

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.
- 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 2024

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. 9 & 23	April 2, 16 & 30	July 9 & 23	Oct. 1, 15 & 29
Feb. 6 & 20	May 14 & 28	Aug. 6 & 20	Nov 12 & 26
March 5 & 19	June 11 & 25	Sept. 3 & 17	Dec 10 *

**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. 16 & 30	April 9 & 23	July 2, 16 & 30	Oct. 8 & 22
Feb. 13 & 27	May 7 & 21	Aug 13 & 27	Nov 5 & 19
March 12 & 26	June 4 & 18	Sept 10 & 24	Dec. 3 & 17*

**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