

## Amherst Survival Center Schedule of Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am	Center Opens!	Center Opens!	Center closed	Center Opens!	Center Opens!
11:00am	Breakfast Bar	Breakfast Bar		Breakfast Bar	Breakfast Bar
	Food pantry opens	Food pantry opens		Food pantry opens	Food pantry opens
11am-3pm	Community Store open/ donations accepted	Community Store open/ donations accepted	3 <sup>rd</sup> Wed of Month: Senior Mobile Pantry	11am – 7pm Community Store open/ donations accepted	Community Store open/ donations accepted
11-noon	Fresh food distribution	Fresh food distribution		Fresh food distribution	Fresh food distribution
11:15am- 12pm	Fitness: Physical Activity/ Movement/ Yoga (2-4x/month)				
11:30am-1pm				Job Search Assistance	
11:30am- 12:30pm		Food Bank of Western MA –(Assistance with SNAP)			
Noon-1pm	Hot Lunch	Hot Lunch		Hot Lunch	Hot Lunch
1pm-3pm				Health Care for the Homeless (sign-ups for Mass Health & Commonwealth Care)	
2pm-6pm				Case Manager from Eliot Homeless Services (mental health counseling and case management)	
12:30pm- 1:30pm	Drop in Free Medical Clinic				
1pm-3pm	Fresh food distribution	Fresh food distribution		Fresh food distribution	Fresh food distribution
1pm-2:30pm		1-2:30pm Salvation Army (vouchers for basic needs)			
2:45pm	Food Pantry & Store close	Food Pantry & Store close			Food Pantry & Store close
3 pm	Center closes	Center closes		3pm Movie	Center closes
3:00pm				Cooking Class, if scheduled	
4:30pm				More fresh food	
5pm				Movie	
4:30pm- 5:30pm				Drop in Free Medical Clinic	
5pm-6:30pm				Light dinner	
6:45pm				Food pantry & store close	
7pm				Center closes	