

# Attention Seniors

*affected by COVID-19*

If you are a senior or know a senior or adult with disabilities who is experiencing financial challenges, unable to meet their nutritional needs, in need of assistance with transportation to access healthy food, contact:

## ACCESS HELP HERE

### Ride Norfolk Bus Passes

519-428-3178

### Tillsonburg Senior Centre

519-688-2520

### T:GO Bus Passes

Oxford County and Bayham Area

519-688-3009 ext 4470

### Helping Hand Food Bank

55 A Broadway, Tillsonburg, ON

519-688-3434

### Meals on Wheels & Grocery Buddy Program

Hot and Frozen meals, Monday to Friday, at a subsidized rate.

519-842-9008 x.357

### Tillsonburg Ministerial Association

Rayburn Lansdell 519-688-2266

The MSC is extremely grateful to the Ontario Community Support Association (OCSA) for grant funds received to help seniors and adults with disabilities in our community facing food insecurities during COVID-19.