

Capital **PARENT** NEWSPAPER

Last updated September 2010

OTTAWA:		Library	2036 Ogilvie	Manotick	Home Hardware	415 Manotick
Barrhaven		Little Ray's Reptile Zoo	5305 Bank St.	Independent Grocer (Robinson)	1160 Beaverwood Rd	
Barley Mow Pub	1481 Greenbank	Military Family Resource Centre	471 Croil St.	Manotick Arena	5572 Dr. Leach Drive	
Barrhaven Child Care	101 A Malvern Dr.	Nickel's Rest.	Silvercity/Ogilvie	Rexall	1160 Beaverwood Rd	
Berrigan Elementary School	199 Berrigan Drive	Rideau Carleton Raceway & Slots (Casino)	4837 Albion Rd	Rideau Valley Child Care Ctr	5858 Rideau Valley N	
Centre for Child & Family Services	1099 Longfields Dr	Shoppers Drug Mart	2016 Ogilvie Rd.			
Children's Village at Stoneway	170 Stoneway Dr.	Splash Pool	2040 Ogilvie	Nepean	Bingo Convention	1545 Merivale Rd.
Farley Mowat Public School	57 Waterbridge Dr	Tiny Hoppers	665 Earl Armstrong Ave	Bingo Land South	95 Slack Rd.	
Food Basic	900 Greenbank Rd	Kanata		Broadway Bar & Grill	1430 Prince of Wales	
McDonalds	3340 Fallowfield Rd	Child Care Centre	180 Katimavick	Canadian Montessori Academy	70 Fieldrow St.	
Metro Chapman	3201 Strandherd Rd.	Children's Place	310 Legget Dr	Canadian Tire	2501 Greenbank Rd	
OC Transpo (Chapman Mills Mall)	Strandherd Dr	Community Child Care	#3- 3 Beaverbrook Rd.	Carleton Heights Child Care Centre	1660 Prince of Wales	
Scotiabank (Chapman Mills Mall)	Strandherd Dr	Independent Grocer (Hanson)	Hazeldean Mall	Carleton Heights Comm. Centre	1665 Apeldoorn	
Walter Baker Arena	100 Malvern Dr	Jack Charron Arena	10 McKitrick Dr	Centrepointe Artistic Preschool	#125 - 117 Centrepointe Dr.	
Walter Baker Library	100 Malvern Dr	Kanata Family Centre	100 Helmsdale Rd.	Centrepointe Child Care Services	75 Hemmingwood	
		Katimavik Elementary School	54 Chimo Drive	Children Services	100 Constellation 8F1	
		Katimavik Preschool Resource Centre (entrance on McGibbon)	180 Katimavik Rd	City of O. Child Home Care	100 Constellation 2F1	
Bells Corners		Loblaws	200 Earl Grey Dr	Dr. Janet Leith	#212 1600 Merivale	
Altern Savings	90-K Robertson Rd	J. Mlacak Arena	2500 Campeau Dr	Ecole Nanaimo	25 Esquimalt Dr	
Centennial Branch Library	3870 Old Richmond	Music For Young Children	100 Belleview	Guardian Drug	117 Centrepointe Dr	
Zellers	59 Robertson Rd	Music For Young Children	39 Leacock Way	Hunt Club/Riverside Community Centre	3310 McCarthy Rd	
		OC Transpo	500 Hazeldean/Terry Fox Dr	Leslie Park School	20 Harrison St.	
Blackburn Hamlet		Pharmasave	99 Kakulu Rd	Meadowlands Independent	200 Grant Carman Dr	
Blackburn Hamlet Arena	200 Glen Park	Philthy McNasty's	570 Kanata Ave.	Medical Centre	1 Centrepointe Dr	
Library	199 Glen Park	Ride the Wave	70 Airs Dr	Merivale Arena	1765 Merivale Rd	
Metro	2638 Innes	Roland Michener School	100 Penfield Dr.	Merivale Bowling Centre	1916 Merivale Rd	
Ray Friel Centre	1585 10 th line Rd	Shoppers Drug Mart	499 Terry Fox Dr	Metro	250 Greenbank	
Shoppers Drug Mart	2640 Innes	Sobey's	Terry Fox/Hazeldean	Nepean Library	101 Centrepointe Dr.	
The Children's Welcome Ctr	2514 Innes Rd	Three Bags Full	501 Hazeldean Road	Nepean Library (Emerald Plza)	1547 Merivale Rd.	
		Tiny Hoppers	64 Stonehaven Dr	Nepean Sportsplex	1701 Wooroffe Ave	
Gloucester		Western Ottawa Community Resource Centre	2 Macneil Court	Arena 1		
All About Kids	8-5369 Canotek			Arena 2		
Beacon Hill Mall-Main Ent.	Ogilvie Rd.			Arena 3		
Children's Aid	1602 Telestat Court			Sports Medicine Centre		
Comfort Inn	1252 Michael			OC Transpo	Algonquin College	
Gloucester Children Care Services	1714 Montreal Rd.			Ottawa Boys & Girls Club	2225 Dumaurier	
Henry Munro Middle School	2105 Kender Ave.			Ottawa-Carleton District School Board	133 Greenbank	

Ottawa Nepean Canadians Sports Club	1125 Cobden Rd	Andrew Fleck Child Care Services		Civic Hospital	Carling Ave.
Playtime 4 Kids (Emerald Plaza)	1547 Merivale Rd.	Andrew Fleck Daycare	195 George	- Desjardins Pharmacy	
Rideau View Mall	1430 Prince of Wales	Andy Bear's Restaurant	2330 Don Reid Dr	- Emergency	
Scotiabank	3310 McCarthy Rd	Angelo's Restaurant	101 Lisgar St	- Main Entrance	
Shoppers Drug Mart	3310 McCarthy Rd	Appletree	Hwy 16/401	Colonel By Child Care Centre (Carleton U.)	1125 Colonel By Dr
Shoppers Drug Mart	3151 Strandherd Dr	Arosa Suites Hotel	2016 Ogilvie	Community Health Centre	221 Nelson St.
Shoppers Drug Mart	3781 Strandherd Dr	Bayshore Public School	163 Maclaren St	Conseil des Ecoles Catholiques	4000 Rue Labelle
Studio School of Dance	74 Jamie St.	Best Western Victoria Park	145 Woodridge Cres.	CS Co-op	90 Spark St.
Orleans		Bethany Hope Centre	377 O'Connor St	Dalhousie Parents Daycare Centre	391 Booth St
Avincy Dampousse Piano	1439 Youville Dr.	Boomerang Kids	1140 Wellington W.	Dalhousie Parents Daycare	391 Booth St.
Blessed Kateri Tekakwitha School	6400 Beausejour	Brewer Arena	261 Richmond Rd	Data Relocation Services	48 Daly St.
Broadway Restaurant	1968 Portobello	British High Commission	151 Sloan Ave.	Daycare	411 Dovercourt
Charlemagne Child Care	750 Charlemagne Bl.	Brian Kilrea Arena	80 Elgin St.	Days Inn City Centre	402 Queen St
Child Care Centre	2266 St. Joseph Blvd.	Bug A Boo	2185 Arch St.	Deborah Anne Kirwan	
Convent Glen Dental Centre	6497 Jeanne D'Arc	ByWard Market Building	1950 Bank St	Pool	1300 Kitchener Ave
Forest Valley School		Cambridge Street Community Public School	55 William	Delta Ottawa Hotel & Suites	361 Queen St.
Age Program	1570 Forest Valley	Canadian Mothercraft	250 Cambridge St	Dempsey Community Centre	1895 Russell
Independent Grocer	1619 Orleans Blvd	Cdn. Museum of Nature	475 Evered Ave.	Desjardin Pharmacy	298 Dalhousie
Library	1705 Orleans Blvd.	Cdn. Museum of Science and Technology	240 McLeod St	Douvris Martial Arts	332 Richmond Rd
Little School House Daycare	850 Taylor Creek	Canadian Tire	1867 St. Laurent Bl.	Dow's Lake Daycare	580 Booth St
Melonhead	2 nd Fl. Place D'Orleans	Capital Parent Newspaper	1660 Carling Ave	Dr. Roland - Dentist	1335 Carling Ave
Metro	1675 10 th Line	Centretown Community Health Centre	102 Boyce Ave	Druxy's Deli - Place De Ville	90 Sparks St
Metro	6505 Jeanne D'Arc	Centretown Parent		Early Years Centre	1365 Richmond Rd.
Metro	4510 Innes Rd	Charles H. Hulse Public School	420 Cooper St.	Elmwood School	261 Buena Vista
Mrs. Tiggy Winkles	Place D'Orleans	CHEO	94 James St	Employment Resource Ctr	1 st Fl, 370 Catherine St.
OC Transpo	Place D'Orleans	- Main Entrance	2605 Alta Vista Dr	Family Services Centre	312 Parkdale Ave.
Orleans Pre-School Resource Centre	261 Tompkins Ave.	- Neo Natal Intensive Care-	Smyth Rd.	Featherston Dr. Public School	1801 Featherston Dr
Oxford Centre	1615 Jeanne D'Arc	Children's Castle Daycare		Fernhill School (Office)	50 Vaughan St.
Shoppers Drug Mart	6491 Jeanne D'Arc	Children's Place	1187 Hunt Club	First Avenue School	73 First Ave.
Shoppers Drug Mart	1937 Portobello Blv	Children's Place	2121 Bathurst St	Fisher Park Public School	250 Holland Ave.
The Orleans Preschool	1490 Youville Dr.	Children's Place #34	1160 Bathurst St	Florence Child Care Centre	79 Florence
Tiny Hoppers	5160 Innes Rd	Children's Place	2121 Carling Ave	Fred Barrett Arena	3280 Leitrim Rd
YMCA	265 Centrum Blvd	Children's Place	1150 Carling Ave.	Garderie Cooperative	700 Montreal Rd.
Ottawa		Children's Place	St. Laurent Shopping Centre	General Hospital	501 Smyth Rd.
Abraar School	1085 Grenon Ave	Children's Village	333 Churchill N.	- Main Entrance	
Adult High School	300 Rochester St.	Childrens Centre	407 Hilson Ave.	- 8 th Floor	
Aladdin Childcare Services	2240 Russell	Chiropractic Health Group	150 Metcalfe St.2200	- Desjardins Pharmacy	
Algonquin Early Learning Ctr	1385 Woodroffe Ave	Churchill Carling Daycare	724 Churchill Ave N.	- Emergency	
Alterna Savings	100 Tunney's Pasture	Chu Sing Restaurant	691 Somerset St W	- Treatment Pavillion	
Andrew Fleck (Admin)	700 Industrial	City of Ottawa People Services	170 Laurier Ave.8Flr	- Ronald McDonald House	
				Giant Tiger	2020 Ogilvie
				Giant Tiger	2950 Bank St/Queensdale
				Glashan Public School	28 Arlington Ave.

Gymboree	3825 Richmond Rd	Mrs. Tiggy Winkles	Bayshore Mall	Sawmill Creek Community	
Gotta Paint	352 Kirkwood Ave	Mrs. Tiggy Winkles	Rideau Centre Mall	Centre Pool	3380 Daoust/Albion
Government Building	125 Sussex Dr.	Mrs. Tiggy Winkles	315 Richmond Rd	Scotiabank (street box)	Bank St.
Greenboro Comm Ctr	18-4 Lorry Greenberg Dr	Multi Service Centre	1480 Heron Rd.	Scotiabank	425 Preston St
Greenboro Daycare Centre	1400 Cahill	N.A.C. (Main Foyer)	53 Elgin St	Sears, outside East Entrance	Carlingwood Mall
Gymboree	373 Vantage Dr	Nutrichem Pharmacy	1303 Richmond Rd	Severn Avenue Public School	2553 Severn Ave
Health Services Clinic	100 Marie Curie	OC Transpo (X 2)	Bayshore Mall	Shawarma Palace	2949 Carling Ave
Heron Gate Mall	1670 Heron Rd	OC Transpo	Billings Bridge Mall	Shoppers Drug Mart	161 Bank St
Hilson Avenue Public School	407 Hilson Ave	OC Transpo (Sears)	Carlingwood Mall	Shoppers Drug Mart	702 Bank St
Hintonburg Comm. Centre	1064 Wellington St	OC Transpo	Elmvale Mall	Shoppers Drug Mart	1830 Bank St
Independent Grocer (Hartman's)	296 Bank St	OC Transpo (IKEA)	Pinecrest Mall	Shoppers Drug Mart	2515 Bank St
Independent Grocer (Moncion)	671 River Rd.	OC Transpo	South Keys Mall	Shoppers Drug Mart	1309 Carling Ave
Independent Grocer (Roger)	2681 Alta Vista-	OC Transpo	St. Laurent Shop Ctr.	Shoppers Drug Mart	2525 Carling Ave
Independent Grocer	2148 Carling	OC Transpo	Westboro Station	Shoppers Drug Mart	2950 Carling Ave
J.A. Dulude Arena	941 Clyde Ave	OC Transpo	Waller St	Shoppers Drug Mart	3940 Innes Rd
Jack Purcell Community		Odawa Native Friendship Ctr	12 Stirling Ave.	Shoppers Drug Mart	50 Rideau St
Centre	320 Jack Purcell	Oriental House	266 Elgin St	Shoppers Drug Mart	1200 St. Laurent Blvd
Jean Talon Building	170 Tunney's Pasture	Ottawa Gymnastics Centre	294 Elmgrove Ave.	Shoppers Drug Mart	2150 Carling Ave
Jennifer Cameron (daycare)	219 Fifth Ave.	Ottawa Montessori School	335 Lindsay St.	Somerset Community	
Jim Durrell Arena	1265 Walkley Rd.	Ottawa Public Library	120 Metcalfe, 2 nd F	Health Centre	55 Eccles St
Kneaded Touch Therapy	389 Danforth Ave	Ottawa SDA School	2200 Benjamin Ave	South East Ottawa Community	
Kristy's Restaurant	809 Richmond Rd	Overbrook Daycare	557 Queen Mary	Health Centre	1355 Bank St. #600
Les Suites	130 Besserer St	Parent Resource Centre	300 Goulbourn Priv.	Southway Inn	2431 Bank St
Library	2516 Alta Vista	Pinecrest Recreation Complex	2250 Cobden Rd	Belfast Fruit	1010 Belfast Rd
Library	1910 St. Laurent Blvd.	Plant Centre	930 Somerset/Preston	St. Mary's Home	780 L'Eglise St.
Library	281 Woodroffe Ave	Produce Depot	2446 Bank St	St. Patrick High School	2525 Alta Vista
Lincoln Fields Mall	Carling Ave.	Produce Depot	1855 Carling	St. Thomas Nursery	2345 Alta Vista
- 2 nd Floor		Puckmasters	800 Industrial	St. Vincent Hospital	60 Cambridge
- Pharmaplus		Purple Crayon	347 St. Laurent Blvd	Street Box	Bank/Albert
- Walmart		Queen Mary St Public School	557 Queen Mary St	The Door Youth Centre	755 Somerset St W
Loblaws	Billings Bridge Mall	Rainbow Foods	1487 Richmond Rd	The Westin Hotel	11 Colonel By Dr
Loblaws	Elmvale Acres Mall	Ralph & Sons Diner	3420 Carling	Tom Brown Arena	141 Bayview
Loblaws (@ Pretoria Bridge)	64 Isabella St	Regina St Public School	2599 Regina	Turnbull School	1132 Fisher Ave.
Lowertown Community		Rexall	11 Holland Ave	University of Ottawa	85 University
Resource Centre	40 Cobourg St	Rexall/LCBO	Baseline/Woodroffe	VIA Rail	200 Tremblay Rd
Mags and Fags	245 Elgin St	Riverside Hospital	Riverside Dr.	Videoflicks	1221 Wellington
Maison D'Amitie	40 Cobourg St.	- Pharmacy		Von's Bistro	819 Bank St. (at 4 th Ave)
Makonsag Aborig. Head Start	12 Sterling Ave.	- Main Entrance		Westgate Mall	Carling Ave.
Metro	345 Carleton St.	Rockin' Johnny's Restaurant	Westgate Mall	- Natural Food Pantry	
Metro	St. Laurent/Walkley	Royal Ottawa Hospital	1145 Carling Ave	- Rockin' Johnny's Diner	
Metro	245 Rideau St	- Main Entrance		White Cross	264 Elgin St
Midway	2370 Lancaster Dr	Sandy Hill Community		Woodroffe School Age	
Mother Earth Natural Health	747 Richmond Rd	Centre	250 Somerset St. E.	Program	235 Woodroffe
Motor Vehicle Office	1570 Walkley	Sandy Hill Arena	60 Mann Ave	YMCA	180 Argyle St
Mrs. Tiggy Winkles	809 Bank	Sandy Mussallah At-Taqwa	117 Mann Ave. #2		

Vanier
 Bingoland 1149 Lola
 Bissonnette Independent 596 Montreal Rd.
 Boys and Girls Club 430 McArthur Ave
 Canadian Tire 330 Coventry Rd.
 Canadian Tire 2010 Ogilvie Rd.
 Card & Mags 25 McArthur
 CFB Rockcliffe School Polaris/Venus
 City Centre 525 Cote St.
 Desloges Co-op 10 Desloges Private
 Earl Armstrong Arena 2020 Niagara St
 Friand Bingo Hall 70 Montreal Rd.
 Guardian Drug 5 Beechwood
 Loblaws 56 McArthur St
 Metro 5 Beechwood
 Metro 1021 St. Laurent Blvd
 OC Transpo Gloucester Mall
 Overbrook Daycare 33 Quill St.
 Overbrook Forbes Centre 225 Donald St, Unit 120
 Pharmaplus 570 Montreal Rd
 Pharm Vanier 355 Montreal Rd.
 Potvin Arena 813 Shefford
 Shoppers Drug Mart 150 Montreal Rd.
 Thrift Store Beacon Hill Mall

GATINEAU:

Aylmer
 Cinema 181 Principale
 Duchesnay Arena 92 Albert St
 Frank Robinson Arena 96 Albert St
 IGA 203 Chemin Aylmer
 Zellers 181 Principale

Gatineau
 IGA 455 boul. Greber
 IGA 720 Mtée. Paiement
 Marc Sport 455 boul. Maloney
 Metro Limbour 2505 rue St. Louis
 Metro 499 boul. Greber
 Metro 435 Mtée Paiement
 Pierre Lafontaine Arena 225 rue St. Antoine
 Rona St. René
 Tommy & Lefebvre 530 boul. de la Gappe
 Toscanos Restaurant 106 boul. Greber

Hull
 Banque Nationale 920 St. Joseph
 Cdn. Museum of Civilization 100 rue Laurier
 CHSLD Hospital 125 boul Lionel-Émond
 Duguay Sport 400 boul. Alexandre Taché
 IGA 425 St. Joseph
 Library – St. Laurent 555 La Carriere
 Nautilus 425 St. Joseph
 Robert Guertin Arena 125 rue De Carillon
 Sporthèque 72 Jean Proulx N
 Toscanos Restaurant 710 St. Joseph
 Tube et Jujube #200 – 170 Deveault

SURROUNDING AREAS:

Alfred
 Valu Mart 512 St. Phillippe St

Almonte
 Community Centre Arena 182 Bridge St
 Elizabeth Kelly Public Library 155 High St.
 Home Hardware 476 Main St
 Independent Grocer Hwy 44
 Rexall 430 Ottawa St

Amherst
 Guardian Drug Hwy 33
 Foodland Hwy 33

Arnrior
 Arnrior Shopping Centre 375 Daniel St
 - Entrance
 Giant Tiger 80 Elgin St. W
 Metro 70 Elgin St\
 Nick Smith Centre Arena 77 James St

Brockville
 1000 Islands Mall 2399 Parkedale Ave
 - Independent Grocer
 - Sears
 Brockville General Hospital 75 Charles St
 - Emergency
 Metro 237 King St
 Rexall 125 Stewart Blvd.

Cardinal
 Cardinal Truck Stop Hwy 401/Shanly Rd
 Rona Mini Mall Hwy 2

Carp
 Ottawa Public Library (Carp) 3911 Carp Rd
 WE Johnston Arena 3832 Carp Rd

Carleton Place
 Carleton Place Arena 75 Neelin St
 Carleton Place & District Memorial Hospital 211 Lake Ave.
 Giant Tiger 320 Coleman St
 IDA Drug 47 Landsdowne
 Independent Grocer (Steve's) 455 McNeely
 Price Chopper 25 Lansdowne Ave
 Shoppers Drug Mart 299 Lake Ave

Casselman
 Anne Marie Beaudry 641 St. Isidore St.
 Jean Coutu 629 Principale St
 J.R. Brisson Arena 758 Brebeuf St.
 Metro 611 Principale St

Clayton
 Clayton General Store 2862 Tatlock Rd

Cornwall
 Bob Turner Arena 504 Fourth St E
 Cornwall General Hospital 510 Second St E
 Cornwall Comm. Hospital 840 McConnell Rd.
 Independent Grocer 31 Ninth St E.
 Super C Seaway Ctr Vincent Massey
 Super Fresh Brookdale Mall

Cumberland
 Cumberland Arena 115 Dunning St.
 S/S Convenience 2619 Queen St.

Embrun
 Giant Tiger 654 Notre Dame St.
 Independent Grocer 753 Notre Dame St.
 Place d'Embrun Shopping Centre 767 Notre Dame St
 Relais des Sports Arena 6 Blais St.

Rona Home Centre	755 Notre Dame St.	Navan Comm. Memorial Arena	1295 Colonial Rd	IDA Kinnaird Arena Mother Teresa Cath. School	110 Craig St 1084 Concession St. 1035 Concession St.
Hawkesbury		North Gower			
Canadian Tire	1525 Cameron St	Mulligan's Grocery	2321 Andrew St		
Hawkesbury Family Centre	1002 Main St.	Osgoode		Smiths Falls	
Independent Grocer	56 Cameron St.	Foodland	5669 Main St.	CIBC	45 Beckwith
Jean Coutu	80 Main St	Osgoode Arena	5660 Main St.	Community Memorial Centre	
		Public Library	5630 Main St.	Arena	160 Elmsley St N
Kars				Country Fair Mall	Brockville St
Kars Public School	6692 Rideau Valley	Pembroke		Independent Grocer	25 Feara Dr.
		A&P Food Store	1100 Pembroke E	Giant Tiger	29 Chambers St
Kemptville		Giant Tiger	#1 – 171 Alexander St	Scotiabank	92 Lombard St
Food Basics	Hwy 43	Moncion Grocery	481 Pembroke St. W	Youth Centre	150 Elmsley St N
North Grenville Municipal Ctr.	Hwy 44	Mulvihill Drug Mart	1231 Pembroke W		
Ontario Early Years Centre	207-215 Sanders St.	Ontario Early Years Ctr.	300 Herbert St.	Stittsville	
		Pembroke Community		Stittsville & District Community	
Kingston		Centre Arena	40 Bennett St.	Centre Arena	10 Warner Colpitts
Bryan Pharmacy	Gore St. Mall	Pembroke Civic Complex	425 Cecilia St	IDA	1250 Main St.
CFB Canex	Hwy 2	Regional Hospital	725 Mackay St	Natural Food Pantry	442 Hazeldean Rd
Denny's	33 Benson St			Olympia Gymnastics	44 Iber Road
Frontenac Mall	1300 Bath Rd	Perth		Shoppers Drug Mart	420 Hazeldean Rd
Giant Tiger	811 Princess St	City Hall	80 Gore St.	Shoppers Drug Mart	1300 Main St
Kingston Airport	1114 Len Birchall	Food Smiths	33 Wilson		
No Frills	1030 Coverdale Dr	Independent Grocer	80 Dufferin St	Vankleek Hill	
Shoppers Drug Mart	Hwy 401/Princess	Perth & District Comm. Ctr.	8 Beckwith Rd	Herb's Truck Stop	Hwy 417/Hwy 34
Smoke Shop	Catarauqui Mall	Metro	50 Wilson		
Valu Mart	Gore St. Mall			Westport	
		Renfrew		Kudrinko's Fresh Mart	22 Main St
Lansdowne		Garden Market IGA	61 Raglan St		
Rapid Valley Foods	898 Reynolds Rd	Giant Tiger	48 Raglan St	Winchester	
		Pharmacy	737 Stewart	Andy's Food Land	512 Main St.
Metcalf				Country Kitchen	Hwy 43/31
Metcalf Public School	2701 – 8 th Line Rd	Richmond		IDA	Main St.
		Memorial Community Centre		Dundas Family Rsrce	547 St. Lawrence St
Morrisburg		Arena	6095 Perth St	Winchester Community	
Canadian Tire	Hwy 401/Main St	Richmond Bakery	6183 Perth St.	Centre Arena	577 Main St.
Valu Mart	5 Main St.	Richmond Public School	3499 McBean St.		
		Valu Mart	6001 Perth St.		
Napanee					
Flying J Restaurant	628 County Rd #41	Rockland			
Giant Tiger	13 Industrial Blvd	Home Hardware	2720 Laurier St.		
Metro	35 Alkenbrack St	Independent Grocer	2773 Laurier St.		
No Frills	Centre St, near Jim Kimmett Blvd	Jean Marc Lalonde Arena	1450 Park Ave.		
Navan		Russell			