

Ottawa Region Distribution Locations

Updated January 9, 2008

OTTAWA

EAST

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|------------------------------|----------------------------------|
| Appletree Medical Centre | 2016 Ogilvie |
| Beacon Hill Mall | 2339 Ogilvie |
| Bearbrook Court | 2645 Innes Rd |
| Belcourt Manor | 1344-B Belcourt |
| Bingo | 70 Montreal Rd. |
| Blackburn Villa | 2412 Cleroux |
| Broadway | 1968 Portobeleau |
| CS Co-op | M-55 Montreal Rd |
| Camilla Gardens | 1119 Bathgate Rd |
| Canadian Tire | 133 Coventry Rd |
| Canadian Tire | 2010 Ogilvie |
| Children's Hospital | 501 Smyth Rd |
| Childrexis Aid | 1602 Telestat |
| City Center | 525 Cote |
| Colonial Furniture | 1680 Viewmont Ct |
| Cosmic Adventure | 1373 Ogilvie Rd |
| Delicatessen Bakery | St Laurent |
| Dempsey Comm. Ctr. | 1895 Russell |
| Desloge Co-op | 10 Desloge |
| Edinburgh Retirement Res. | 10 Vaughn St. |
| Elmsmere Ret. Res. | 889 Elmsmere Rd |
| Extendicare Manor | 1715 Montreal Rd |
| Giant Tiger | 2020 Ogilvie |
| Gloucester Library | 2036 Ogilvie |
| Gloucester Library | 1705 Orleans Blvd |
| Gloucester Library | Innes Rd |
| Gloucester Pool | 2072 Ogilvie |
| Grey Power Insurance | 745-A Montreal Rd |
| General Hospital | Smyth Rd |
| Guardian Drug | 5 Beechwood |
| Heritage Manor | 624 Wilson St |
| Indep. Grocer (Bissonnette) | 570 Montreal Rd |
| Indep. Grocer (Pierre&Mario) | 1619 Orleans Blvd |
| Island Lodge | Porter Island |
| Jean Coutu Library | 2701 St Joseph St. Laurent Blvd. |
| Loblaws | 100 McArthur Ave. |
| Loblaws | Elmvale Acres Mall |

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| Loeb | 4550 Innes |
| Loeb | 1021 St. Laurent |
| Loeb | St Laurent/Walkley |
| Loeb | Beechwood |
| Loeb | 6505 Jeanne D'Arc |
| Loeb | 1675 -10 th Line |
| Loeb | Main St., Blackburn |
| Mango's Restaurant | 1020 St. Laurent |
| Medical Center | 1224 Place D'Orleans |
| Midway, The | 2370 Lancaster |
| Moca Loca | 35 Beechwood |
| Monfort Hospital | Montreal Rd |
| OC Transpo | Elmvale Mall |
| OC Transpo | Gloucester Mall |
| OC Transpo | Orleans Mall |
| OC Transpo | St. Laurent Mall |
| Ogilvie Villa | 1345 Ogilvie |
| Ont. Med. Supplies | 848 Belfast Rd |
| Orleans Rec. Complex | 1490 Youville Dr. |
| Orleans Villa | 6419 Lumberman Way |
| Orthomedics | 2660 Southvale Cr. |
| Overbrook Bingo | 1150 Lola |
| Overbrook Forbes Centre | 225 Donald St. |
| Perkins Family Rest. | 1130 St Laurent |
| Perley Hospital | 1750 Russell |
| Personal Pace Fitness | 5929 Jeanne D'Arc |
| Petro Canada | St Joseph |
| Pharmaplus | 570 Montreal Rd |
| Pharmaplus | 19-5303 Canotek Rd |
| Queenswood Villa | 370 Kennedy Lane |
| Ray Friel Centre | 1585 - 10 th Line |
| Residence St-Louis | 879 Hiawatha |
| Ret. Planning Inst | 5310 Canotek Rd |
| Riverside Hospital | 1919 Riverside |
| Royal Canadian Legion | 800 Taylor Creek |
| Salvation Army | 4025 Innes Rd. |
| Senior Center | 2020 Ogilvie |
| Shoppers Drug Mart | 6491 Jeanne D'Arc |
| Shoppers Drug Mart | 587 Montreal Rd |
| Shoppers Drug Mart | Main St, Blackburn |
| St Laurent Fruit & Veg. | 1010 Belfast |
| Street Box | Parkway & Beechwood |
| Thrift Store | Beacon Hill Mall |
| Tim Hortons | Gabriel/St Joseph |

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| Vanier Pharmacy | 355 Montreal Rd |
| YMCA | Centrum |

SOUTH/CENTRAL

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| Abottsford House | 950 Bank |
| Addy Bears Rest. | 101 Lisgar |
| Adult High School | 300 Rochester St |
| Angelo Restaurant | Hwy. 16 |
| Billing Lodge Residence | 1180 Belanger Ave |
| Billingwood Manor | 1370 Bank St |
| Bridgewood Retirement | 3998 Bridle Path |
| 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 Bay | 43 Aylmer Ave |
| Community Center | 250 Somerset |
| Community Center | 221 Nelson |
| Dalhousie Comm. Ctr. | 755 Somerset |
| Data Relocation Services | 48 Daly |
| Desjardins Pharmacy | 298 Dalhousie |
| Elizabeth Bruyere | 43 Bruyere |
| Employment Centre | 370 Catherine, 1 st Flr. |
| External Affair | Sussex St |
| Family Services Ottawa | 312 Parkdale Ave. |
| Gladstone Towers | 865 Gladstone |
| Gloucester Library | Bank |
| Goldstein's Fresh Mart | 255 Elgin |
| Good Companions Senior Ctr. | 670 Albert St |
| Independent Grocer (Hartman) | 296 Bank |
| Independent Grocer (Rogers) | Alta Vista Dr |
| Ivan Vranjes Clinic | 796 Bank |
| Jack Purcell Center | 320 Jack Purcell |
| Jim Durell Arena | 1265 Walkley Rd |
| Landmark Court | 140 Darlington Pvt |
| Library | 2516 Alta Vista |
| Loblaws | Billings Bridge Plaza |
| Loeb | 754 Bank St |
| Loeb | 245 Rideau |

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| Loeb | Preston |
| Maggs & Faggs | 254 Elgin St |
| Hunt Club Manor | 351 Hunt Club |
| Medical Center | 100 Marie Curie |
| OC Transpo | Queen/Bank |
| OC Transpo | Billings Bridge Mall |
| Ottawa Public Library | 120 Metcalfe |
| Pharmaplus | 240 Sparks St |
| Pharmaplus | 580 Rideau St |
| Place De Ville | Queen |
| Polish Seniors Ass. (Ognesko) | 379 Waverly |
| Produce Depot | 2446 Bank St |
| RA Center | 2451 Riverside Dr |
| Retirement Living | Rideau/Friel St |
| Rideau Carleton Racetrack Slots | 4837 Albion |
| Rideau Center | Rideau/Sussex |
| Rochester Towers | 280 Rochester |
| Royal Legion | 99 Greenfield |
| Royal Legion | 330 Kent |
| Sandy Hill Res. | 353 Friel |
| Scotiabank | 3310 Mcarthy Rd. |
| Shoppers Drug Mart | 2515 Bank St |
| South E. Ott. Com. Health Ctr. | 1355 Bank St |
| Southway Inn | 2431 Bank St |
| Strathcona Height Apt. | 731 Chapel |
| Strathcona Co-op | 721 Chapel |
| St Vincent Hospital | 60 Cambridge |
| Street Box | Bank & Albert |
| Tang Kong Laundry | 609 Somerset |
| The Palisade Home | 480 Metcalfe |
| YMCA | 180 Argyle |

WEST

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|-----------------------------|-----------------------------|
| Alterna Savings | 90 K Robertson |
| Alterna Savings | Tunney's Pasture |
| Ambleside One | 1081 Ambleside Dr |
| Asher Place | 490 Viewmont Dr |
| Bank of Montreal | Prince of Wales/Meadowlands |
| Barley Mow | Greenbank |
| Bingo | 9 Slack Rd |
| Bingo Convention | Merivale Rd |
| Bowling | 1916 Merivale Rd |
| Bus Stop (Senior Center) | 1137 Wellington |
| CAA Club | 2525 Carling Ave |
| Carleton Lodge | 55 Lodge Rd |
| Carlingview Manor | 2330 Carling Ave. |
| Carlingwood Mall Info Kiosk | Carlingwood Mall |

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|---------------------------|--------------------------|
| Centennial Branch Library | 3870 Old Richmond |
| Central Park Lodge | 2370-2374 Carling Ave |
| Christian Care | 220 Viewmont Dr |
| CIBC | Carlingwood Mall |
| Civic Hospital | 1053 Carling Ave |
| Corel | Carling Ave. & Churchill |
| Country Grocer | 729 Ridgewood |
| Crystal View Lodge | 6 Meridian Place |
| Dovercourt Rec. Ctr. | 401 Dovercourt |
| Early Years Centre | 1365 Richmond |
| Extendicare Home | 2179 Elmira |
| Extendicare Home Medex | 1865 Baseline |
| Food Basics | Greenbank |
| Food Basics | Kirkwood |
| Forever Young Office | 102 Boyce Ave |
| Fresh Fruit | 1495 Richmond |
| Guardian Drug | 117 Centrepointe |
| Hintonburg City Center | 1064 Wellington |
| Independent Grocer | 1309 Carling Ave |
| Ivan Vranjes Clinic | 338 Woodroffe |
| Kristy's Rest. | 809 Richmond Rd |
| Lakeside Garden | Greenview |
| Lincolnfield Mall | 2525 Carling Ave. |
| Loblaws | 1460 Merivale Road |
| Loeb | 250 Greenbank |
| Loeb | 345 Carleton |
| Loeb Chapman | 3201 Strandherd |
| Longfield Manoir | Beatrice |
| Lynn Wood Place | 1 Eaton St |
| McDaniel's Independent | 200 Grant Carmen |
| McEwen Terrace | 31 McEwen |
| My Pace Fitness | 3101 Strandherd |
| Natural Food Pantry | Westgate Mall |
| Nepean Library | 101 Centrepointe |
| Nepean Library | 1547 Merivale Rd |
| Nepean Sports Med. Ctr. | 1701 Woodroffe Ave |
| Nepean Sportsplex | 1701 Woodroffe Ave |
| OC Transpo | Scott & Holland |
| OC Transpo | Scott & Teedwing |
| OC Transpo | Bayshore Mall |
| OC Transpo | Carlingwood Mall |
| Old Forge | 2730 Carling Ave |
| Ottawa Housing | 1041 Wellington |
| Park Place | 1025 Richmond Rd |
| Parway Towers | 727 Richmond |
| Parway Towers | 1071 Ambleside Dr |
| Peter D Clark Center | 9 Meridian |
| Pharmaplus | 2525 Carling Ave |
| Pharmaplus | 1 Centrepointe Dr |

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|------------------------------|----------------------|
| Pharmaplus | 1620 Scott St |
| Playtime 4 Kids | 1547 Merivale Rd. |
| Plaza Towers | 465 Richmond |
| Price Chopper | Robertson Rd. |
| Produce Depot | 1855 Carling Ave |
| Public Library, Carlingwood | 281 Woodroffe |
| Public Library, Centrepointe | 101 Centrepointe Dr. |
| Ralf & Sons | Carling Ave |
| Redwoods Sr. Living | 2604 Draper Ave. |
| River Park Place | 1 Corkstown |
| Robertson House | 1 Mill Hill Rd |
| Rockin' Johnny's Café | Westgate Mall |
| Royal Victoria Hospital | Carling Ave |
| Salvation Army Grace Manor | 1156 Wellington |
| Scholar's Choice | Carlingwood Mall |
| Scotiabank | 2121 Carling Ave |
| Scotiabank | Iris |
| Scotiabank | Carlingwood Mall |
| Sears, outside East Entrance | Carlingwood Mall |
| Senior Recreation Center | Old Richmond Rd. |
| Senior Travel | 392 Richmond |
| Shoppers Drug Mart | 2148 Carling Ave |
| Shoppers Drug Mart (outside) | Westgate Mall |
| Sterling Place | 2716 Richmond |
| Stillwater Creek Retirement | 18 Robertson Rd |
| The Court at Barrhaven | 1111 Longfields |
| The Saville | 2116 Lockhart |
| The Saville | 271 Lockhart |
| The Saville | 2090 Neepawa |
| Thorncliff Res | 1 Thorncliff |
| Unitarian House | 20 Cleary Ave |
| WalMart | Lincolnfield Mall |
| Walter Baker Library | 100 Malvern |
| Wellington News | 1303 Wellington |
| Westgate Mall, food court | Westgate Mall |
| West Park Condo | 100 Grant Carmen |
| YMCA | Merivale Mall |
| Zellers | Richmond Rd & Moodie |
| Welcome Wagon | all Ottawa |

KANATA

Chartwell Residence 20 Shirley's Brook Dr.
Colonial Furniture 66 Hearst Way
Fairfield Manor 17 Lombardo Dr
Food Basics Katimavik
Forest Hill Campeau
Kiliam Residence 27 Weaver Cres
Independent Grocer (Hansen) Hazeldean Mall
Kanata Sen. Ctr. Campeau/Beaverbrook
Loblaws Terry Fox
OC Transpo Katimavik
Pharmasave 99 Kakalu # 101
Senior Residence 145 Castlefrank
Sobey's Terry Fox/Hazeldean
The Empress 170 McGibbon Dr
Western Ott. Com. Res. Ctr. 2 Macneil Ct

QUEBEC

AYLMER

Caisse Populaire 375 Ch. Aylmer
Galerie Aylmer Main St.
Residence Le Monastere 161 Prinicipale

GATINEAU

Appartements 60, de la Futaie
Appartements 25, Guertin
Auberge des Gouverneurs 111, Bellehumeur
Bibliothèque municipale 855, boul. de la Gappe
Bloc 505-535 boul. de la Gappe
Bloc 15, St-Georges
Bloc 5 & 75, Lausanne
Bloc 160 & 210 Lamarche
Blocs 225-245, la Savanne
Blocs 39, boul. du Progrès
Blocs 40, boul. du Progrès
Blocs 49, boul. du Progrès
Blocs 59, boul. du Progrès
Blocs 60, boul. du Progrès
Blocs 25, Lafrenière
Blocs 35, Lafrenière
Blocs 75, Moreau
Blocs 150, boul. Gréber (A-E)

Blocs 20 & 26, rue Claire
Blocs 703, Asselin
Blocs 488, Guoin
Blocs 336, St-James
Blocs 365, boul. la Vérendry
Blocs 30-72 Matapédia
Blocs 59 & 75 Curé A. Pousseault
Blocs 410-444 boul. Gréber
Blocs 61 & 67 Drapeau
Blocs 166, du Barry
Bloc Mont-Joie 100, boul. du Progrès
Café Moca Loca boul. de la Gappe
Caisse Populaire boul. Gréber
Caisse Populaire Carrefour
Caisse Populaire Notre-Dame 266, Notre-Dame
Caisse Populaire Gatineau 655, St-René Ouest
Caisse Populaire St-René 408, Main
Caisse Populaire Touraine 744, Principale
Caisse St-René 435, la Verendry
Centre d'âge d'or Carrefour
Cité Jardins 60 de la Futaie
CLSC Ave. Gatineau
Collège St-Alexandre 8 Ave. Principale
Comm. Scolaire des Draveurs 225, rue Notre-Dame
Crocodeli 960, boul. Maloney
Deli Chenoy's 120, boul. de l'Hôpital
Dépanneur BMB 1988, du Carrefour
Domaine des Trembles 250 Saint-Raymond
Garage municipale 476, boul. St-René
Garage Styston Carrefour
Hôpital de Gatineau (CHVO) boul de l'Hôpital
IGA 720 Mt. Paiment
La Crêperie 355, boul. Gréber
Loeb St. Joseph
Louis St Laurent D N Library 555 Bl. Carrierre
Metro Limbour St. Louis
Patio Vidal 470, boul. Gréber
Patio Vidal 1091, rue St-Louis
Patio Vidal 825, boul. Maloney E.
Patio Vidal 211, boul. Maloney O.
Patio Vidal 411, boul. St-René
Pépinière Émery 600, boul. Maloney
Pizzédélic 120, boul. de l'Hôpital
Promenade 1100 Blv. Maloney
Residence Brunet 100 Cite des Jeunes
Residence de la Gappe 465, boul. de la Gappe
Residence de L'Ile 223 Rue St-Redempteur
Residence Domaine Boise 265, boul. Labrosse
Residence Frontenac 79 Frontenac

Résidence personnes âgées 134, Maple
Résidence personnes âgées 176, Brian
Restaurant Cora 200, boul. Gréber
Restaurant Mikes 200, boul. Gréber
Revue de Gatineau 430, boul. de l'Hôpital
Richelieu 1732, Carrefour
Toscanos 106, boul. Gréber
Ville de Gatineau 144, boul. de l'Hôpital

FORT COULONGE

Metro rue Poirier

LUSKVILLE

Caisse Populaire (Lobby) 3000 Rte 148
DePanneur Martine Place Tremblay
KR Grocery 3329 Rte 148
Poirier Grocery 1866 Rte 148

QUYON

Coin Wash 1189 Claredon St.
RBC Claredon St.
Restaurant 5032 Rte 148
Stinson Gas/Grocery 1189 Claredon St.

SHAWVILLE

Arena/Community Centre
Atkinson Bar Rte 148
Billy T Restaurant Rte 148
City Hall Main Street
Essaime Pharmacie Victoria
Kountry Cooking Rte 148
Landford Grocery Victoria
Library Main Street
LL Grocery Rte 148
RBC Main Street
Shawville Hospital - Entrance
- Emergency
- Employee Entrance

WAKEFIELD

Brunet Pharmacie Rte 305
IGA Charles Rte 305
ProPro Grocery Rte 305

ONTARIO**ALEXANDRIA**

Giant Tiger

ALFREDCaisse Populaire 497 Hwy 17
Valu Mart 536 Hwy 17**ALMONTE**Almonte General Hospital 75 Spring St
Fairview Manor 95 Spring St
Heritage IDA 12 Mill St
Royal Canadian Legion 100 Bridge St.
Towns Country Apts. 375 Country St**ARNPRIOR**A&P Food Arnprior Mall
Arnprior Memorial Hospital 350 John St
Giant Tiger
Grouve Nursing Home 275 Elgin N
Loeb 70 Elgin St
Nick Smith Arena 77 James St.
No Frills 39 Winner Circle
Senior Home Support 106 McGounal St**BROCKVILLE**Canadian Tire Main St.
Home Hardware Stewart St.
Lee Garden 1000 Island Mall
Loeb King St.
Pharmaplus Stewart St.
RONA 570 Stewart St.
Sears 1000 Island Mall**CARDINAL**

RONA Mini Mall 623 Hwy 2

CARLETON PLACECarleton Hospital 247 Lake Ave
Centennial Clinic 299 Lake Ave.
Centennial Pharmacy 299 Lake Ave
Dwyer Hill R.V. 1229 Dwyer Hill Rd
Elizabeth Court 105 Elizabeth St
Giant Tiger 25 Landsdowne Ave
IDA Drug 47 Landsdowne Ave
IGA 26 Industrial St
Independent Grocer 455 McKnelly
Royal Bank 93 Bridge St
Senior Support Center 210 Bridge St

Steve's Independent 455 McKnelly

CARP

W.E. Johnston Arena 3832 Carp Rd.

CASSELMANArena Casselman
Jean Coutu 629 – 1 Principale
Loeb 635 Principale
Truck Stop Bar-Grill Main St.**CORNWALL**Arena 4th Ave.
Cornwall Square Water St.
General Hospital CCC 2nd Ave.
Maynard's Independent 9th West
Senior Residence
Sport Centre Water St.
Super C 1400 Vincent Massey
Super Fresh 960 Brookdale St.**CUMBERLAND**Arena Cumberland 1115 Dunning Rd.
Cumberland City Center 1115 Dunning Rd
S/S Convenience Store 2619 Queen**EMBRUN**Arena Relais des Sports Jeanne D'Arc
Independent Co-op 751 Notre Dame
Jean Coutu 867 Notre Dame
Residence Notre Dame 1015 Rue Notre Dame
Shopping Center 767 Notre Dame**GANANOQUE**

A&P Foods Main St.

GREELY

Orchard View 1491 Manotick St. Rd.

HAWKESBURYCanadian Tire Hwy 17
Hawkesbury Family Centre 1002 Main St.
Hospital, Main Entrance Duplate St
Independent (inside Smoke Shop) 56 Cameron St.
Jean Coutu 80 Main E
Mon Roc Place 100 IndustrialPrescott Russell 1020 Cartier
Trillium Clinic 593 Spence Ave**KEMPTVILLE**Giant Tiger
IGA Rideau St
Independent Grocer 2600 Country Road 43
Shoppers Drug Mart 24 Prescott
Senior Support Center 205 Sanders**KINBURN**

Senior Center Kinburn St

KINGSTONA & P
Catarqui Mall, lower level inside smoke shop
Denny's Restaurant 401 Division St
Frontenac Mall inside front entrance
Fruit Market beside Frontenac Mall
IGA 401 Division St.
Pharmacy (Big Ed's)
Shoppers Drug Mart Bath St.**MANOTICK**Home Hardware 1140 John St
IDA Drug Mart 1160 John St
Independent – Moncion's 671 River Rd.
Orchard View 1491 Manotick Station Rd**MORRISBURG**Restaurant Hwy 2
Value Mart Main St.**NORTH GOWER**

Mulligan's Grocery 2321 Andrew St

OSGOODE

Independent Beveridge 5669 Main St

PEMBROKEArena Pembroke Comm. Ctr. 40 Bennett St.
Giant Tiger Prince St.
Grey Power Insurance 1021 Pembroke
Heritage Manor 1111 Pembroke St
Miramichi Lodge 725 Pembroke
Moncion Grocery 481 Pembroke
Pembroke Civic Complex Cecelia Street
Regional Hospital 725 Mackay

Supples Landing 201 St Joseph St

PERTH

Caroline Retirement North St., Ste. 105
Food Smith 33 Wilson St
Independent Grocer 80 Dufferin
Loeb 50 Wilson St

PLANTAGANET

Center St Paul Residence 625 Nations
Medical Clinic Old Hwy 17
Pharmacy Old Hwy 17
Seniors Center 224 Main

RENFREW

Area Seniors Home Support 180 Plaunt St # 3
IGA Garden Market 61 Raglan

RICHMOND

Independent Grocer (Lennstrom's) 115 Perth St
Richmond Bakery 6127 Perth St

ROCKLAND

Action Plus 2768 Laurier
Arena Jean-Marc Lalonde 1450 Avenue du Park
Belle Rive Residence 1675 St. Laurent
Com. Ctr. Prescott 2768 Laurier
Home Hardware Laurier
Independent Grocer 2773 Laurier
Medical Center 2475 Laurier
Pavillion Laurier Inc 2526 Laurier
Royal Legion 2869 St Laurent

RUSSELL

Arena Ontario East
IDA Clinic Craig St.

SMITH FALLS

Giant Tiger
Independent Grocer (Warrings) 25 Feara Drive
TD Bank 15 Beckwith

STITTSVILLE

Arena Main St
Captain Sandy 1476 Main St
Giant Tiger 1906 Main St
IDA 1250 Main St
Independent Grocer 1300 Main St
Pool Greek Manor 1385 Main St
Stittsville Villa 1354 Main St

VANKLEEK HILLS

Essaim Pharmacy 30 Main St
IGA Hwy 17

WINCHESTER

Andy's Food Land Main St
General Hospital Hwy. 31
IDA Main St.
Kountry Kitchen Hwy. 31
Mike Dean Super Store Main St.
Motel/Restaurant Hwy. 31
Nordun Senior Centre 517 A Albert St.