



HYGIENE AND MEAL SERVICES SCHEDULE

Updated on June 24, 2020



MONDAY

7.00am—11.00am	Breakfast To-Go (7am—9am), Showers and Laundry (7.30am—11.00am) <i>Irvington Presbyterian, 4181 Irvington Ave</i>
10.00am—2.00pm	Showers <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
12.00pm—1.00pm	Bag Lunch Distribution <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
1.00pm—4.00pm	Showers and Laundry <i>Niles Discovery Church, 36600 Niles Blvd</i>

TUESDAY

9.00am—12.00pm	Showers and Laundry <i>Newark Salvation Army, 36700 Newark Blvd, Newark</i>
3.30pm—6.00pm	Dinner To-Go, Showers, Laundry and Abode Services' HOPE Van <i>Centerville Presbyterian Church, 4360 Central Ave</i>

WEDNESDAY

7.00am—11.00am	Breakfast To-Go (7am—9am), Showers and Laundry (7.30am—11.00am) and Abode Services' HOPE Van (8am—10am) <i>Irvington Presbyterian, 4181 Irvington Ave</i>
10.00am—2.00pm	Showers <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
12.00pm—1.00pm	Bag Lunch Distribution <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
1.00pm—4.00pm	Showers and Laundry <i>Niles Discovery Church, 36600 Niles Blvd</i>

THURSDAY

7.00am—10.00am	Showers and Laundry <i>Ruggieri Senior Center, 33997 Alvarado Niles Blvd, Union City</i>
3.30pm—6.00pm	Showers, Laundry and Abode Services' HOPE Van <i>Centerville Presbyterian Church, 4360 Central Ave</i>

FRIDAY

7.00am—10.30am	Breakfast To-Go (7am—9am), Showers and Laundry (7.30am—10.30am) <i>Irvington Presbyterian, 4181 Irvington Ave</i>
10.00am—2.00pm	Showers <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
12.00pm—1.00pm	Bag Lunch Distribution <i>Fremont Senior Center, 40086 Paseo Padre Pkwy</i>
4.00pm—7.00pm	Dinner To-Go, Showers, Laundry <i>Our Lady of the Rosary, 703 C Street, Union City* (*starts July 3)</i>

ADDITIONAL SERVICES

SEE OVER 

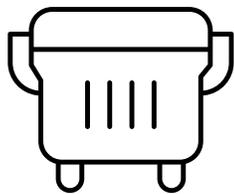
ADDITIONAL SERVICES

BACS Wellness Center, 40965 Grimmer Blvd. Call 510.657.7425 to reserve shower, they also have to-go lunches Mon—Fri 8am—4.30pm.

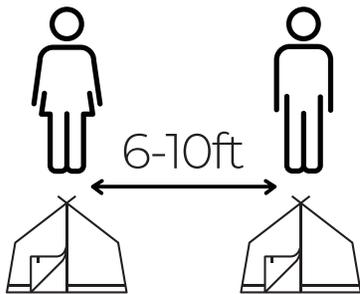
TIPS TO TAKE CARE



Wear a mask, covering your nose and mouth when near others



Discard debris into dumpster and bags



Keep a 6ft–10ft distance between people and tents



Wash your hands frequently with soap and water for 20 seconds