

# The MLK Community Center

# AUGUST 2022

☀️ Food Pantry 10 a.m.-2 p.m.  
☾ Food Pantry 4-6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIV/AIDS Testing 7:30-9 a.m. (Edward St. entrance) Zumba 8:30 a.m. Sabores Latinos 5 p.m. MLK Summer Fitness Challenge 5:30 p.m. ☀️	Yoga 8:30 a.m. Produce to the People (North End) 11 a.m.-1 p.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Oxbow 12 p.m. Lucy's Hearth 1:30 p.m. ☀️☾	Toning in '22 8:30 a.m. Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	PTPP 10 a.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Hancock 11:30 a.m. THA 1 p.m.	Yoga 8:30 a.m. Produce to the People (Oxbow) 11 a.m.-1 p.m. ☀️	
<b>Center Closed State Holiday</b> Rec Reunion '22 11 a.m.-3 p.m. @ basketball courts	Yoga 8:30 a.m. PTPP (North End) 11 a.m.-1 p.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Festival Field 12 p.m. ☀️☾	Toning in '22 8:30 a.m. L.E.A.D. 3 p.m.	PTPP 10 a.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Pemberton 1:30 p.m. Bayside 3 p.m. ☀️☾	Yoga 8:30 a.m. PTPP (Oxbow) 11 a.m.-1 p.m. MLK Friends Lunch 11:30 a.m.-1 p.m. ☀️	
Zumba 8:30 a.m. Sabores Latinos 5 p.m. MLK Summer Fitness Challenge 5:30 p.m. ☀️	Yoga 8:30 a.m. PTPP (North End) 11 a.m.-1 p.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Park Holm 12 p.m. AHEPA 1:30 p.m. ☀️☾	Toning in '22 8:30 a.m. VNS Wellness Clinic 9-11 a.m. Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. Live from the Loading Dock concert 4:30-6 p.m. ☀️☾	PTPP 10 a.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Donovan Manor 12 p.m. Edgar Court 1 p.m.	Yoga 8:30 a.m. SNAP Outreach 10 a.m.-12 p.m. PTPP (Oxbow) 11 a.m.-1 p.m. ☀️	
Zumba 8:30 a.m. Sabores Latinos 5 p.m. MLK Summer Fitness Challenge 5:30 p.m. ☀️	Yoga 8:30 a.m. PTPP (North End) 11 a.m.-1 p.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Apple Creek 12 p.m.	Toning in '22 8:30 a.m. Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. Circles & Silence opioid prevention session 5:30 p.m. ☀️☾	PTPP 10 a.m. Blount Soup 11:30 a.m. Livfit 5 p.m. <b>MFP</b> Quaker Estates 12 p.m. Anthony House 1:30 p.m.	Yoga 8:30 a.m. PTPP (Oxbow) 11 a.m.-1 p.m. ☀️	
Zumba 8:30 a.m. Sabores Latinos 5 p.m. MLK Summer Fitness Challenge 5:30 p.m. ☀️	Yoga 8:30 a.m. PTPP (North End) 11 a.m.-1 p.m. Blount Soup 11:30 a.m. LivFit 5 p.m. <b>MFP</b> West House 12 p.m.	Toning in '22 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m. ☀️☾			

# MLK Program Information

**Lunch & Learn:** Open to all older aged adults. This free lunchtime lecture features conversations with a variety of speakers that change monthly. **RSVP REQUIRED – Call Mel at ext. 124**

**Mobile Food Pantry:** Our MFP brings the pantry to you. Throughout the month we visit neighborhoods in Newport County and set up for pantry shopping needs. **\*\*NEW LOCATIONS ADDED. For more info, call Mia at ext. 201.**

**Yoga:** Start your morning with this relaxing exercise class. Practice holding postures, stretch your limbs and muscles, breathing and meditation techniques to calm your mind. **RSVP REQUIRED – Call Mel at ext. 124**

**Free, Confidential HIV / Hep C Testing:** Presented in partnership with AIDS Project RI. Second Thursdays: 12-2 p.m.; third Thursdays: 3-5 p.m. **To make an appointment, call (401) 831-5522 or email info@aidproject.org.**

**Zumba:** Get your blood pumping with this morning dance infused workout. All levels are welcome to join in on this fun and musical program. **RSVP REQUIRED – Call Mel at ext. 124**

**\*\*NEW\*\*2022 MLK Summer Fitness Challenge:** Join Matt Sweeney, trainer and physical therapist of BullfrogFit & Cross Fit Providence, for a six-week all-levels strength and conditioning class. **RSVP REQUIRED – Call Mel at ext. 124**

**Toning in '22:** Every Wednesday at 8:30 am, this full-body workout aims to improve balance, bone health, flexibility, and strength of participants in a safe, welcoming, and fun environment. All skill-levels welcome.

**RSVP REQUIRED – Call Mel at ext. 124**

**Produce to the People (formerly Veggie Days):** Free produce is available every Thursday at the MLK throughout the year. Stop in from 10 am–1 pm. **\*\*NEW TIMES:** Tuesdays, West Evans Street, Newport, 11 am-1 pm, Fridays, Oxbow Farms, Middletown, 11 am-1 pm Check-in with the attendant. All produce is first come, first served. **For more info, call Ed at ext. 119**

**Sabores Latinos:** ¡Esta clase de cocinar se ofrecerá completamente en español! Los lunes de 5 a 6 de la tarde, Yolanda (Yoli) Macías se centrará en los alimentos culturales de Latino América. Los participantes cocinan junto con la maestra, y se llevan a casa una comida para sus familias, y aprenden una nueva receta.

**Llame a José (401) 846-4828 para confirmar su participación.**

**L.E.A.D Peer Group:** A group designed to provide LGBTQIA+ youth with a safe place to discuss challenges and ask questions, and empower them to embrace their authentic selves, whatever that looks like for them.

**For more info, call Mel at ext. 124.**

## Daily Programs

**Daily Bread:** Stop by our main entrance from 10:00 am – 4:00 pm to check out assorted bread and baked goods we have available. No sign-up is required! Everyone is welcome! Everything is first come, first served.

**Breakfast Program:** Every morning from 7:30 am – 9:00 am, enjoy a free breakfast. Options may vary day to day.

**Preschool:** Our licensed educational program is open from 8:00 am – 4:00 pm, Monday – Friday. DHS Childcare Assistance accepted; generous scholarships available.

**After School:** Elementary school aged children receive a nutritious meal, homework help, and participate in fun activities Monday – Friday from school release – 6:00 pm. DHS Childcare Assistance accepted; generous scholarships available.

## Appointment Based Programs

**Food 2 Friends:** Our pantry delivery service for the homebound and hungry. Please contact José Ramos at (401) 846-4828, ext. 207.

**Nutrition Counseling:** Dietitian Kristin Niessink, MS, RD, LDN can talk about your dietary needs, how to eat better, or how to lose weight through changes in your diet. Whatever your concern may be, Kristin can help! Call her at (401) 368-7614 to schedule an appointment.

**Client Support Services:** Looking for resources or assistance with housing, jobs, or SNAP and state assistance? Find out what the MLK can provide and other organizations that can help. Contact Mel at (401) 846-4828 x124.

**Questions? Call Melanie Saunders at (401) 846-4828, ext. 124**