



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Harvest

Meal

Friday, October 6 2023

Cost: \$16

12 pm

Menu: Roll, Roast Turkey,
Whipped Potatoes,
Carrots, Green Beans,
Apple Pie,
Coffee and Tea.

Entertainment provided by
Lauren Hall

**Deadline for ticket purchase
is October 4 by 3 pm.**

**Notify Front Reception about
any dietary restriction at the
time you buy your ticket**



The Good Companions - 670 Albert St. Ottawa
For more information or to buy a ticket call (613) 236-0428/ext. 2100
Please note and respect that our centre is scent free.
Refrain for wearing any perfume or scented lotions
Parking available (\$2.50/Day)
OC Transpo: Route 16 and LRT Pimisi Station

