



# NOVEMBER

## Food Pantry Hours Key

 : 10 a.m.-2 p.m.  
 : 4-6 p.m.

## Program Location Key

**St. Paul's United Methodist**  
**Community Baptist Church**

Monday	Tuesday	Wednesday	Thursday	Friday
		LIHEAP Outreach 10 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) <b>Senior Lunch &amp; Learn 12 p.m.</b> L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) <b>LivFit 5 p.m.</b> <b>MFP</b> Hancock Estates 11:30 a.m. (residents only) Tiverton Housing Auth. 12:45 p.m.	<b>Tai Chi/Qi Gong 9 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
<b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby)	<b>Yoga with Katie 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) <b>LivFit 5 p.m.</b> <b>MFP</b> Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	<b>Toning in '23 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) <b>LivFit 5 p.m.</b> <b>MFP</b> Pemberton 12 p.m. Bayside 1:30 p.m.	<b>Tai Chi/Qi Gong 9 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) <b>MLK Friends Lunch</b> 11:30 a.m.-1 p.m.
<b>VETERANS DAY</b> <b>*CENTER CLOSED*</b>	<b>Yoga with Katie 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) <b>LivFit 5 p.m.</b> <b>MFP</b> Festival Field 12 p.m.	<b>Toning in '23 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) <b>Senior Lunch &amp; Learn 12 p.m.</b> L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) <b>LivFit 5 p.m.</b> <b>MFP</b> Donovan Manor 12 p.m. Edgar Court 1 p.m.	<b>Tai Chi/Qi Gong 9 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
APRI HIV/Hep C Testing 7:30 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby)	<b>Yoga with Katie 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) <b>MFP</b> Park Holm 12 p.m. AHEPA 1 p.m.	<b>Toning in '23 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) L.E.A.D. 3 p.m. (Newport Pride Center)	<b>THANKSGIVING HOLIDAY</b> <b>*CENTER CLOSED*</b>	<b>THANKSGIVING HOLIDAY</b> <b>*CENTER CLOSED*</b>
<b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby)	<b>Yoga with Katie 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) <b>LivFit 5 p.m.</b> <b>MFP</b> Apple Creek 12 p.m. West House 1:30 p.m. (residents only)	<b>Toning in '23 8:30 a.m.</b> <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) L.E.A.D. 3 p.m. (Newport Pride Center) MLK Friends Dinner 5:30 p.m.	PttP (MLK) 10 a.m. <b>Holiday Registration</b> 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) <b>LivFit 5 p.m.</b> <b>MFP</b> Quaker Estates 12 p.m. Anthony House 1 p.m. (residents only)	

# MLK Program Information

**\*\*Registration for MLK's Holiday Help Program started on Monday, Oct. 16. Programs include Thanksgiving Assistance Program, Holiday Assistance Program and Santa's Workshop. Visit [mlkcenter.org](http://mlkcenter.org) for more 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. **For more info, call Mia at ext. 201.**

**Yoga:** Start or end your day with this relaxing exercise class. Practice holding postures, stretch your limbs and muscles, breathing and meditation techniques to calm your mind. **\*\*FRIDAY CLASS CANCELED UNTIL FURTHER NOTICE\*\***  
**RSVP REQUIRED – Call Mel at ext. 124**

**Toning in '23:** 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**

**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. Open to those 12-18 years old.

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

**Tai Chi/Qi Gong:** This 2-part class includes Tai Chi and Qi Gong. Qi Gong is an ancient Chinese practice and medicine that is great for longevity and maintaining good health. Tai Chi is a free-flowing martial art that is practiced in the Far East and can be utilized as a form of self-defense. Great for all levels of movement.

**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.

**For more information, call APRI at (401) 831-5522.**

**Produce to the People (PttP\*):** Free produce is available every Thursday at the MLK throughout the year. Stop in from 10 am-1 pm.

## Daily Programs

**Daily Bread:** Stop by our new pantry location Mon.-Fri. 10:00 am – 4:00 pm to check out assorted bread and baked goods we have available. No sign-up is required. All are welcome. First come, first served.

**Breakfast Program:** Mon.-Fri. from 7:30 am – 9:00 am, enjoy a free breakfast. Options may vary day to day. **\*\*NOW AT ST. PAUL'S UNITED METHODIST CHURCH, 12 MARLBOROUGH ST.\*\***

**Preschool:** Our licensed educational program is open from 8:00 am – 5:00 pm, Mon.-Fri. DHS Childcare Assistance accepted; generous scholarships available.

**After School:** Elementary school aged children receive a nutritious meal, homework help, and participate in fun activities Mon.-Fri. 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 and help you make 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.

**\*\*NEW\*\*Notary Services:** Need something notarized? The MLK now offers Notary Services free of charge. Call ahead for availability. Contact Mel at (401) 846-4828 x124.

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