

Free Grocery Bus

for Seniors and Adults with Physical Disabilities
in Centretown

2019
dates



- 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 – 2019

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. 15 & 29	Apr. 9 & 23	July 2, 16 & 30	Oct. 8 & 22
Feb. 12 & 26	May 7 & 21	Aug. 13 & 27	Nov. 5 & 19
Mar. 12 & 26	June 4 & 18	Sept. 10 & 24	Dec. 3 & 17*

*3 weeks until the next Grocery Shopping Bus

Centretown West Routes cover: From Bank Street to Preston Street

Route 2:


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

*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