

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 2025

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

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

**Route 1:**

Jan.	7 & 21	April	1, 15 & 29	July	15 & 29	Oct.	7 & 21
Feb.	4 & 18	May	13 & 27	Aug.	12 & 26	Nov.	4 & 25
March	4 & 18	June	10 & 24	Sept.	9 & 23	Dec.	9*

*\*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.	14 & 28	April	8 & 22	July	8 & 22	Oct.	14 & 28
Feb.	11 & 25	May	6 & 20	Aug.	5 & 19	Nov.	18
March	11 & 25	June	3 & 17	Sept.	2, 16 & 30	Dec.	2 & 16*

*\*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