



HYGIENE AND MEAL SERVICES SCHEDULE

Updated on April 3, 2021



MONDAY

7.00am—11.00am

Breakfast To-Go (7am—9am), Showers and Laundry (7.30am—11.00am)
Irvington Presbyterian, 4181 Irvington Ave

12.00pm—1.00pm

Bag Lunch Distribution

The Age Well Center at Lake Elizabeth, 40086 Paseo Padre Pkwy

1.00pm—4.00pm

Showers and Laundry

Niles Discovery Church, 36600 Niles Blvd

TUESDAY

9.00am—12.00pm

Showers and Laundry

Newark Salvation Army, 36700 Newark Blvd, Newark

3.30pm—6.00pm

Dinner To-Go, Showers, Laundry and Abode Services' HOPE Van
Centerville Presbyterian Church, 4360 Central Ave

WEDNESDAY

7.00am—11.00am

Breakfast To-Go (7am—9am), Showers and Laundry (7.30am—11.00am)
and Abode Services' HOPE Van (8am—10am)

Irvington Presbyterian, 4181 Irvington Ave

12.00pm—1.00pm

Bag Lunch Distribution

The Age Well Center at Lake Elizabeth, 40086 Paseo Padre Pkwy

1.00pm—4.00pm

Showers and Laundry

Niles Discovery Church, 36600 Niles Blvd

THURSDAY

10.30am—1.30pm

Showers and Laundry

Teen Center, 39770 Paseo Padre Pkwy

3.30pm—6.00pm

Showers, Laundry and Abode Services' HOPE Van
Centerville Presbyterian Church, 4360 Central Ave

FRIDAY

7.00am—9.00am

Breakfast To-Go

Irvington Presbyterian, 4181 Irvington Ave

10.30am—1.30pm

Showers and Laundry

Teen Center, 39770 Paseo Padre Pkwy

12.00pm—1.00pm

Bag Lunch Distribution

The Age Well Center at Lake Elizabeth, 40086 Paseo Padre Pkwy

4.00pm—7.00pm

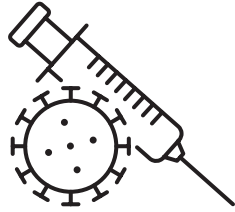
Dinner To-Go, Showers and Laundry

Our Lady of the Rosary, 703 C Street, Union City

ADDITIONAL SERVICES

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

TIPS TO TAKE CARE



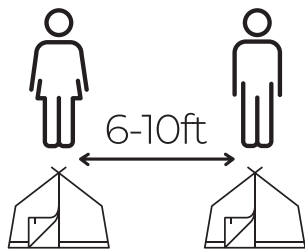
Get vaccinated when you have the opportunity



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