


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hot Meal 1 Palmdale Vineyard Church 509 E. Palmdale Blvd, Palmdale, Suite G 4pm (Every Sunday)	Veteran Information 2 Free Coffee & Breakfast American Legion, Post 311 44355 40th St E, Lancaster 8:30am (Every Monday)	Coffee 4 Vets 3 Free Coffee Crazy Otto's 1228 W Ave I, Lancaster 7:30am (Every Tuesday)	Free Breakfast 4 Paving the Way 8 AM - 9 AM 44818 Fern Ave, Suite 105 Lancaster, CA 93534 (Monday - Thursday)	MHALA's Community 5 Connect Day 506 W Jackman St, Lancaster - Parking Lot 9am - 2pm (First Thursday of the Month)	Hot Meal 6 Grace Resources 45134 Sierra Hwy, Lancaster 6pm - 7pm (Every Friday)	Grocery Distribution 7 Foursquare Church 34005 123rd St East, Pearblossom 9am - 10:30am (Every Saturday)
Hot Meal 8 Grace Resources 45134 Sierra Hwy, Lancaster 1:30pm until supplies last (Every Sunday)	Hot Meal 9 Cornerstone Church 8533 E Ave T, Littlerock 6pm - 7pm (Every Monday)	Souper Meal 10 Desert Winds Church 38117 13th St E, Palmdale 5:30pm - 6:30pm (Every Tuesday)	Hot Meal 11 Assembly of God Church 8257 Pearblossom Hwy, Littlerock, CA 93543 7pm - 9pm (Every Wednesday)	Cal-Fresh Enrollment 12 Community Resource Center 2072 E Palmdale Blvd Palmdale, CA 93550 Thursdays, 9am - 5pm Appt Only, call 213.438.5580	Grocery Distribution 13 Temple of Deliverance 38446 20th St E, Palmdale 6pm (Every Friday)	Hot Meal 14 Melville J Courson Park 38226 10th St E, Palmdale 12pm (Every 2nd & 4th Saturday) Valentine's Day
Grocery Distribution 15 3250 Lancaster Blvd, Lancaster 11:30am - 12:30pm (Every 3rd Sunday)	 16	Hot Meal 17 Cornerstone Church 8533 E Ave T, Littlerock 6pm - 7pm (Every Tuesday)	Hot Meal 18 Grace Resources 45134 Sierra Hwy, Lancaster 5:30pm - 6:30pm (Every Wednesday)	Emergency Groceries 19 First Baptist Church 4829 W Ave L-8, Quartz Hill 8am (Every Thursday)	Free Breakfast 20 New Road Foundation 44231 Division St, Lancaster 9am - 10 am (Every Friday)	Grocery Distribution 21 Foursquare Church 34005 123rd St East, Pearblossom 9am - 10:30am (Every Saturday)
Hot Meal 22 Melville J Courson Park 38226 10th St E, Palmdale 4pm - 5pm (Every Sunday)	Lunch and Haircuts 23 Saint Vicent DePaul 45058 Trevor Ave, Lancaster 9am - 10am (Every Monday)	Coffee 4 Vets 24 Free Coffee Crazy Otto's 1228 W Ave I, Lancaster 7:30am (Every Tuesday)	Lunch and Clothes 25 Saint Vicent DePaul 45058 Trevor Ave, Lancaster 9am - 10am (Every Wednesday)	Emergency Groceries 26 Grace Resources 45134 Sierra Hwy, Lancaster 10am AND 1pm (Every Thursday)	Free Coffee 27 New Road Foundation 44231 Division St, Lancaster 9am - 10 am (Every Friday)	Food Distribution 28 Shekinah Worship Center 42640 10th St W, Lancaster 9am-12pm (Every last Saturday)
February — American Heart Month Heavily recognized by the VA and military health systems, focusing on cardiovascular health for service members, veterans and families. Enroll in VA healthcare, schedule annual checkups or connect with VA wellness programs using the VA App. 		VA: Health and Benefits App  Manage existing VA claims and appointments, securely message your VA health care providers, and more. Download today!				 62+ Free One Year Pass Apply online AVTA.com or Visit 42210 6th St W, Lancaster. For questions, call 661.945.9445
Military Resource Center Supportive Services for Veteran Families 661.947.1993 Lancaster Office: 506 W Jackman St, Lancaster, CA		Military Fact: The Coast Guard is both military and law enforcement; It can board ships, make arrests, enforce federal laws and still deploy in wartime. 		 211 LA COUNTY Help Starts Here		Military Resource Center Supportive Services for Veteran Families 661.947.1993 Palmdale Office: 1529 E Palmdale Blvd #120, Palmdale, CA

NOTES:

Showers at MHALA Lancaster, Homeless Service Center:
 Monday - Friday, 9am - 2pm at 506 W Jackman St, Lancaster, CA 93534
Every Monday: Veteran Information Meetings with FREE Coffee & Breakfast
 American Legion, 44355 40th St E, Lancaster, CA 93535, Post 311 at 8:30am
Every Tuesday: Coffee 4 Vets with FREE Coffee
 Crazy Otto's, 1228 W Ave I, Lancaster, CA 93534 at 7:30am



Restrooms & Resting Area at MHALA Palmdale, Homeless Service Center:
 Monday - Friday, 9am - 12pm at 1529 E. Palmdale Blvd. #120, Palmdale, CA 93550
AA Meetings
 Open Door at 509 W Ave H-8, Lancaster, CA 93534 - For more details call 866.920.0628
 **Veterans ride AVTA for Free!**
 Ride free with Military ID, AVTA Veterans/Military Card or Valid State ID w/DD214