

**The Grocery Bus** 

ndependent

## 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

The Good Companions is a not-for-profit agency funded by the Ontario Health East, United Way East Ontario 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. Website: www.thegoodcompanions.ca



# **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, <u>4 weeks</u> 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, <u>4 weeks</u> until the next Grocery Bus

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