

The MLK Community Center

NOVEMBER 2022

☀️ Food Pantry 10 a.m.-2 p.m.
 🌙 Food Pantry 4-6 p.m.
 St. Paul's United Methodist
 Community Baptist Church

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga 8:30 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1:30	Toning in '22 8:30 a.m. LIHEAP Outreach 10 a.m. Lunch & Learn 12 p.m. (registration req'd) L.E.A.D. 3 p.m.	PTPP 10 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. THA 12:30 p.m.		
Zumba 8:30 a.m.	Yoga 8:30 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Festival Field 12 p.m.	Toning in '22 8:30 a.m. L.E.A.D. 3 p.m.	PTPP 10 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Pemberton 1:30 p.m. Bayside 3 p.m.	*Center Closed* Federal Holiday	
Zumba 8:30 a.m. Sabores Latinos 5 p.m.	Yoga 8:30 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Park Holm 12 p.m. AHEPA 1:15 p.m.	Toning in '22 8:30 a.m. Lunch & Learn 12 p.m. (registration req'd) L.E.A.D. 3 p.m.	Thanksgiving pickup (appointment only) PTPP 10 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1:15 p.m.	Thanksgiving pickup (appointment only) SNAP Outreach 10 a.m.-12 p.m.	
HIV/Hep C Testing 7:30-9 a.m. (avail. @ Breakfast) Zumba 8:30 a.m.	Yoga 8:30 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP Apple Creek 12 p.m.	Toning in '22 8:30 a.m. L.E.A.D. 3 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:30 p.m.	*Center Closed* Federal Holiday	*Center Closed*	
Zumba 8:30 a.m. Sabores Latinos 5 p.m.	Yoga 8:30 a.m. McGrath Soup 11:30 a.m. (@ Edward St.) LivFit 5 p.m. MFP 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. Every first and third Wednesday. **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. Every third Monday from 7:30-9 a.m., Edward Street entrance. **For more information, call (401) 831-5522 or email info@aidsproject.org.**

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.**

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**

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.

****HORARIO NUEVO**Sabores Latinos:** ¡Comenzando en septiembre, este grupo de cocinar se ofrecerá enteramente en español! Durante ciertos lunes, de 5 a 6 de la tarde. Yolanda (Yoli) Macías se enfocará en las comidas culturales latinoamericanas. Los participantes cocinan junto con la maestra, se llevan a casa una comida para sus familias y aprenden una nueva receta. **Llame al Centro Comunitario MLK para fechas específicas al 401-846-4828.**

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. ****NEW LOCATION BEGINNING 10/17****

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