

Bringing Communities Together **BCT**  
...One Ride at a Time...



**CARING  
FOR  
SENIORS**



## **BANCROFT COMMUNITY TRANSIT**

**Free grocery delivery for Seniors 55+**

**Simple and Easy Questionnaire to qualify**

**Shopping limited to 20-25 items per client**

### **DELIVERY SCHEDULE**

**MONDAYS – 9am-5pm Orders via phone at 613-334-2385**

**TUESDAY – Bancroft/Faraday**

**WEDNESDAY – Carlow/Mayo**

**THURSDAY – Hastings Highlands**

**FRIDAY – Limerick/Wolaston/Gilmour/Coe Hill**

**For more information contact Pauline at Bancroft  
Community Transit – 613-334-2385**

TO CARE FOR THOSE WHO ONCE CARED FOR US IS ONE OF THE HIGHEST HONORS

**FOODLAND**

Tia Walker, Author  
**NOFRILLS**