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For Immediate Release

PRESS RELEASE

Seniors Appreciate the Weekly BayRides Grocery Shuttle

Every Tuesday morning BayRides operates the free Grocery Shuttle funded by the Seniors Association of St. Margaret's Bay. Seniors are picked up at home and driven to either Sobey's or the Superstore, depending on the week. When they have finished their shopping they are invited for refreshments in the store's community room.

Along with other seniors, Maureen Murphy and Sandra Stiles take advantage of the Grocery Shuttle, which, as they both say, is also a social outing. Maureen also uses BayRides to take her elderly cat to the vet, to go to the bank and for appointments with the doctor and the physiotherapist. "BayRides is the one service in this area for which I am most thankful," she says. Maureen gives back to the community by counting toonies for the Bay Treasure Chest, the community fundraiser that benefits BayRides and six other local non-profit partners in St. Margaret's Bay.

Sandra Stiles moved to the St. Margaret's Bay area from Vancouver a couple of years ago. She lives in a separate apartment in her daughter's house. "If it weren't for BayRides," she says, "I would be totally dependant on my adult children because I don't drive. I wouldn't be able to go to the seniors' yoga or tai chi classes because they take place during the day when my children are at work. Those classes and the Tuesday Grocery Shuttle give me the chance to spend time with people my own age and I really enjoy that."

BayRides provides transportation Monday to Friday from 6:00 am to 6:00 pm. To book a ride, contact BayRides' dispatcher Lynn Coward at least 24 hours in advance; Lynn works weekdays from 10:00 am to 1 pm. If you telephone 902-820-6600 or email dispatch@bayrides.ca outside those hours, please leave a detailed message and Lynn will get back to you.

CAPTION: From left to right are Sandra Stiles, Maureen Murphy and Doreen Hewittson who use the free Grocery Shuttle funded by the Seniors Association of St. Margaret's Bay. Photo by Phil MacLellan

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For more information please contact:

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