

Free Grocery Van

for Seniors and Adults with Physical Disabilities
in North East Ottawa

2017
dates




Sponsors: Loblaws, Vanier Market



- Door to door service with a helping hand on and off the van (must be able to climb aboard with minimal assistance)
- Turny seat available that swings out, lowers and raises people into the van
- Delivery charge of \$6.00 (paid to the store)
- Every Monday & Thursday (see areas covered on the next page)
- An opportunity to meet friends and enjoy refreshments after shopping
- 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**

 **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. www.thegoodcompanions.ca

A FREE Grocery Van - 2017

for Seniors and Adults with Physical Disabilities

sponsored by **Loblaws, Vanier Market**, 100 McArthur Avenue

Monday Pickups from:

Carson Grove, Castle Heights, Bathgate & Brittany Dr., Sandy Hill, parts of Lower Town, Lindenlea, New Edinburgh, Manor Park, Vanier, Overbrook and St. Laurent north of Donald St.

Jan. 9,16,23 & 30	Apr. 3,10 & 24	July 10,17,24 & 31	Oct. 2,16, 23 & 30
Feb. 6,13 & 27	May 1,8,15 & 29	Aug. 14,21 & 28	Nov. 6,20 & 27
Mar. 6,13,20 & 27	June 5,12,19 & 26	Sept. 11, 18 & 25	Dec. 4,11 & 18

Thursday mornings Pickups from:

Sandy Hill, parts of Lower Town, New Edinburgh, Lindenlea, Manor Park, Vanier, Overbrook and St. Laurent north of Donald St.

Jan. 5,12,19 & 26	Apr. 6,13,20 & 27	July 6,13,20 & 27	Oct. 5,12,19 & 26
Feb. 2,9,16 & 23	May 4,11,18, & 25	Aug. 3,10,17,24 & 31	Nov. 2,9,16,23 & 30
Mar. 2,9,16,23 & 30	June 1,8,15,22 & 29	Sept. 7,14,21 & 28	Dec. 7,14, & 21

For more information and to register please call

The Good Companions – Community Support Services **613-236-0428 x 2250**