

Free Grocery Bus

for Seniors and Adults with Physical Disabilities in Centretown



- Door to door service with a helping hand on and off the bus (must be able to climb aboard with minimal assistance)
- Alternate routes every Tuesday morning
- An opportunity to meet friends and enjoy refreshments after shopping
- **Free grocery delivery to lobby**
- See dates and route information on the back of this sheet

Come grocery shop with us!

Call The Good Companions at **613-236-0428 x 2250**

A FREE Grocery Bus – 2017

for Seniors and Adults with Physical Disabilities

Sponsored by Massine's Independent Grocer, 296 Bank Street, Ottawa

Centretown East Routes cover: From the Canal to Bank Street

Route 1:

Jan. 10 & 24	Apr. 4 & 18	July 11 & 25	Oct. 3, 17 & 31
Feb. 7 & 21	May 2, 16 & 30	Aug. 8 & 22	Nov. 14 & 28
Mar. 7 & 21	June 13 & 27	Sept. 5 & 19	Dec. 12 *

*3 weeks until the next Grocery Shopping Bus

Centretown West Routes cover: From Bank Street to Preston Street

Route 2:


Jan. 3, 17 & 31	Apr. 11 & 25	July 4 & 18	Oct. 10 & 24
Feb. 14 & 28	May 9 & 23	Aug. 1, 15 & 29	Nov. 7 & 21
Mar. 14 & 28	June 6 & 20	Sept. 12 & 26	Dec. 5 & 19*

*3 weeks until the next Grocery Shopping Bus

For more information or to join the route call
The Good Companions – Community Support Services

613-236-0428 x 2250

Centretown Grocery Bus routes run north of the Queensway, between the Canal and Preston Street

 **The Good Companions – Community Support Services** include: Friendly Visiting, Rainbow Coffee Drop-In, A daily call for safety, links to Home Maintenance, Home Help (cleaning) and Snow-Go Resources, Transportation to medical appointments, Handy Helpers. Volunteer opportunities are available. For more information, please call, 613-236-0428, or visit our website:

www.thegoodcompanions.ca Email: info@thegoodcompanions.ca