



HYGIENE AND MEAL SERVICES SCHEDULE

Updated on April 13, 2020



MONDAY

7.30am—10.30am Breakfast To-Go, Showers and Laundry
Irvington Presbyterian, 4181 Irvington Ave

10.00am—2.00pm Showers
Fremont Senior Center, 40086 Paseo Padre Pkwy

12.00pm—1:30pm Bag Lunch Distribution
Fremont Senior Center, 40086 Paseo Padre Pkwy

TUESDAY

9.00am—12.00pm Showers and Laundry
Newark Salvation Army, 36700 Newark Blvd

3.30pm—6.00pm To Go Dinner, Showers, Laundry and Abode Services' HOPE Van
Centerville Presbyterian Church, 4360 Central Ave

WEDNESDAY

7.30am—10.30am Breakfast To-Go, Showers and Laundry
Irvington Presbyterian, 4181 Irvington Ave

10.00am—2.00pm Showers
Fremont Senior Center, 40086 Paseo Padre Pkwy

12.00pm—1:30pm Bag Lunch Distribution
Fremont Senior Center, 40086 Paseo Padre Pkwy

1.00pm—4.00pm Lunch To-Go, Showers and Laundry
Niles Discovery Church, 36600 Niles Blvd

THURSDAY

3.30pm—6.00pm Showers, Laundry and Abode Services' HOPE Van
Centerville Presbyterian Church, 4360 Central Ave

FRIDAY

7.30am—10.30am Breakfast To-Go, Showers and Laundry
Irvington Presbyterian, 4181 Irvington Ave

10.00am—2.00pm Showers
Fremont Senior Center, 40086 Paseo Padre Pkwy

12.00pm—1:30pm Bag Lunch Distribution
Fremont Senior Center, 40086 Paseo Padre Pkwy

1.00pm—4.00pm Lunch To-Go, Showers, Laundry and Healthcare Express Van
Niles Discovery Church, 36600 Niles Blvd

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. Sat 10—4pm

Compassion Network, Parking lot of FRC, 39155 Liberty St., Supply Distribution Mon & Thurs 10am—12pm



PREVENT THE SPREAD OF COVID-19 IN 7 STEPS

1

Wash your hands frequently

2

Cover your cough using the bend of your elbow or a tissue

3

Avoid touching your eyes, nose and mouth

4

Avoid crowded places and close contact with anyone that has fever or cough

5

Practice social distancing by maintaining 6ft between yourself and others. Shelter (if you can) while feeling unwell

6

If you have a fever, cough and difficulty breathing, seek medical care early — but call first

7

Get information only from trusted sources

Source: World Health Organization