

# The Good Companions 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.
- 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 <u>lobby</u>.
- 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 2025**

## 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.	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, <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.	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

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