

The Grocery Bus

For seniors and adults with physical disabilities
Living in Centretown to Massine's Your Independent
Grocer, 296 Bank St Ottawa.



- Free door-to-door bus service to the store on Tuesday morning, alternate weeks.
- COVID -19 protocols in place while on the bus and in the store.
- A helping hand from volunteers to get on and off the bus.
- An opportunity to meet friends and enjoy refreshments in store after shopping.
- Free grocery delivery to your building lobby.
- For dates and route information, please see the back of this sheet.

To join us call The Good Companions at 613-236-0428 x 2250

Grocery Bus 2023

Sponsored by: **Massine's Independent Grocers, 296 Bank Street, Ottawa**

Centretown East Route (for those living east of Bank Street to the Canal)

Route 1:

Jan. 10 & 24	April 4 & 18	July 11 & 25	Oct. 3, 17 & 31
Feb. 7 & 21	May 2, 16 & 30	Aug. 8 & 22	Nov. 14 & 28
March 7 & 21	June 13 & 27	Sept. 5 & 19	Dec. 12 *

* Due to Holiday, 4 weeks until the next Grocery Bus

Centretown West Route (for those living west of Bank Street to Preston Street)

Route 2:

Jan. 17 & 31	April 11 & 25	July 4 & 18	Oct. 10 & 24
Feb. 14 & 28	May 9 & 23	Aug. 1, 15 & 29	Nov. 7 & 21
March 14 & 28	June 6 & 20	Sept. 12 & 26	Dec. 5 & 19*

*Due to Holiday, 4 weeks until the next Grocery Bus

For more information, or to join us on the bus, call The Good Companions:
613-236-0428 Ext. 2250