



# The Good Companions Seniors' Centre

*Supporting a Vibrant Community*

## Free! Wednesday Grocery Van 2018 for Seniors and Adults with Physical Disabilities

**Pick-ups at 395 Somerset, 280 Rochester and 865 Gladstone.**



Wednesday mornings, bi-weekly to **Food Basics** – 667 Kirkwood Ave.:  
Jan 3, 17 & 31                      Feb 14 & 28

Wednesday mornings, bi-weekly to **Green Fresh Supermarket** – 29 Selkirk St.:  
Jan 10 & 24                      Feb 7 & 21

**Free** round-trip van transportation – door to door

- Helping hand in and out of the van and in the store
- Participants must be able to manage groceries independently



**English speaking clients please call Brenda at 613-236-0428 ext. 2250 to register.  
Chinese clients please call Changchun Ren at 613-564-0664 to book your seat.**



**The Good Companions** is a not-for-profit agency funded by the Ontario Ministry of Health, Long Term Care Division, United Way/Centraide Ottawa, and the City of Ottawa to provide activities and services in our community. Visit our Centre at 670 Albert Street to see all that we do or visit us at: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)