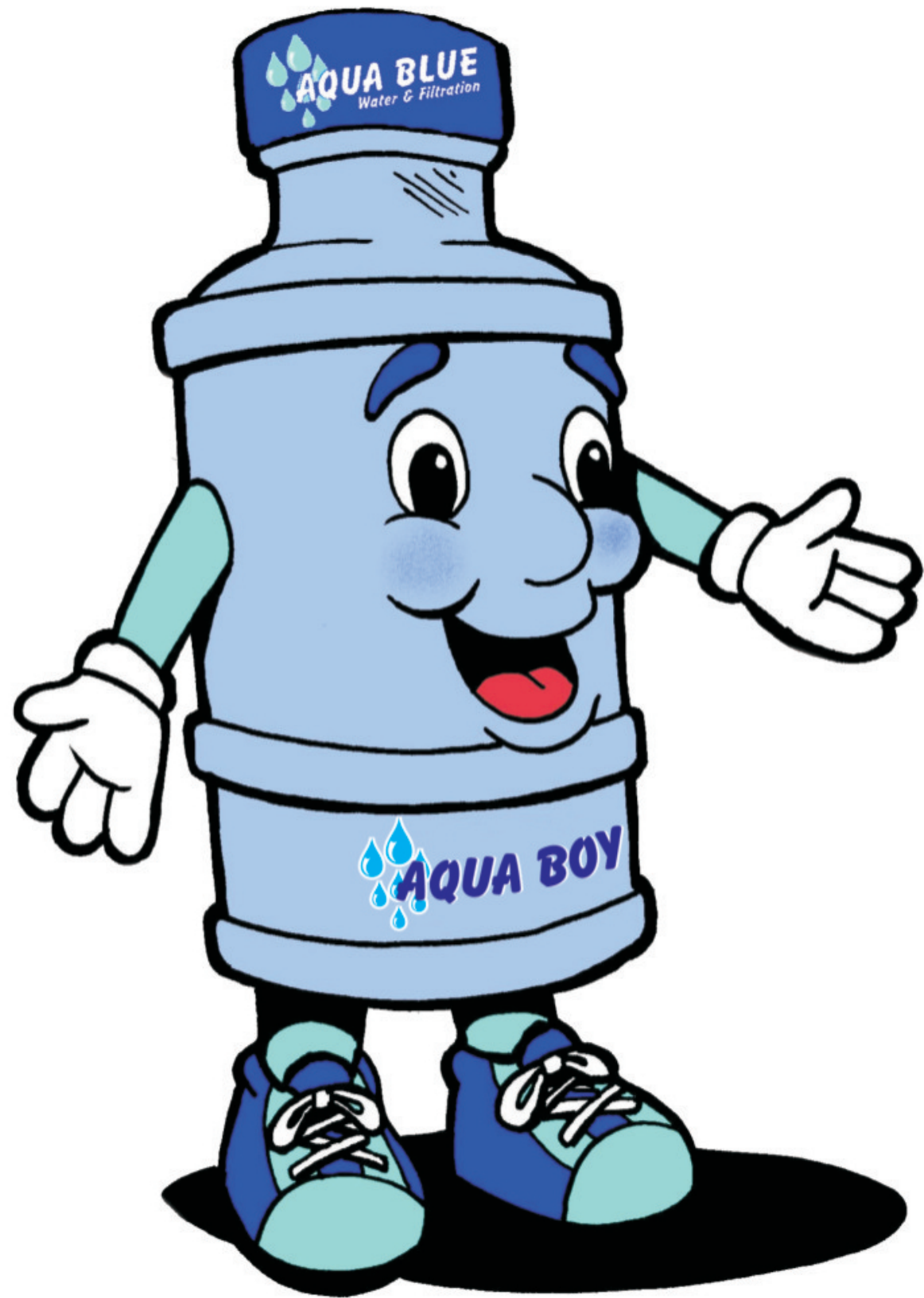




Coquitlam, Port Coquitlam
and Port Moody

DELIVERY DAY

Friday*



Nov	Dec	Jan	Feb
8	6	3	14
22	20	17	28
		31	
Mar	Apr	May	Jun
14	11	9	6
28	25	23	20
Jul	Aug	Sep	Oct
4	1	12	10
18	15	26	24
	29		
Nov	Dec	Jan	Feb
7	5	2	13
21	19	16	27
		30	

*Delivery date may change due to weather or holidays.
Dates in red show a change due to a statutory holiday.

(604) 339-5040