

MALDEN YMCA's COVID-19 RESOURCES

Helping You Stay Active at Home

We are doing our best to help you stay active and healthy during these difficult times.

If you are on Facebook, please be sure to like our page (YMCA Malden) and look for daily videos and other posts with home workouts, yoga classes, and other tips and resources from our Healthy Living staff.

We are also offering [Y360](#) as well as [MOSSA](#) for online workout options.

Food Resources

Our Mystic Community Market and Malden YMCA Market food pantries are open Monday through Saturday (Mystic is closed on Thursdays) safely distributing pre-packed groceries to hundreds of households each day. If you are in need of food, we are here for you and there is no eligibility or documentation required. We are also serving grab-and-go lunch and breakfast for youth Monday through Friday.

All locations serve hot lunches and a bagged breakfast for the next day to children and teens from **12pm to 1pm Monday through Friday** except for Mystic Community Market:

- Malden YMCA Market** - 125 Mountain Ave, Malden (Pantry + Meals) -
Pantry hours M-F 10-2; Sat 9-1
- Linden Family Housing** - 74 Wescott St, Malden
- Tufts Park** - 449 Main St, Medford
- Medford Rec. Center/Medford Youth Center** - 30 Forest St,
Medford
- Medford Library** - 800 Boston Ave, Medford
- Haines Square Parking Lot**, Medford
- Community Family** - 121 Washington St, Medford
- McGlynn Complex** - 3002 Mystic Valley Parkway, Medford
- Willis Ave Community Center** - 148 Exchange Ave, Medford
- Mystic Community Market** -291 Mystic Ave, Medford - Pantry Only -
Mon 10-2; Tues & Wed. 10-2/4:30-7:30; Thurs CLOSED; Fri 10-2; Sat
9-1

Additional Food Resources:

- Eliot Family Resource Center located at 548 Broadway in Everett has a food pantry which we stock and support. It is open two days a week from 10AM to 1PM. Please call 781-581-4750 for more information.

- More information on Medford food resources are available at this link:
<https://docs.google.com/spreadsheets/d/1wwMIAhbBAZyUHc1ecEPjWx7UdZUGkWGIBb1RbMYVaM8/edit#gid=654249165>