-going conversation. Both have seen the world, and both enjoy learning new things, so their chats are never dull.



Marcella said she "could not live without the services David and the Olde Forge provide. "There is a kindness to David, he never says no to anything task I ask him to do, and he always has a smile." She said she feels safe knowing that if she needs something done around her home, the Forge and David are only a phone call away.

"I started doing yard work for Marcella and other jobs around her house in April 2018. Since then we have gotten to know each other very well. She's remarkably caring and generous with her energy, her time, and her extraordinary life experiences, not just towards me, but to her family and many friends and colleagues.

Part of our friendship is built on sharing our worries about family and friends and the world in general, and sometimes our losses and grief. Marcella transformed her own long struggle to care for her husband at home when he was afflicted by Alzheimer's Disease into help for others. The result was a peer support and advocacy group called Mind The Gap that she cofounded with six other local women and continues to help animate with her knowledge and compassion.

She is wise and articulate (in several languages) and has strong opinions about the state of the world. She also has many stories to tell of her life -- as a child fleeing Italy with her family before the Second World War, resettling in Ecuador, then Colombia, and eventually arriving to a whole new set of challenges in Canada as a young adult.

It shouldn't be surprising that she married a diplomat and spent much of her adult life travelling, while starting her own family.

It's a pleasure to help her take care of her wonderful garden -- right now the asters are all coming out -- and do other odd jobs around the house. Most days there's a good, big cup of coffee in it for me and a slice of homemade almond cake or cookies." -David

OLDE FORGE HOME SUPPORT SERVICES:

The Olde Forge has a variety of services that help support independent living.

HOME HELP

A customizable house-keeping service, designed to help clients live independently in their community.



HOME MAINTENANCE

A home and yard maintenance service. Services may include: lawn and garden care, small home repairs and maintenance, or other odd jobs.



SNOW REMOVAL

Snow Go & Snow Go-Assist- A matching service that helps seniors and adults with disabilities hire someone to clear snow from private driveways and walkways. Financial assistance is available (funded by the City of Ottawa) to eligible low-income seniors. Funding is limited.

GROCERY PROGRAM

Grocery Support: Clients can call or email us their grocery list. Grocery orders are filled weekly by Olde Forge volunteers and delivered directly to the client's door!

Grocery Bus: Serving clients living in high-rise apartments in our area catchment. Clients are picked up at their building in an air conditioned mini-bus with wheelchair accessibility. Staff and volunteers assist on the bus and in the store (when needed) and load and unload the groceries.



TRANSPORTATION

Medical Drives: Round trip transportation to non-urgent appointments. Clients must be registered and provide 7 days notice for requests.

Community Shopping Van: The community van travels weekly to local shopping districts. This is a round trip service.



For more information on Olde Forge Home Support Services, contact the Olde Forge at 613-829-9777 or visit www.oldeforge.ca



OLDE FORGE
COMMUNITY RESOURCE CENTRE

CHRISTMAS SALE

Holiday Drive-Thru Edition

Saturday, November 13, 2021

The Olde Forge, 2730 Carling Avenue

- **Pre-packaged variety packs of home-made cookies: \$6 per dozen**
 - **Olde Forge Christmas Puddings: Large \$15 | Small \$8**
- **A Selection of jams/preserves: \$8 (quantities are very limited)**
- **10 clove Garlic Braids: Large \$20 | Small \$15 (quantities limited)**

ALL ITEMS MUST BE PRE-ORDERED.

Pre-orders will be accepted starting November 1st and will continue until all items have been sold.

**TO PLACE YOUR ORDER CONTACT THE OLDE FORGE AT
613-829-9777 OR EMAIL e.angel@oldeforge.ca.**

**Once the order is placed, a Drive-Thru
Pick-up time will be scheduled with you.**

**Orders will be ready for pick up at the Olde Forge on Saturday, November 13th.
Please let us know if you require assistance with picking up your order.**

CALLING ALL *Bakers!*

To help make our Annual Christmas Sale a success, the Olde Forge is looking for donations of Cookies & Jams/Preserves.

If possible, we would like donations delivered to the Olde Forge by **Friday, October 30th**. Please call or email to let us know when your drop off will be made so we are ready to receive it.

For those who would like to donate baking but need a little more time to prepare the holiday treats, please call or send us an email indicating the number of treats you will be donating so that we are able to fill our cookie orders accurately.

We would like to extend our sincere appreciation for your continued support of this wonderful holiday tradition.



OLDE FORGE *Christmas Pudding*

An Olde favorite in a convenient size for one or two people. Olde Forge brings you our traditional Christmas pudding individually wrapped in a serving for one or two. Made from a classic recipe with real fruit, it is sure to delight!

All puddings must be pre-ordered.
The deadline to pre-order puddings is October 30th.
And they will be available for pick up on November 13th.



ON THE LOOKOUT

The Olde Forge is looking for 28 oz cans to use for their Christmas Puddings. Cleaned cans can be dropped off at the Olde Forge anytime.

The Olde Forge Milk Bag Weaving group is looking for donations of clean milk bags. Milk bags can be dropped off at the Olde Forge anytime.

COMMUNITY CONNECT!

A Word from Our Councilor

The past year and a half have been challenging for many of us. We have had to adjust our daily routines and follow the rules and regulations put in place by health professionals to keep both ourselves and our community safe from Covid. We've missed connecting in person with friends and families. But now things are looking up! By now most of us have been double vaccinated.

We can start to enjoy the small pleasures of life as restrictions are lifted, emerging from our cocoons to see friends and family and support local businesses in person once again. As a member of the Ottawa Board of Health and being a physically active person, I understand and appreciate the importance of social connections and the need to get outside. This is essential both to our physical health and our mental health. It's important that you make the time to look after yourselves and keep in contact with others whether it be a

phone call or just a friendly text message to say hello. If you or someone you know are feeling lost, or you need someone to talk to and don't know where to turn, please do not hesitate to reach out to such resources as the Distress Center of Ottawa or the Canadian Mental Health Association. These agencies are staffed with people who can provide the support and tools to assist you.

During the pandemic the City of Ottawa worked closely with Ottawa Public Health to organizing Covid testing centres and vaccination clinics all while maintaining regular city services and infrastructure projects such as the Stage 2 LRT. Throughout this time my team and I have not stopped as we have continued to work for the residents of Bay Ward from our homes connecting with City staff and answering calls and emails. The workload in our office has been steady with residents in need of information and city services.

City committees and council meetings have been conducted by Zoom since March 2020. Virtual meetings have permitted many residents to participate in these discussions. My team and I held several Zoom meetings to provide Bay Ward residents with the opportunity for engagement, information and updates on local development proposals, LRT Stage 2 construction and environment and climate change as well as the City's new draft Official Plan. Although virtual access to meetings has been positive there are many residents who have limited or no access to the internet. Back in February the Province announced a \$4.8 million investment to upgrade broadband service at public libraries in unserved and underserved communities. As a member of the City's IT Sub-Committee I have made it a priority to work with the City to advocate for improved and equal access to ensure barriers are eliminated and that all residents can connect to City services. I appreciate the many supports Olde Forge has provided for seniors to help keep them connected, especially through their tablet lending program, providing tablets equipped with its own data so seniors can access the internet without having a home plan.

As we continue to move forward, I am excited that we will soon be able to reconnect in person. Until then please don't hesitate to contact my office. My team and I are always available and happy to help answer your questions. You can reach us by email at bayward2ottawa.ca or phone 613-580-2477.

Take care and continue to stay safe.

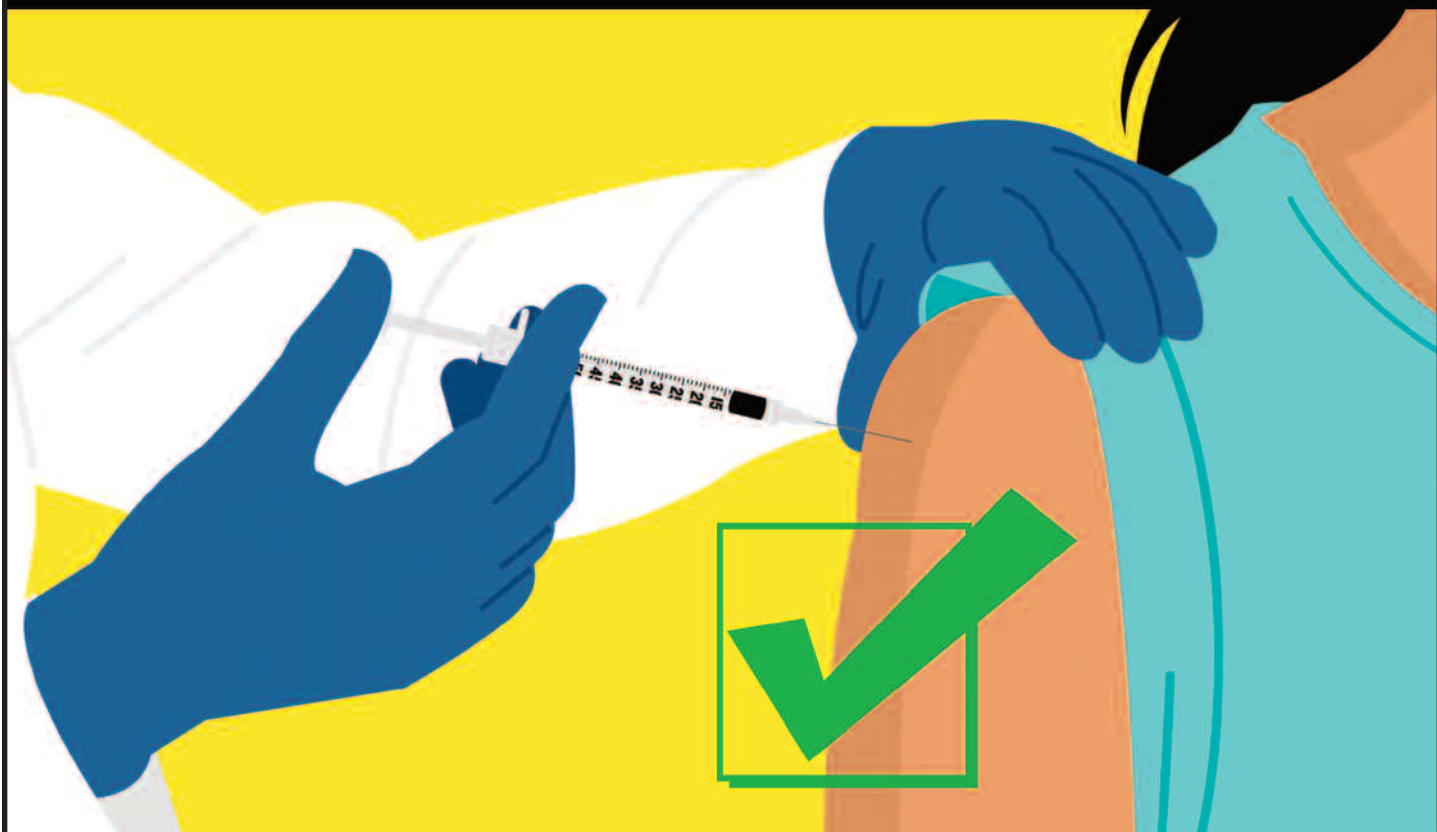


COMMUNITY CONNECT!**FIRST UNITARIAN STAFFING ANNOUNCEMENT**

The First Unitarian Congregation of Ottawa, at 30 Cleary Avenue, is excited to announce that they are welcoming a new Settled Minister and a new Music Director. Rev Eric Meter and Music Director Jenn Bernston will begin serving our congregation in August of 2021.

For more information visit firstunitarianottawa.ca

Keeping you safe!



Starting September 7th the Olde Forge will be implementing a Vaccination policy for all staff and volunteers in an effort to reduce the risk of transmission of COVID-19.

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



OLDE FORGE
COMMUNITY RESOURCE CENTRE

☐ 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