

JULY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Breakfast: 8:45-9:30
Beautification: 10-10:30
Closet: 10:30-11
Lunch: 12-12:30

2
Breakfast: 8:45-9:30
Games: 10:30-11:30
Haircut: 11-2
Lunch: 12-12:30
Tune Tuesday: 2-3

3
Breakfast: 8:45-9:30
Beautification: 10-10:30
BBQ: 12 - 2 PM

4

JULY 4TH
WE WILL BE
CLOSED

5
Breakfast: 8:45-9:30
Showers: 9:30
Gardening: 10-11
Lunch: 12-12:30
Movie: 1-3:30

8
Breakfast: 8:45-9:30
Beautification: 10-10:30
Closet: 10:30-11
Lunch: 12-12:30

9
Breakfast: 8:45-9:30
Games: 10:30-11:30
Lunch: 12-12:30
Tune Tuesday: 2-3

10
Breakfast: 8:45-9:30
Beautification: 10-10:30
Lunch: 12-12:30
Cooking: 1-2

11
Breakfast: 8:45-9:30
Wash: 10
Art: 10:30-11:30
Lunch: 12-12:30
Closet: 1-1:30
Close: 2:30

12
Breakfast: 8:45-9:30
Showers: 9:30
Gardening: 10-11
Lunch: 12-12:30
Movie: 1-3:30

15
Breakfast: 8:45-9:30
Beautification: 10-10:30
Closet: 10:30-11
Lunch: 12-12:30

16
Breakfast: 8:45-9:30
Games: 10:30-11:30
Lunch: 12-12:30
Tune Tuesday: 2-3

17
Breakfast: 8:45-9:30
Beautification: 10-10:30
Lunch: 12-12:30
Cooking: 1-2

18
Breakfast: 8:45-9:30
Wash: 10
Art: 10:30-11:30
Lunch: 12-12:30
Closet: 1-1:30

19
Breakfast: 8:45-9:30
Showers: 9:30
Gardening: 10-11
Lunch: 12-12:30
Movie: 1-3:30

22
Breakfast: 8:45-9:30
Beautification: 10-10:30
Closet: 10:30-11
Lunch: 12-12:30

23
Breakfast: 8:45-9:30
Games: 10:30-11:30
Lunch: 12-12:30
Tune Tuesday: 2-3

24
Breakfast: 8:45-9:30
Beautification: 10-10:30
Lunch: 12-12:30
Cooking: 1-2

25
Breakfast: 8:45-9:30
Wash: 10
Art: 10:30-11:30
Lunch: 12-12:30
Closet: 1-1:30
Close: 2:30

26
Breakfast: 8:45-9:30
Showers: 9:30
Gardening: 10-11
Lunch: 12-12:30
Movie: 1-3:30

29
Breakfast: 8:45-9:30
Beautification: 10-10:30
Closet: 10:30-11
Lunch: 12-12:30

30
Breakfast: 8:45-9:30
Games: 10:30-11:30
Lunch: 12-12:30
Tune Tuesday: 2-3

31
Breakfast: 8:45-9:30
Beautification: 10-10:30
Lunch: 12-12:30
Cooking: 1-2



**Hedco Wellness
Housing Resource Center**
590 B. St, Hayward, CA, 94541
Phone: 510-247-8235
www.bayareacs.org
Monday-Friday
8:30am-5pm
Breakfast 8:45-9:30
Lunch 12-12:30

Program Manager:
Manuel Tlacoxolal
Associate Director:
Clarise Burton
Care Coordinators:
Karla Venegas Alex Jaimez
Aurora Cardenas Trang Nguyen
Katherine Melena Omar Tokhey
Jory Taft

Group Descriptions

...supporting people, supporting community



Morning Check-In And Mindfulness Activity - Discuss current well-being, including successes & challenges, and utilize mindful meditation as a way of reducing mental health related symptoms and experiences.

Beautification– Wellness center clean up!

Hedco Closet– Come in and pick out an outfit!

Games group– Come make friends and play some games

Art class - Come join an art class with our nurse volunteer

Tune Tuesdays - An opportunity to sing along to your favorite songs

Culinary Arts– Join us to learn some cooking and baking skills!

Express Yourself– Meaningful activities like art and expression.

Wash- Come and wash your clothes

Hedco Garden– Join the community and grow some greens in our garden

Showers- Take a shower at our Fremont location

Movie Group– Join Hedco and watch a fun movie with some tasty snacks!

If there is a missing group that you would like to see started, please share your thoughts with us !