

Free Grocery Van

for Seniors and Adults with Physical Disabilities
in North East Ottawa

2019
dates



Sponsor:


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 - 2019

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

*2 weeks until the next Grocery Shopping Van

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

* 2 weeks until the next Grocery Shopping Van

For more information and to register please call

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

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