

# Free Grocery Van

for Seniors and Adults with Physical Disabilities  
in North East Ottawa

2020  
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
- 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](http://www.thegoodcompanions.ca)

# A FREE Grocery Van - 2020

for Seniors and Adults with Physical Disabilities

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

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

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

\* 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**

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 **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](http://www.thegoodcompanions.ca) Email: [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)