



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

Free! Wednesday Grocery Van 2017 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 11 & 25	Apr 5 & 19	July 12 & 26	Oct 4 & 18
Feb 8 & 22	May 3, 17 & 31	Aug 9 & 23	Nov 1, 15 & 29
Mar 8 & 22	June 14 & 28	Sept 6 & 20	Dec 13

Wednesday mornings, bi-weekly to **Green Fresh Supermarket** – 29 Selkirk St.:

Jan 4 & 18	Apr 12 & 26	July 5 & 19	Oct 11 & 25
Feb 1 & 15	May 10 & 24	Aug 2, 16 & 30	Nov 8 & 22
Mar 1, 15 & 29	June 7 & 21	Sept 13 & 27	Dec 6 & 20

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 or Zhongying Zhang at 613-234-9156 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