

Transportation and Grocery Aid Program



Services

Transportation: Provides round-trips to the grocery store

Grocery Aid: Volunteers circulate throughout the store to help seniors in need



Social: Seniors have the opportunity to socialize and to learn about services offered in the area while enjoying a complimentary beverage

Nutrition: A monthly newsletter is available and once a month, the Centre's dietitian offers healthy recipes

When? Every Wednesday from 10 am to 4 pm

Where? Larabie's Your Independent Grocer

For whom? Seniors in Kapuskasing and area

Cost

Currently operating on a donation basis!



To reserve your transportation,
please call

705-371-3006
1-855-377-3006

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