



# The Good Companions

*Supporting a Vibrant Community*



## Come join us on 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 to the store and home on Tuesday mornings on alternate weeks.
- Free grocery delivery to your building lobby.
- An opportunity to meet new friends and enjoy coffee and a chat.
- For dates and route information, please see the back of this sheet.

Sponsored by Massine's Your Independent Grocer

**i**ndependent  
YOUR INDEPENDENT GROCER

To join us call The Good Companions at  
613-236-0428 x 2250

# The Grocery Bus 2026

## Sponsored by Massine's Your Independent Grocer

### Centretown East Route ( for those living east of Bank Street to the canal)

#### Route 1:

Jan 6 & 20	April 14 & 28	July 7 & 21	Oct. 13 & 27
Feb 3 & 17	May 12 & 26	Aug. 4 & 18	Nov 10 & 24
March 3,17 & 31	June 9 & 23	Sept. 1, 15 & 29	Dec 8*

\*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 13 & 27	April 7 & 21	July 14 & 28	Oct. 6 & 20
Feb 10 & 24	May 5 & 19	Aug 11 & 25	Nov 3 & 17
March 10 & 24	June 2,16 & 30	Sept 8 & 22	Dec. 1 & 15*

\*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**

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](http://www.thegoodcompanions.ca)