



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 73, WINTER 2022



HOLIDAYS AT THE OLDE FORGE

Here at the Olde Forge, Christmas Pudding prep officially marks the start of the Holiday Season. We have been cooking up traditional Christmas Puddings for over 20 years and just the smell of these rich puddings cooking is enough to spark your holiday spirit. This year, our festive spirit was in even greater supply as we welcomed the return of our Christmas Sale volunteers! The wonderfully talented Mary McCaffrey took the pudding helm and shared her expertise with a team of very keen pudding makers. Then came all the volunteer bakers, jam makers, preserve bottlers, cookie sorters and drivers who helped to prepare and distribute all our holiday treats. Even though the event was held in Drive Thru fashion again this year, there was still plenty of community support for our little sale and we were able to pre-sell over 90 dozen cookies, 73 small puddings, 46 large puddings and a variety of jams, preserves and mini loaves. All funds raised from this event help to support the programs and services at the Olde Forge. Once again, we would like to say a big THANK YOU to Scott Wilton and his team at Bulk Barn Fairlawn Plaza who were able to help us with our long list of pudding ingredients. Our Holiday Sale would not be possible without the continued support of our wonderful community. From all of us at the Olde Forge- Happy Holidays!



BulkBarn^{MD}

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Hello and Welcome to the Festive Season!

I hope this issue of the Bellows finds you in good health, safe and most of all – warm and cozy in your homes. If you haven't already, you will be reaching for your winter coats, scarves and gloves to keep off the chill of the season. Despite the cold and snow ahead, there always seems to be something new and exciting happening at the Olde Forge to warm the spirit. The following pages are filled with stories of what clients and staff have been up to this fall and what the Olde Forge has in store for you in 2022. As always, Olde Forge services are here to help you successfully navigate winter in Ottawa. Our Home Maintenance team can refer you to help for snow clearing; our dedicated team in the transportation program work to ensure you don't miss your appointments; our online recreation programs offer the opportunity to exercise from the comfort of your home using just a laptop or tablet, and our telephone programs help to keep people connected and entertained no matter what weather mother nature has in store for us. In-person or remote, we want to keep you connected and active all winter long. And if technology or fees are keeping you from joining in, well, we have a program to help with that as well!

One of the highlights of this issue is our Meet the Board section where we will introduce you to our 2021-22 Board of Directors. The Olde Forge is blessed to have an outstanding board of directors this year who have a wealth of experience and skills to move our mission forward. They are dedicated to our Vision of Connecting people and Creating Communities and are eager to see the Forge community continue to thrive.

Finally, I would like to take this opportunity to wish all our friends and supporters a wonderful holiday season. We look forward to welcoming you all back in the new year!



Cheers,
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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RECREATION

Azra Temple

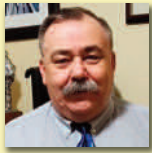
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Christmas Hours The Olde Forge will be closed at Noon on December 24th and will re-open on January 4th.

MEET THE BOARD

**JOEL VANSNICK**

Joel is a 5-year member of the Olde Forge Board of Directors, a 37 Year Veteran of the Canadian Armed Forces, and a member of several seniors and veterans' groups and organizations. Born and raised in the Maritimes and with a yearning to travel, the military was a wise choice. Through his career Joel has seen (and lived) many places and met some wonderful people. He recently became the recipient of a quilt of Valour made by a wonderful group of ladies from quilts of Valor Canada. Post Military retirement, Joel and his family made Ottawa home. Joel is now preparing to retire for a second time and is looking forward to entertaining and being a grandpa to 5 great grandkids.

**SHEILA GARIEPY**

Following a career in public policy and management with the federal government, Sheila came to the Olde Forge as an income tax volunteer and joined the Board in 2019. Sheila lives in the Wellington Village neighbourhood and keeps active hiking and cross-country skiing in the Gatineau Park and along the Ottawa River.

**ROD VANIER**

Rod is the founder of Vanier & Associates and has been practicing law for approximately 40 years. Rod practices in the areas of corporate law, real estate, family law, and wills and estates. Rod is active in the community and has obtained such honours as the Ontario Volunteer Service Award for over ten years. His continuous service to the Greater Nepean Chamber of Commerce as vice-chair and chair are some of his many achievements. He is also past chair of Queensway Carleton Hospital Board of Directors. In his spare time, he enjoys family time and a love of sports.

**LIDDELL MALAN-BENNETT**

Liddell is a qualified CPA, and a financial management executive with 20+ years of progressive experience within different business sectors. Liddell and her family reside near the beautiful town of Carp. She enjoys gardening, is an avid traveller (born in beautiful South Africa), and absolutely loves spending quality time with her daughters. Liddell is an avid advocate for children and aging seniors and is looking forward to contributing to the Olde Forge, a charity very dear to her heart, in a meaningful way.

**ALEX CULLEN**

Alex Cullen is currently President of the Belton Neighbours Association, in the Olde Forge's catchment area. Alex was the former City Councillor for Bay Ward and is very familiar with the Olde Forge's activities. He is retired, an active cross-country skier, canoeist and cyclist.

**CATHERINE FARROW**

Catherine is a Financial Planner with RBC. She has spent many years volunteering for children and animal charities including Junior Achievement, Christie Lake Kids and Rideau Valley Wildlife Sanctuary to name a few. As an active member of the Bel Air Community Association, Catherine saw the need for supports and programs for seniors living independently in her community. She is excited to contribute to the Olde Forge and help supports its vision and mission in the community.

MEET THE BOARD



CAROLE GAGNON

Carole is recently retired, enjoys gardening, yoga, biking and cross-country skiing. She offers us years of experience as a fundraising and community development professional. Working for and with seniors has been an interest of hers for many years.



MEGHAN O'HALLORAN

Meghan lives in the Belltown neighbourhood, within the Olde Forge catchment area. She has worked in the legal/HR fields for 10 years and is excited to join the Board this year. Meghan enjoys organizing activities in the neighbourhood, including an annual Easter Egg hunt. In her spare time, she can be spotted biking, kayaking, and skiing cross-country with her two young kids.



SANDRA CROCKER

Sandra currently lives in the Queensway Terrace North community. She moved to Ottawa in 2011 to join Carleton University, and has worked in higher education (Carleton, McGill and Queen's University) for the past 35 years. An avid walker and hiker, she takes great pleasure in the well-appointed multi-use pathways and the trails of Gatineau hills.



CAROL DOYLE

Carol has been a volunteer driver for the Olde Forge for over 15 years and was previously a board member. She is looking forward to working with some of the newer, younger board members, and still having the time to enjoy other volunteer activities and 3 active grandchildren.



JANICE BRIDGEWATER

During her 30 plus year career, Janice was involved in the development and management of community support programs for seniors. Currently, she is a certified Older Adult Fitness Instructor who leads a class in the Olde Forge Recreation Program. She is very grateful to be a part of the amazing community of clients and volunteers who make up the Olde Forge.



MJ NAUSHAD QURAISHI

M.J. joined the Olde Forge board of directors in 2020 and has helped us navigate the uncertain waters of the pandemic. He brings a wealth of business and tax knowledge to the table and for more than a decade, has been helping seniors, low-income families, newly arrived immigrants, and students with their taxes. He also led public information sessions and presentations on tax credits, childcare benefits and financial literacy through the Ontario Ministry of Finance and the Chartered Professional Accountants Canada.

VOLUNTEER CORNER

OUTSTANDING VOLUNTEER
OF THE YEAR AWARDS

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



Karen Kelly-Scott



Sheila Gariepy

5 YEAR PINS:

Geoff Boyle
Brenda Chapman
Gisele Denis
Andy Fyon
Libby Fyon
Sheila Gariepy
Oscar Lopez
Kim McKortel
Louise Poirier
Penny Tam
Lorne Toll
Joel Vansnick

10 YEAR PINS:

Jane Barbe
John Syme
Taras Tymchuk
Tom Wileman

MEET THE STUDENT

Hello everyone, my name is Liam Molloy. I was born in Sault Ste. Marie, ON, my family moved to Ottawa when I was two and I have lived in Ottawa my whole life. I have always had a heart to help others, especially those in need. When I was in middle school my family began fostering with C.A.S. and I got introduced to social workers and the role they play in our society. I realized that I could get a job where I got to help people! I am currently in my 4th year of my Bachelor of Social Work degree from Carleton and fingers crossed I will graduate this upcoming spring. I am also hoping to get my minor in history. History is my favorite subject in university, and I love seeing how the past can help explain what is happening in our present. Here at the Olde Forge I am working with the Adult Day Program. I am assisting our return to in-person programming which is very exciting! My previous placement was all online, so I have very much enjoyed hanging out in-person! I have also been able to assist with our Mercuri Phone Program and have loved hearing the members share poems and stories with one other. I am very excited that I get to be a part of the Olde Forge until April as I have quite enjoyed my time thus far I look forward to continuing welcome back people in our in-person programming again!



YOUR OPTIMAL HEALTH



LET'S GET PHYSICAL!

Did you know fitness actually becomes more important as we age? Being fit can protect your heart, help control blood glucose levels, help control blood pressure and can even support pain management. Aside from the physical benefits, staying fit as we age can also produce some psychological and mental benefits to our health. Fitness can help us stay physically independent, provides energy boosts, strengthens memory, sharpens cognitive skills, and assists with keeping a more steady and positive mood. So, what should we be looking for in a fitness routine that will best support aging well? According to the Canadian Physical Activity Guidelines adults and older adults should:

- Strive to get at least 150 minutes of physical activity per week.
- Activities should last for at least 10 minutes and cause you to work up a sweat.
- Physical fitness activities should include a mix of cardio, strength, and balance exercises.

*Barnes, Jill N. American Physiological Society. Exercise, cognitive function, and aging. Advances in Physiology Education 2015

*Canadian Physical Activity Guidelines for Adults and Older Adults www.csep.ca

The Olde Forge Recreation Fitness Program has a full line of classes to support healthy active aging. With fitness options available in-person as well as in virtual formats, there is something for every fitness level and ability.

YOUR OPTIMAL HEALTH

A JOURNEY INTO
VIRTUAL FITNESS

Winter is coming to Ottawa...and with winter comes an unpredictable mix of freezing temperatures, snow, ice, freezing rain, rain, and everything else in between. These weather conditions can lead to unfriendly streets, sidewalks and driveways especially for seniors- and let's not forget- it can be really cold out there! Winter is especially difficult for those caring for a frail loved one as the risk of falls and serious illness make even routine outings much more challenging. Started as a solution for seniors' fitness needs during COVID, virtual programming has grown in demand; offering flexibility and convenience along with specialized content geared specifically towards the fitness needs of older adults.

Katherine is 91 years young and has been physically active her entire life. Trained as a physiotherapist, Katherine knows the importance of exercise on the body to keep it healthy and injury free for as long as possible. "My husband and I have always lived an active lifestyle. We played tennis in the summer and in winter, we downhill and cross country skied at Tremblant. Keeping fit helped us continue with the activities we loved well into our 80s." Before COVID, Katherine used to go to the gym and work with a personal trainer to support her fitness goals, but when COVID struck and the gyms closed, Katherine needed to find another solution. Luckily the solution to her fitness dilemma came right to her door! After receiving the Olde Forge Bellows newsletter in the mail, she noticed the recreation calendar filled with virtual fitness programs and decided to give them a try. Her husband picked up Chair Fitness to support his flexibility and strength while Katherine joined the Cardio, Strength Combo class as well as Zumba Gold. "I can't believe how much I am enjoying virtual fitness! I find the instructors engaging and the classes challenging. I really work up quite a sweat right in my own living room! These classes help me keep every joint moving, help with my energy levels and work on my balance." Now that Katherine has tried virtual fitness, she feels that she is hooked for good. "No more scraping off the car in winter or rushing my morning routine to make it to class on time; now I can stay in my pajamas just that little bit longer."

Virtual classes have been an interesting adjustment for the fitness instructors as well. They have had to work hard to find the best way to support the fitness goals of their clients while adjusting for their reduced workout space and the workout tools available. Janice Bridgewater instructs the Cardio Strength Combo class that Katherine attends virtually. "In my class I try to offer a workout that includes opportunities to improve both cardiovascular fitness and strength in a fun and flexible setting. The exercises I include are connected to activities we do everyday." Janice feels that virtual classes were a lifesaver for both instructors and participants during the COVID pandemic as it gave them a way to continue to connect and support each other in a healthy and safe environment. Now more than 18 months in, instructors like Janice have noticed another perk of the virtual fitness class is that people are feeling more comfortable to participate at a level that works for them. "Often in an in-person setting, people can feel a degree of peer pressure to keep up; with virtual fitness clients feel more freedom to work at their own pace which gives them the confidence to try some of the more challenging classes using modifications to support their own level of fitness." With spring still a long way off, I think virtual programs will be welcomed by many seniors as a viable way to keep healthy and active.

SENIORS' RECREATION SCHEDULE




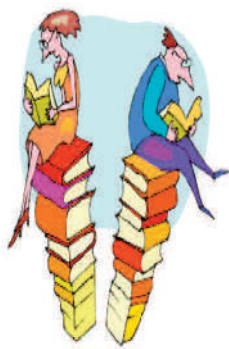

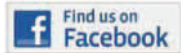


OLDE FORGE
COMMUNITY RESOURCE CENTRE

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


January 10th, 2022 - April 29th, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	IN PERSON CLASS INSTRUCTION	VIRTUAL PROGRAM ON ZOOM	VIRTUAL PROGRAM ON ZOOM
9:30AM CHAIR EXERCISE I	9:30AM CHAIR YOGA	9:30AM GENTLE YOGA	9:30AM CARDIO, STRENGTH COMBO	10:00AM ARM CHAIR TRAVEL with Amica FIRST FRIDAY OF THE MONTH
 10:30AM YOGA (Mat)	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	10:00AM  FIT MINDS EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH
11:30AM BALANCE & STRETCH 	11:30 TAI CHI	VIRTUAL PROGRAM ON ZOOM 11:30AM FUSION	11:30AM CHAIR EXERCISE II	
VIRTUAL PROGRAM ON ZOOM	1:30PM BOOK CHAT with MARRIE 	1:30PM SING A LONG FIRST MONDAY OF THE MONTH STARTING FEBRUARY 2 ND	DEB'S LUNCH BUNCH 1PM LAST THURSDAY OF THE MONTH THIS IS AN IN PERSON PROGRAM, REGISTRATION & PROOF OF VACCINATION REQUIRED TO ATTEND	 11:30AM GUIDED MEDITATION WITH RANDY LAST FRIDAY OF THE MONTH
1:30PM CONVERSATION CAFE <i>FIRST & LAST MONDAY OF THE MONTH</i> Starting January 31 <i>Follow us on Facebook to receive notifications for Conversation Café & Armchair Travel topics</i> 	LAST TUESDAY OF THE MONTH	<p>PARTICIPANT MONTHLY PROGRAM FEE: \$28 FOR IN PERSON OR \$20 VIRTUAL</p> <p>TO REGISTER CONTACT THE RECREATION MANAGER: a.temple@oldeforge.ca OR 613-829-9777 X228</p> <p>THE CALENDAR IS SUBJECT TO CHANGE AT SHORT NOTICE DUE TO PUBLIC HEALTH DIRECTIVES</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 toning with weights, Beginner to intermediate
ArmChair Travel	Explore and travel to exciting destinations from the comfort of your home, presented by Amica
Balance and Stretch	Designed as a falls prevention program, focus is on improving balance, beginner level
Book Chat with Marrie	Enjoy books or looking to get motivated to read, join this adventurous new program to discuss books, short stories
Cardio, Strengthen Combo	Muscle toning with low impact moves, weights & resistance bands used. Beginner to intermediate
Chair Exercise I & II	A combination of stretch, cardio and toning workout done seated. Beginner and Intermediate offered
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
Mindfulness & Meditation	A group facilitated program to teach how to harness the power of mindfulness for reducing stress
Line Dancing	Gentle impact exercise with traveling moves Beginner level
Lunch Bunch	Participants meet at a different local restaurant each month to enjoy a meal together and socialize - pay your own way.
Sing-A-Long	A fun, light hearted group sing-a-long for all skill levels. A choir teacher leads this program.
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 certified by through the University of Ottawa Heart Institute Heartwise program

Thank you to our funders for their generous financial support:



Thank you to our community partners:



THE HOME FRONT - SUPPORTS FOR SENIORS LIVING AT HOME

MEET THE DRIVER



MEET PAT!

Fun Fact:

I like driving quite a bit. I like putting a smile on people's faces.

What made me want to drive for the Forge?

I feel it is a way that I could give back to the community. I like to meet new people and I really like when I can brighten someone's day by putting a smile on their face.

Favourite part of Driving for the Forge?

Honestly, it is being able to help seniors who may need a bit of extra support getting around in our community. It gives me a wonderful sense of purpose and makes me feel good.

DRIVING IN OUR COMMUNITY - COVID-19 VACCINE BOOSTERS

COVID-19 Vaccine booster doses are now available. According to Ottawa Public Health, the two doses of mRNA has continued to perform well for most people in Ontario, but there is evidence that a gradual decrease in vaccine effectiveness can happen over time. To help maintain protection against infection, a third dose called a "booster dose" is now being offered to adults over the age of 70 who received their second dose of the vaccine more than 6 months (168 days) ago. Studies from countries where booster doses have been used, have shown that a booster can bring up the levels of effectiveness and provide additional protection and safety. Starting in 2022, the Province of Ontario will be offering booster doses to anyone 12 year of age and older to further protect our communities.

If you have booked a COVID vaccine booster and need help getting to your appointment, the Olde Forge is here to help. To schedule your transportation, contact Ray 613-829-9777 ext 231 or email r.brisebois@oldeforge.ca.

If you're feeling unsure about getting your third dose, please speak with your specialist or health care provider. They can help you to better understand your individual risks.



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



If you can spare a few hours each month, please get in touch and contact:
Chloe Toll, Coordinator, Community Support Services
 By email: c.toll@oldeforge.ca
 Phone: 613-829-9777 ext 252



www.oldeforge.ca

OLDE FORGE IN THE COMMUNITY

FACES OF THE FORGE

We would like to welcome the community to the many faces at the Olde Forge. First up is Sonia, the very first person you will meet upon entering the building and the first person you will speak with when you call our office. With her friendly smile and sunny disposition, she is sure to add sunshine, rainbows, and all sorts of sparkle to your day.



MEET SONIA

Hello, I am Sonia. I am a Program Assistant at the Olde Forge, but I am better known as "Sonia at the Front Desk." That is the actual title of my Instagram account.

I am a mother to two amazing daughters. I love sparkly things, hazelnut chocolates and the sound of laughter. Thanks to my parents and grandparents, I am fluent in Punjabi. My hobbies include crafting, reading and I do a lot of video-chatting. I once climbed the stairs of the CN Tower wearing high heels. The shoes did not survive.

I was born in Waterloo, grew up in Toronto and have called Ottawa home for the last twenty years. From a physical distance, I've observed my parents struggle with being caregivers to my elderly grandparents. While I can't be there to help, it's been cathartic for me to assist seniors in a closer proximity. I started at the Olde Forge in 2018 and have loved pretty much every moment of it.

I wake up every morning and am glad that I get to spend time at the Olde Forge. I love it here not just because it is a historical heritage building that I continuously discover new things about. It is not just because I am absolutely spoiled and supported by my warm and friendly work family (did I mention how awesome they are?). I am very happy to be here because I love what I do. The Olde Forge community consists of many wonderful souls, and my favourite part is the interactions I get to have, whether it be over the phone or in person.

There is a certain joy that is derived from helping others and I am grateful that I get to serve that purpose with the Olde Forge.

INCOME TAX IS BACK!

Is it too early for tax talk? YES, IT IS! But it is not too early to send out a friendly reminder that the Olde Forge Income Tax Clinic will be heading your way again this year.

To qualify for this free service, you must meet the following criteria:

- You live in Ontario
- Your 2020 income tax return has not yet been filed with CRA
- You were born in 1967 or earlier
- Married or common-law couple: your 2021 total income was \$50,000 or less
- Single, separated, or divorced person: your 2021 total income was \$35,000 or less
- You did not have income from capital gains, rental income from a property you own, income from a business you own, or you were self-employed
- You are not bankrupt

KEEPING POSITIVE OVER THE HOLIDAYS BY STAYING NEGATIVE



Are we getting back to normal yet? Well, the situation compared to a year ago has vastly improved. Many of us are now fully vaccinated and can get out to socialize with family and friends especially in outdoor settings.

Many seniors are now getting their 3rd booster shot which will help in protecting us and making us feel comfortable being with friends and family over the holidays. I am proud that Ottawa residents have such a high rate of vaccinations at 77%. I am particularly proud that City of Ottawa employees have a 97% rate of vaccination of having at least one vaccination, this includes front line workers such as OC Transpo/Para Transpo drivers.

OLDE FORGE SOCIAL GARDEN PARTY - WHAT A SUCCESS!

I was privileged to attend the Olde Forge Social Garden Party back in September. It was wonderful to be able re-connect with everyone and the weather was beautiful. Your enthusiastic recreational instructor, Deb had everyone smiling and dancing. I appreciate all the support and outreach that The Olde Forge has done over this challenging year and a half in our community.



NEW MURAL ON CARLING AVENUE TO BRIGHTEN THE STREET!

Some of you may have noticed a new colourful addition to Carling Avenue just up the road from the Olde Forge, the Paint It Up Carling Avenue Mural. This past summer my office working with City staff and local artist Kalkidan Assefa who connected with youth from the Britannia Woods and Michele Heights Communities to create a mural piece that best reflected how they see Bay Ward. It is a great example of what connecting with youth on a project can bring to light!



COMMUNITY CONNECT!

OTTAWA'S NEW
OFFICIAL PLAN

It has been a particularly busy few months at City Hall with the public engagement and establishment of the City's New Official Plan. The new Official (OP) Plan will guide the City's growth and redevelopment for the next 25 years.

The new OP includes policies to help expand the number of 15-minute neighbourhoods in the City. These are places where, no matter your age or ability, you can meet most of your daily needs within a 15-minute walk and can choose to live car-light or car-free. They include local services such as: grocery stores, parks and greenspaces, active transportation, and transit options. Another goal is to allow a range of housing types that enables residents to live within their neighbourhood across life's stages and offer housing to support different income levels. There are policies requiring or allowing mix uses in neighbourhoods to satisfy the needs of everyday life and requiring year-round safe walking and biking routes for people of all ages. I look forward to working with residents to ensure that the new OP continues to build and improve livability and connectivity in our community.

On behalf of my team, I wish you and yours a very happy and peaceful Holiday season ahead. Please don't hesitate to contact my office if you ever have any questions or concerns that we can help you with. Take care and stay safe!



Theresa Kavanagh
Councillor for Bay Ward

GET TO KNOW THE PEOPLE AND
ORGANIZATION IN OUR COMMUNITY
HAVE YOU HEARD OF THIS MAGICAL PLACE?

The Ottawa Tool Library (OTL) is a non-profit tool lending library in the heart of Ottawa. Our mission is to engage and empower the community to participate in sharing resources by providing access to tools and skills for everybody. In addition to tools, we provide project advice, workspace for projects, and host workshops and other events. We are also constantly maintaining, repairing, recycling, and selling surplus tools to sustain our operations.



There's something for everyone at the OTL! For those who've downsized and need access to tools or a well-appointed workspace, we offer a shared WorkSpace for your personal projects. For those looking to learn new skills and gain confidence with tools and home projects, we offer in-person workshops and other learning events.

There are also plenty of volunteer opportunities at the tool library. For those wanting to share their expertise working with tools, the OTL is always seeking experienced volunteers who can help maintain tools, give project advice, supervise our workspace, teach workshops, and more. There are many other volunteer roles for those less comfortable with tools, such as tool lending, coordinating online sales, or assisting with events like our garage sales or Repair Cafés. All of our regular volunteers receive a complementary membership in thanks for their continued involvement.

Finally, if you're downsizing your tool collection, we always welcome donations of tools to improve and expand our inventory, to use for workshops, to share with other non-profits, to resell to sustain our operations, and to responsibly recycle whatever is no longer serviceable.

Whether as a member, volunteer, or supporter, there's something for everyone at the Ottawa Tool Library!

For more information, please visit us at www.ottawatoollibrary.com



OLDE FORGE IN THE COMMUNITY

FALL AT THE FORGE

Fall 2021 brought with it the somewhat triumphant return to life in our community! We saw the re-opening of gyms, indoor dining, personal care services and even social gatherings (all with health and safety guidelines in place of course!) For the Olde Forge, the easing of restrictions meant the return of a modified Adult Day Program, some in person recreation activities and even some social events. Even though life is still not back to the way we all want it to be, these steps have been encouraging and we are grateful for the opportunities to gather in a safe and caring community.



In Person Adult Day Program fun returns to the Forge



Recreation Welcome Back Garden Party



Olde Forge Community Harvest Supper -
142 turkey dinners sold



Recreation Fieldtrips

GIVE THE GIFT OF FRIENDSHIP, HEALTH AND SUPPORT

Do you love the programs and support services at the Olde Forge? Now more than ever, the Olde Forge needs your help?

There are many ways to support the Olde Forge Community Resource Centre whether it is through an individual donation, a tribute or memorial donations or by becoming a monthly donor.

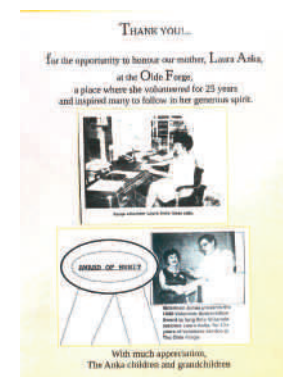
As we are a registered charity, your donation is tax-deductible, and you will receive a charitable tax receipt for your gift.

Your donation allows the Olde Forge to continue providing essential programs and support services to seniors and adults with physical disabilities living in our community.

Make a Difference Today!

THANK YOU NOTE FROM THE ANKA FAMILY

The Olde Forge was pleased to join the Anka family in honouring their mother/grandmother Laura Anka with the planting of a tree at the Olde Forge in her honour. Laura was a long time Britannia resident who volunteered at the Olde Forge for over 25 years.



A WORD FROM A MONTHLY DONOR

When I first moved to Ottawa from Winnipeg in 2018, my children were the people that introduced me to the Olde Forge. I first started with the Foot Care program and that is where I learned about all the other services being offered. I'm the kind of person who when I start something, I try to jump in with both feet. I started going on fieldtrips and joined other social activities. I also signed up for Olde Forge Home Support programs to help me with home repairs and tidying and started using their transportation program when I needed help getting a ride.

When my husband passed away, the Olde Forge continued to be

there to lend a hand and the community was incredibly supportive. With the start of the COVID pandemic, my involvement in the social programs at the Olde Forge became even more important. Olde Forge was one of the first places in my community to develop full virtual and over the phone programming for seniors. Having this social outlet really helped me stay positive, engaged, and to feel less lonely. I have met new friends and we play trivia, share stories, and listen to talks on a variety of different topics. The phone programs are something I look forward to everyday.

In addition to these new programs, the Olde Forge also offers a technology lending service and one-on-one iPad training for those who need some extra help. My tech volunteer Jocelyne has taught me how to use the iPad so that I feel more confident and less stressed when using it; she even showed me how to FaceTime my son in Germany.

The Olde Forge has been a lifeline for many seniors, caregivers, and their families during this difficult time. I am very proud to be a monthly donor to an organization that goes above and beyond to support seniors in my community.

Sincerely,
Linda Miller





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



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