



# JANUARY

## 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	
<b>FEDERAL HOLIDAY</b> <b>*CENTER CLOSED*</b>		1	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	2	Toning in '24 8:30 a.m. LIHEAP Outreach 10 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	3	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residents only) Tiverton Housing Auth. 12:45 p.m.	4	Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)
		8	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Festival Field 12 p.m.	9	Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	10	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Pemberton 11:45 a.m. Bayside 1:30 p.m.	11	Tai Chi/Qi Gong 9 a.m. MLK Friends Lunch 11:30 a.m.-1 p.m.
<b>FEDERAL HOLIDAY</b> <b>*CENTER CLOSED*</b> <b>Open House</b> <b>and Ribbon Cutting</b> <b>Ceremony 3-5 p.m.</b> <b>(Please RSVP on</b> <b>MLKCCenter.org)</b>		15	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Park Holm 12 p.m.	16	VNS Clinic 7:30 a.m. Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	17	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	18	Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)
		22	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Apple Creek 12 p.m.	23	Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	24	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP West House 1:15 p.m. (residents only)	25	Tai Chi/Qi Gong 9 a.m.
		29	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)	30	Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.	31		26	<b>STAFF RETREAT</b> <b>*CENTER CLOSED*</b>



# 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. **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**