



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

Free! Wednesday Grocery Van 2018 for Seniors and Adults with Physical Disabilities To *Food Basics and Green Fresh Supermarkets

Pick-ups at 280 Rochester and 865 Gladstone.



Wednesday mornings, bi-weekly to ***Food Basics** – 667 Kirkwood Ave.:

April 11 & 25	June 6 & 20	Aug 1, 15 & 29
May 9 & 23	July 4 & 18	Sept 12 & 26

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

April 4 & 18	June 13 & 27	Aug 8 & 22
May 2, 16 & 30	July 11 & 25	Sept 5 & 19

Free round-trip van transportation – door to door

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



English speaking clients please call Carolyn at 613-236-0428 ext. 2235 to register. If you are already registered, please call two days before the trip 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