

This list updated December 2011

OTTAWA

EAST

Amica @ Bearbrook	2645 Innes Rd
Appletree Medical Centre	2016 Ogilvie
Beacon Hill Mall	2339 Ogilvie
Belcourt Manor	1344-B Belcourt
Bingo	70 Montreal Rd
Blackburn Villa	2412 Cleroux
Broadway	1968 Portobeleau
CS Co-op	M-55 Montreal Rd
Caisse Populaire	4400 Innes Rd
Camilla Gardens	1119 Bathgate Rd
Canadian Tire	133 Coventry Rd
Children's Hospital	501 Smyth Rd
Children's Aid	1602 Telestat
Chubard	Trim Rd/Waters
City Center	525 Cote
Delicatessen Bakery	St Laurent
Dempsey Comm. Ctr.	1895 Russell
Desjardins Pharmacy	1100 Algoma
Desloge Co-op	10 Desloge
Edinburgh Retirement Res.	10 Vaughn St.
Elmsmere Ret. Res.	889 Elmsmere Rd
Equinox Food	250 Centrum Blvd
Expedia Cruise	5929 Jeanne D'Arc
Extendicare Manor	1715 Montreal Rd
Gloucester Library	1705 Orleans Blvd
Gloucester Library	Innes Rd
Gloucester Pool	2072 Ogilvie
Grey Power Insurance	745-A Montreal Rd
General Hospital (Obst. Dept.)	501 Smyth Rd
Guardian Drug	5 Beechwood
Hear at Last(walmart)	3900 Innes Rd
Helix Hearing Care Centre	6497 Jeanne D'Arc Blvd
Heritage Manor	624 Wilson St
Indep. Grocer (Bissonnette)	570 Montreal Rd
Island Lodge	Porter Island
Library	St. Laurent Blvd.
Library	Ogilvie Rd
Loblaws	100 McArthur Ave.

Loblaws	Elmvale Acres Mall
Mango's Restaurant	1020 St. Laurent
Medical Center	2 -1224 Place D'Orleans
Metro	2636 Innes
Metro	4550 Innes
Metro	1021 St. Laurent
Metro	Beechwood
Metro	6505 Jeanne D'Arc
Metro	1675 -10th Line
Monfort Hospital	Montreal Rd
OC Transpo	Gloucester Mall
OC Transpo	Orleans Mall
OC Transpo	St. Laurent Mall
Ogilvie Villa	1345 Ogilvie
Orleans Rec. Complex	1490 Youville Dr
Orleans Villa	6419 Lumberman Way
Overbrook Forbes Centre	225 Donald St.
Pantry Food Plus	2433 St Joseph
Perley Hospital (Door 1, 2, 3, 4)	1750 Russell
Pharmaplus	19-5303 Canotek Rd
Pierre & Mario Ind	1619 Orleans Blvd
Promenade Retirement Residence	110 Rossignol Cr
Queenswood Villa	370 Kennedy Lane
Ray Friel Centre	1585 - 10th Line
Residence St-Louis	879 Hiawatha
Ret. Planning Inst	5310 Canotek Rd
Riverside Hospital & Pharmacy	1919 Riverside
Robillard Hearing Centres	198 McArthur Av
Royal Canadian Legion	800 Taylor Creek
Second Cup	Springfield/Beechwood
Senior Center	2020 Ogilvie
Shoppers Drug Mart	3940 Innes Rd
Shoppers Drug Mart	150 Montreal Rd
Shoppers Drug Mart	2016 Ogilvie Rd
Shoppers Drug Mart	2339 Ogilvie Rd
Shoppers Drug Mart	1937 Portobello
Shoppers Drug Mart	1200 St. Laurent
St Laurent Fruit & Veg.	1010 Belfast
Thrift Store	Beacon Hill Mall
Tim Hortons	Gabriel/St Joseph
Vanier Pharmacy	355 Montreal Rd
VIA Rail	Tremblay Rd
YMCA	Centrum

SOUTH/CENTRAL

Abottsford House	950 Bank
Adult High School	300 Rochester St
Billing Lodge Residence	1180 Belanger Ave

Billingwood Manor	1370 Bank St
Bridgewood Retirement	3998 Bridle Path
Byward Market	55 Byward Market Sq
Cartier Place Hotel, Res.	180 Cooper St
CS Co-op	400 Albert
CS Co-op	61 Spark
Centretown Comm. Hlth. Centre	420 Cooper
City Living Blair Bld	205 Gladstone
City of Ottawa, Housing	1660 Walkley Rd
City of Ottawa, Multi Serv. Ctr.	1480 Heron
City of Ottawa, People Svcs.	170 Laurier
Colonel By Retirement Residence	43 Aylmer Ave
Community Center	221 Nelson
Crystal Dawn	217 Dalhousie
Dalhousie Comm. Ctr.	755 Somerset
Data Relocation Services	48 Daly
Desjardins Pharmacy	298 Dalhousie
Elizabeth Bruyere (X 2)	43 Bruyere
External Affair	Sussex St
Giant Tiger	Bank & Queensdale
Gladstone Towers	865 Gladstone
Good Companions Senior Ctr.	670 Albert St
Hear At Last (Walmart)	2210 Bank St
HeronGate Mall	Heron Rd
Hunt Club Manor	351 Hunt Club
Independent Grocer (Hartman)	296 Bank
Independent Grocer (Rogers)	Alta Vista Dr
Independent Grocer (Bank St)	Billings Bridge Plaza
Ivan Vranjes Clinic	796 Bank
Jack Purcell Center	320 Jack Purcell
Jim Durell Arena	1265 Walkley Rd
Kardish	Bank/Hunt Club
Landmark Court	140 Darlington Pvt
Library	2516 Alta Vista
Loblaws	Isabella
Lord Lansdowne Ret. Res.	920 Bank St
Mags & Fags	254 Elgin St
Market Square	55 William
Medical Center	100 Marie Curie
Metro	245 Rideau
National Arts Centre	41 Elgin St
Natural Food Pantry	York/Dalhousie
Natural Food Pantry	Billings Bridge Mall
Oakpark Ret. Comm.	2 Valour Dr
OC Transpo	Billings Bridge Mall
OC Transpo	South Keys
OC Transpo	Welland/Laurier Av
One in Ten	216 Bank St
Oriental House	266 Elgin St

Ottawa Public Library	120 Metcalfe	Alterna Savings	90 K Robertson	Nepean Library	1547 Merivale Rd
Peace Garden Café	47 Clarence	Alterna Savings	Tunney's Pasture	Nepean Sportsplex	1701 Woodroffe Ave
Pharmaplus	240 Sparks St	Amica @ Westboro	491 Richmond Rd	Sports Medicine Centre	
Pharmaplus	580 Rideau St	Asher Place	490 Viewmont Dr	Seniors Centre	
Place De Ville	Queen	Bagel Shop	1321 Wellington Ave	Arena	
Polish Seniors Ass. (Ognesko)	379 Waverly	Barley Mow	Greenbank	No Name	1580 Merivale Rd
Produce Depot	2446 Bank St	Bingo	9 Slack Rd	NutriChem Pharm.	1303 Richmond Rd
Radisson Hotel	402 Queen St	Bowling	1916 Merivale Rd	OC Transpo (Entrance at Bayshore)	Bayshore Mall
RA Center	2451 Riverside Dr	CAA	1224 Wellington	OC Transpo	Scott & Teedwing
Rama Lotus	340 Gladstone	Caisse Populaire	1210 Wellington	OC Transpo – IKEA	Pinecrest Mall
Retirement Living	Rideau/Friel St	Canadian Tire	Greenbank & Strandherd	Old Forge	2730 Carling Ave
Rideau Carleton Racetrack Slots	4837 Albion	Carleton Heights Community	1665 Apeldoorn St.	Ottawa Heart Institute	40 Ruskin St
Rochester Towers	280 Rochester	Carleton Lodge	55 Lodge Rd	Ottawa Housing	1041 Wellington
Royal Legion	99 Greenfield	Carlingwood Mall	Customer Service	Park Place	1025 Richmond Rd
Royal Legion	330 Kent	Carlingview Manor	2330 Carling Ave.	Parkway Towers	727 Richmond
Sandwich Tree, The	55 Metcalfe St	Centennial Branch Library	3870 Old Richmond	Peter D Clark Centre	9 Meridian
Sandy Hill Centre	250 Somerset	Central Park Lodge	2370-2374 Carling Ave	Pharmasave	99 Kakalu #101
Sandy Hill Res.	353 Friel	Central Park Retirement Residence		Playtime 4 Kids	1547 Merivale Rd.
Scotiabank	828 Bank	Christian Care	220 Viewmont Dr	Produce Depot	1855 Carling Ave
Scotiabank	118 Sparks St	Civic Hospital (Main & Emergency)	1053 Carling Ave	Public Library, Carlingwood	281 Woodroffe
Scotiabank	3310 Mcarthy Rd	Cora Restaurant	1355 Richmond Rd	Rainbow Food	Richmond Rd
Scotiabank	425 Preston	Crystal View Lodge	6 Meridian Place	RBC	Carlingwood Mall
Shas Pharmacy	1428 Walkley Rd	Desjardins Pharm.	Civic Hospital	Redwoods Sr. Living	2604 Draper Ave.
Shoppers Drug Mart	1559 Alta Vista Dr	Dovercourt Rec. Ctr.	411 Dovercourt	Rexall	Baseline & Woodroffe
Shoppers Drug Mart	702 Bank St	Duke of Devonshire	1095 Carling Ave	Resource Centre	1642 Merivale Rd
Shoppers Drug Mart	1830 Bank St	Extencicare Home	2179 Elmira	Robertson House	1 Mill Hill Rd
Shoppers Drug Mart	2515 Bank St	Extencicare Home Medex	1865 Baseline	Robillard Hearing Centres	151 Holland Ave
Shoppers Drug Mart	3310 McCarthy Rd	Family Services Ottawa	312 Parkdale Ave.	Rockin' Johnny's Café	Westgate Mall
Shoppers Drug Mart	50 Rideau St	Food Basics	900 Greenbank	Royalton, The	3501 Campeau Dr
Singing Pebble Books	Main St	Giant Tiger	1085 Wellington	Royal Victoria Hospital	Carling Ave
South E. Ott. Com. Health Ctr.	1355 Bank St #600	Golden Manor	445 Richmond Rd	Salvation Army Grace Manor	1156 Wellington
Southway Inn	2431 Bank St	Guardian Drug	117 Centrepointe	Sears, outside East Entrance	Carlingwood Mall
Strathcona Height Apt.	731 Chapel	Herb & Spice	1310 Wellington	Seniors Centre(bus stop)	1137 Wellington
Strathcona Co-op	721 Chapel	Hintonburg City Center	1064 Wellington	Seniors Centre	Churchill/Richmond Rd
St Vincent Hospital	60 Cambridge	Indep. Grocer (Hansen)	Hazeldean Mall	Senior Recreation Center	3865 Old Richmond Rd
Street Box	Bank & Albert	Ivan Vranjes Clinic	338 Woodroffe	Senior Travel	392 Richmond
Sunnyside Books	113 Murray	Jean Talon Bldg	170 Tunney's Pasture	Shoppers Drug Mart	2148 Carling Ave
Tang Kong Laundry	609 Somerset	Kanata Leisure	70 Air Dr	Shoppers Drug Mart	1460 Merivale Rd
The Palisade Home	480 Metcalfe	Kristy's Rest.	809 Richmond Rd	Shoppers Drug Mart	1642 Merivale Rd
Union Smoke Shop	307 Rideau	Lincolnfield Mall	2525 Carling Ave.	Shoppers Drug Mart	3151 Strandherd
Upward Dog	251 Dalhousie	Longfield Manoir	330 Beatrice	Shoppers Drug Mart	3781 Strandherd
Wild Cat Café	817 Bank	McDaniel's Independent	200 Grant Carmen	Sonny's Restaurant	Baxter Mall
West Berry	Main St	Majestic Laundry	1006 Wellington	Starbucks	Merivale & Hunt Club
Yangtze Rest.	700 Somerset	Metro	250 Greenbank	Sterling Place	2716 Richmond
YMCA	180 Argyle	Metro Chapman	3201 Strandherd	Stillwater Creek Retirement	18 Robertson Rd
		Mother Earth Nat. Health	747 Richmond Rd	The Court at Barrhaven	1111 Longfields
		Natural Food Pantry	Westgate Mall	The Halcyon	1195 Richmond
		Natural Healing Centre	389 Danforth	Thorncliff Res	1 Thorncliff
		Nepean Library	101 Centrepointe	Tim Hortons	250 Greenbank Rd
WEST					
Alavida Retirement Residence	110 Central Park				

Tim Hortons	Merivale/Meadowlands
Unitarian House	20 Cleary Ave
Walter Baker Library (and Centre)	100 Malvern
West Park Condo	100 Grant Carmen
Zellers	Richmond Rd & Moodie

KANATA

Chartwell Residence	20 Shirley's Brook Dr.
Fairfield Manor	17 Lombardo Dr
Forest Hill	6501 Campeau
Kanata Senior Centre	2500 Campeau
Kanata Sport Centre	100 Walter Baker
Kiliam Residence	27 Weaver Cres
OC Transpo	500 Hazeldean Rd
Screams	150 Katimavik Mall
Senior Residence	145 Castlefrank
Shoppers Drug Mart	700 Eagleson Rd
Shoppers Drug Mart	499 Terry Fox Dr
The Empress	170 McGibbon Dr
Tim Hortons	2500 Campeau
Western Ott. Com. Res. Ctr.	2 Macneil Ct

QUEBEC

AYLMER

Cinema	Principale
IGA	Principale
Residence Le Monastere	161 Principale
Zellers	Principale

GATINEAU

Appartements	boul. de la Gappe
Appartements	boul. Labrosse
Appartements	488 Gouin
Appartements	176 Brian
Appartements	134 Maple
Appartements	703 Asselin
Appartements	60, de la Futaie
Appartements	336 James
Desjardins	Boul Carrefour
Hôpital	Lionel Hemond
IGA	boul. Greber
IGA (Laflamme)	720 Mt. Paiment
IGA	425 St. Joseph
Louis St Laurent D N Library	555 Bl. Carrierre

Metro
Metro Limbour
Nautilus
Residence Brunet
Residence Frontenac
Restaurant L'Assiette
Simon Home
Sportheque
Toscanos

ONTARIO

ALMONTE

Almonte General Hospital	75 Spring St
Fairview Manor	95 Spring St
Home Hardware	Highway
Royal Canadian Legion	100 Bridge St.
Towns Country Apts.	375 Country St

ARNPRIOR

A&P Food	Arnprior Mall
Arnprior Memorial Hospital	350 John St
Grouve Nursing Home	275 Elgin N
Nick Smith Arena	77 James St.
No Frills	39 Winner Circle
Senior Home Support	106 McGounal St

CARLETON PLACE

Carleton Hospital	247 Lake Ave
Carleton Place Manor	6 Arthur St
Elizabeth Court	105 Elizabeth St
Giant Tiger	25 Landsdowne Ave
IDA Drug	47 Landsdowne Ave
Senior Support Center	210 Bridge St
Shoppers Drug Mart	299 Lake Ave
Steve's Independent	455 McKnelly

CARP

General Store	
WE Johnston Arena	3832 Carp Rd

CASSELMAN

Caisse Pop.	641 Principale
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Mont Payment
St. Louis
425 St. Joseph
100 Cite des Jeunes
79 Frontenac
725G boul. Carrierre
boul. de la Gappe
Carrierre
106, boul. Gréber

Early Years Centre	676A Principale
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CUMBERLAND

Arena Cumberland	1115 Dunning Rd
Cumberland City Center	1115 Dunning Rd
S/S Convenience Store	2619 Queen

EMBRUN

CS Co-op	
Caisse Pop	Notre Dame
Clinique Medicale	629-1 Priniciple
Independent Co-op	751 Notre Dame
Jean Coutu	867 Notre Dame
Metro	635 Priniciple
Shopping Center	767 Notre Dame

GREELY

Orchard View	1491 Manotick St
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HAWKESBURY

Canadian Tire	Hwy 17
Hospital, Main Entrance & Exit	Duplicate St
Independent (inside Smoke Shop)	56 Cameron St
Jean Coutu	80 Main E

KEMPTVILLE

B&H Groceries	203 Saunders St
Broadway Restaurant	2727 County Rd 43
Canadian Tire	Hwy 43
Five Star Resto	Hwy 43
Food Basics	Hwy 43
Independent Grocer	2600 Hwy 43
Kemptville Arena	285 County Rd 43
Kemptville Resto	2780 Hwy 43
McEwen Gas	2985 Hwy 43
Shoppers Drug Mart (Kemptville Mall)	Hwy 43
Ultramar Gas	2780 Hwy 43

MANOTICK

Home Hardware	1140 John St	Arena	Ontario East
Independent – Moncion’s	685 River Rd	IDA Clinic	Craig St
Rexall	1160 John St	Mother Teresa Catholic School	1039 Concession

NORTH GOWER

Mulligan’s Grocery	2321 Andrew St
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OSGOODE

Foodland	5669 Main St
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PERTH

Bargain Shop Mall	Hwy 7
Canadian Tire	Hwy 7
Caroline Retirement	North St., Ste. 105
Food Smith	33 Wilson St
Independent Grocer (Hendrick)	80 Dufferin
Independent Mall	Hwy 7
Metro	50 Wilson St
Perth Hospital	Drummond St
PharmaSave	48 North
Shoppers Drug Mart	HWY 7
Toronto Dominion	70 Gorusa

RICHMOND

Richmond Bakery	6127 Perth St
Valumart	115 Perth St

ROCKLAND

Arena Jean-Marc Lalonde	1450 Avenue du Park
Home Hardware	Laurier
Independent Grocer	2773 Laurier
Medical Center	2475 Laurier
Pavillion Laurier Inc	2526 Laurier
Remi Shawarma	Laurier
Royal Legion	2869 St Laurent

RUSSELL

SMITHS FALLS

CIBC	45 Beckwith
Country Fair Mall	Brockville St
Giant Tiger	Chambers
Hospital	60 Cornelia St W
Independent (Warrings)	25 Fears Dr
Willowdale Ret. Centre	9 Armstrong Dr

STITTSVILLE

Arena	Main St
Captain Sandy	Hazeldean Rd/Jackson Trails
IDA	1250 Main St
Natural Food Pantry	Hazeldean Rd
Pool Greek Manor	1385 Main St
Shoppers Drug Mart	1300 Main St
Stittsville Villa	1354 Main St