



# HYGIENE AND MEAL SERVICES SCHEDULE

Updated on April 22, 2020



## MONDAY

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>

## TUESDAY

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

## WEDNESDAY

7.00am–10.30am	Breakfast To-Go (7am–9am), Showers and Laundry (7.30am–10.30am) 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	Lunch To-Go, Showers and Laundry <i>Niles Discovery Church, 36600 Niles Blvd</i>

## THURSDAY

3.30pm–6.00pm	Showers, Laundry and Abode Services' HOPE Van <i>Centerville Presbyterian Church, 4360 Central Ave</i>
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## 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>
1.00pm–4.00pm	Lunch To-Go, Showers, Laundry <i>Niles Discovery Church, 36600 Niles Blvd</i>

## ADDITIONAL SERVICES

SEE OVER 

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

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