



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, January 5, 2023

Kicking Off 2024 in Our New Building

Happy New Year!

We're back from our holiday break and **excited to serve** our community in 2024 with more impact than ever before. In just a handful of days, **all programs will return** to the building after a year in four different sites.

Some programs like [LEAD](#) have already returned to the Center. Our **Tuesday, Thursday and Friday lunches** are inside the building and out of the cold. We're getting the **new food pantry** set up and ready for opening on **January 17th**.

We're so **grateful to all of you** for your patience during the renovation...we know it hasn't been easy.

And, we're so thankful for your **generosity in supporting our programs** during the holiday months....and all year long. **You are the MLK!**

Starting January 17th...

All programs return to the Center at
20 Dr. Marcus Wheatland Blvd.

Donations received at the Loading Dock
Mon. - Fri., 8:30am - 5:00pm

Food Pantry Hours
Mon., Wed., Fri. 10:00am - 2:00pm
Wed. Evening 4:00pm - 6:00pm

www.mlkccenter.org | 401.846.4828 | @NewportMLK

A Holiday for the Record Books



We ended our programming year with a **special holiday lunch** on December 22nd. It was a massive success. **146 people** enjoyed a special meal donated by [McGrath's Clambakes](#) and Tyler Rosenburg of [Ben & Jerry's Newport](#). After the lunch there were **no crumbs left**, all mashed potatoes, green beans, and chicken were used to fill the bellies of our community.

In 2023, our **Holiday Help was bigger than ever**. Your generosity helped **931 families** enjoy a Thanksgiving and Christmas Holiday feast. We helped **more kids than ever** before: **1,257 children** woke up to a merry Christmas morning because of gifts their parents chose at the MLK's Santa's Workshop.

Check out the photo montage above to see just how great this event was. What a way to end the 2023 programming year!

Overnight Warming Center Open this Weekend

Presented in partnership by:



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER



Emergency Overnight Warming Center

WHAT: At-risk residents encouraged to seek overnight warming center in Newport. Open to all.

WHERE: Transport to Center provided.
Thu. 01/04 , Fri. 01/05, Sat. 01/06, Sun. 01/07
Pick up locations and times:
NEWPORT: in front of the bus shelter at
Newport City Hall, 43 Broadway **6:45 pm**
OR
MIDDLETOWN: in front of the bus shelter at
West Marine, 379 West Main Rd. **6:30 pm**

For more info:
CALL (401) 846-1213 ext. 1
(ask for RIO Team)

Presentado en colaboración por:



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER



Newport Mental Health

Centro de Calentamiento Nocturno de Emergencia

QUÉ: Debido a la baja temperatura, se anima a los residentes en riesgo buscar un centro de calentamiento nocturno en Newport. Abierto a todos.

DÓNDE: Se proporciona transporte al centro. Jue. 01/04, Vie. 01/05, Sab. 01/06, Dom. 01/07
Lugares y horarios de recogida:
NEWPORT: frente a la parada de autobús en frente del ayuntamiento de Newport, 43 Broadway 6:45 pm
O
MIDDLETOWN: frente a la parada de autobús en West Marine, 379 West Main Rd. 6:30 pm

Para mas informacion:
LLAME (401) 846-1213 ext. 1
(ask for RIO Team)

A Special Treat



Morgan, Mia, Emma, and Devan are dancers at [Gladding School of Dance](#).

Students at local high schools [The Met High School](#), [Providence and Newport, RI Rogers High School](#), and [Middletown Public Schools](#), the teens sold **cookie dough** as a fundraiser for their dance troupe.

A friend of the Center told the girls he'd buy **ALL their cookie dough IF they'd volunteer** their time and come to the MLK to bake and bag the cookies. The girls spent an afternoon in our kitchen, creating **134 bags of cookies**.

We distributed the cookies to the students in our **Preschool** and **After School**, and to homebound seniors in our **Food 2 Friends** program. The girls even wrote **handmade cards** to send along to the seniors. Our After School kids loved the cookies and made

cards to send back to the bakers. How great is that?"



We're Cutting the Ribbon and You're Invited!



Open House and Ribbon Cutting Ceremony

This MLK Day, join us in the official opening of our newly **renovated and improved Dr. Martin Luther King, Jr Community Center** funded by the generous donors to the Building Hope Campaign.

Monday, January 15, 2024, 3:00pm - 5:00pm
20 Dr. Marcus Wheatland Blvd.
Newport RI 02840

Ribbon Cutting at 3:15pm
Light Refreshments and Open House to follow

The event is free but RSVP is required.
Please RSVP by January 8th, 2024
by scanning the QR Code



(401) 846 - 4828 |   @NewportMLK | 20 Dr. Marcus Wheatland Blvd., Newport, RI

After a year of construction, we are finally **moving back all of our programming** into our main building.

Join us on Monday, January 15th as we celebrate on the day of our namesake, Dr. Martin Luther King, Jr., by coming to our **Open House and Ribbon Cutting Ceremony**. Get an up close and personal look on how we have revamped our building over the last year.

The event **starts at 3:00pm** with the ribbon cutting ceremony beginning at 3:15pm. There will be **light refreshments and an open house starting** at 3:45pm until 5:00pm.

This event is free to the public but **RSVP is required**. Click the button below to be directed to our [Event Page](#) and register today!

Register On Eventbrite!

Beep! Beep! Here comes the Mobile Food Pantry!



You can find the mobile food pantry, **next week** at:

TUESDAY 01/09/24:

Festival Field, 90 Girard Ave., NEWPORT 12:00pm - 1:00pm

THURSDAY 01/11/24:

Pemberton, 45 Pemberton Ave, JAMESTOWN 11:45am - 12:45pm

Bayside, 143 Third St, NEWPORT 1:00pm - 2:00pm

All are welcome. You do not need to reside in the neighborhood to use the Mobile Food Pantry. Please remember to bring your reusable bags.

PROGRAM CALENDAR

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
<p>FEDERAL HOLIDAY *CENTER CLOSED*</p> <p>1</p>	<p>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)</p> <p>2</p>	<p>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.</p> <p>3</p>	<p>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.</p> <p>4</p>	<p>Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)</p> <p>5</p>
<p>8</p>	<p>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.</p> <p>9</p>	<p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.</p> <p>10</p>	<p>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.</p> <p>11</p>	<p>Tai Chi/Qi Gong 9 a.m. MLK Friends Lunch 11:30 a.m.-1 p.m.</p> <p>12</p>
<p>FEDERAL HOLIDAY *CENTER CLOSED* Open House and Ribbon Cutting Ceremony 3-5 p.m. (Please RSVP on MLKCenter.org)</p> <p>15</p>	<p>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.</p> <p>16</p>	<p>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.</p> <p>17</p>	<p>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.</p> <p>18</p>	<p>Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)</p> <p>19</p>
<p>22</p>	<p>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.</p> <p>23</p>	<p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.</p> <p>24</p>	<p>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)</p> <p>25</p>	<p>Tai Chi/Qi Gong 9 a.m. STAFF RETREAT *CENTER CLOSED*</p> <p>26</p>
<p>29</p>	<p>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)</p> <p>30</p>	<p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.</p> <p>31</p>		

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

ENERO '24

Clave del Horario de Despensa de Alimentos:

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

Clave de la Ubicación del Programa:

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>DIA FESTIVO *CENTRO CERRADO*</p> <p>1 Yoga con Katie 8:30 a.m. Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residentes solamente)</p>	<p>2 Tonificación 8:30 a.m. Ayuda de Asistencia de la Calefacción (LIHEAP) 10 a.m. Almuerzo con Adultos Mayores & Aprendizaje 12 p.m. L.E.A.D. 3 p.m.</p>	<p>3 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residentes solamente) Tiverton Housing Auth. 12:45 p.m.</p>	<p>4 Tai Chi/Qi Gong 9 a.m. Almuerzo para Llevar 11:30 a.m. (la entrada de Edward St.)</p>	
<p>8 Yoga con Katie 8:30 a.m. Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Festival Field 12 p.m.</p>	<p>9 Tonificación 8:30 a.m. L.E.A.D. 3 p.m.</p>	<p>10 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Pemberton 12 p.m. Bayside 1 p.m.</p>	<p>11 Tai Chi/Qi Gong 9 a.m. Almuerzo con Amigos' 11:30 a.m.-1 p.m.</p>	
<p>DIA FESTIVO *CENTRO CERRADO* Casa Abierta y Corte de Liston Ceremonia 3-5 p.m. (Favor de reservar en MLKCCenter.org)</p> <p>15 Yoga con Katie 8:30 a.m. Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Park Holm 12 p.m.</p>	<p>16 Clinica VNS 7:30 a.m. Tonificación 8:30 a.m. Almuerzo con Adultos Mayores & Aprendizaje 12 p.m. L.E.A.D. 3 p.m.</p>	<p>17 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.</p>	<p>18 Tai Chi/Qi Gong 9 a.m. Almuerzo para Llevar 11:30 a.m. (la entrada principal)</p>	
<p>22 Yoga con Katie 8:30 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Apple Creek 12 p.m.</p>	<p>23 Tonificación 8:30 a.m. L.E.A.D. 3 p.m.</p>	<p>24 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP West House 1:15 p.m. (residentes solamente)</p>	<p>25 Tai Chi/Qi Gong 9 a.m. CAPITACION DEL PERSONAL *CENTRO CERRADO*</p>	
<p>29 Yoga con Katie 8:30 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residentes solamente)</p>	<p>30 Tonificación 8:30 a.m. L.E.A.D. 3 p.m. 'Cena con Amigos' 5:30 p.m.</p>	<p>31</p>		

MLK Programa de Información

Almuerzo con Adultos Mayores & Aprendizaje: Bienvenido todos los adultos mayores, esta conferencia es gratuita a la hora del almuerzo, presenta conversaciones con una variedad de oradores que cambian mensualmente. Se lleva a cabo el primer y tercer Miércoles del mes.
RSVP REQUERIDA. Contacta a Mel a la ext. 124.

Yoga: Empieza o termina tu día con esta relajante clase de ejercicio. Practica manteniendo posturas, estira tus extremidades y músculos, respirando y meditando, usando la técnica de calmar tu mente.
LAS CLASES DEL VIERNES CANCELADAS, HASTA NUEVO AVISO
RSVP REQUERIDA. Contacta a Mel a la ext. 124.

Tai Chi/Qi Gong: Esta clase incluye dos partes: Tai Chi y Qi Gong. Qi Gong es una medicina y práctica antigua China que es excelente para la longevidad y mantener la práctica del lejano oriente puede ser utilizada como una forma de defensa personal. Excelente para todos los niveles de movimiento.
RSVP REQUERIDA. Contacta a Mel a la ext. 124.

Grupo L.E.A.D.: Un grupo diseñado para proporcionar a la Comunidad LGBTQIA+ jóvenes con un lugar seguro para discutir desafíos y hacer preguntas, y empoderarlos y abrazar su autenticidad. Lo que sea para apoyarlos. Abierto para jóvenes de 12 a 18 años.

Mayor información, llama a Mel ext. 124.

Mobile Food Pantry: Nuestra Despensa Móvil visita durante el mes, los barrios en el Condado de Newport, preparados para la compra de despensa según sus necesidades de la Comunidad.
Para mayor información contactar a Mia a la ext. 201.

Vegetales: Vegetales y frutas gratis, disponibles todos los Jueves en el centro MLK durante el año. Ven a partir de 10 a.m. a 1 p.m.

Gratis y Confidencial exámenes gratis de HIV / Hep C Testing: Presentado en sociedad con AIDS. RI Proyecto, Cada tercer Lunes de 7:30 a 9:00 a.m.
Mas información, llama APRI at (401) 831 5522.

Tonificación: Cada Miércoles a las 8:30 a.m., es ejercicio para todo el cuerpo, ayuda a mejorar el balance, la salud ósea, flexibilidad y fuerza, los participantes son bienvenidos en un lugar seguro y en un ambiente de diversión. Todos los niveles son bienvenidos.
RSVP REQUERIDA. Contacta a Mel a la ext. 124.

Programas Basados en Citas

Food 2 Friends: Nuestra despensa cuenta con servicio a domicilio, para la personas deshabilitada y personas de la tercera edad que no pueden salir de casa. Favor de contactar a Jose Ramos al (401) 846-4828, ext. 207.

Consulta de Nutrición: Kristin Niessink, MS, RD, LDN Dietista, con quien puede hablar acerca de sus necesidades de alimentación, quien le puede ayudar a hacer cambios en su dieta. Cualquier duda que tenga, contacte a Krisin, ¡Ella lo puede ayudar! Llama al (401) 368-7614 para hacer una cita.

Servicios de apoyo al cliente: ¿Busca algún recurso o asistencia con renta, trabajo, SNAP ¿o asistencia del Estado? Contáctanos en MLK para ayudarte o contactarte con organizaciones que te puedan ayudar. Contacta a Mel al (401) 846 4828 ext. 124

****NUEVO**Servicio de Notario:** ¿Necesita algo notariado? ¡El Centro MLK ahora ofrece el Servicio de Notaría sin cargo alguno, completamente Gratis! Llama con anticipación para hacer una cita. Contacta a Mel al (401) 846 4828 ext. 124

Programas Diarios

Pan Diario: Ven a la Despensa de Alimentos de Lunes a Viernes, 10:00 a.m.-4:00 p.m., y disfruta de nuestra variedad de pan y pasteles que tenemos disponibles. No se requiere registrarse ¡Todos son bienvenidos! Recuerda que "Servicio por orden de llegada".

Programa de Desayuno: Cada mañana de 7:30 a.m. a 9:00 a.m. disfruta de un desayuno gratis. Varía las opciones cada día. **Ahora en la Iglesia de St. Paul United Methodist Church ubicado en 12 MARLBOROUGH ST.**

Prescolar: Nuestro Programa Educativo Certificado está abierto de 8:00 a 5:00 p.m. de Lunes a Viernes "DHS" Asistencia para el cuidado de los niños es aceptada, tenemos generosamente becas disponibles

Después de la escuela: Los niños de primaria reciben una comida nutritiva, ayuda con tareas, y participan en divertidas actividades de Lunes a Viernes después de la salida de la escuela 6 p.m. Aceptamos "DHS" Asistencia para el cuidado de los niños. Generosamente hay becas disponibles.

¿TIENES ALGUNA DUDA O PREGUNTA? Contacta a (401) 846-4828

[Download this Month's Calendar Here](#)

[Descargue el Calendario del Mes Aquí](#)

Parking at St. Paul's United Methodist Church:

Please only park in the front lot spaces, #5 through #11 along side the church, and #25 - #27 next to the garage.

There are 10 more spaces in St. Paul's lot on the corner of Coddington St. and Charles St. behind the kitchen with a path around to the entry door.

If those are not enough spots, there are generally spots on Coddington, Charles and Farewell St. The city's parking restrictions are no longer in effect this time of year.

You are receiving this email because you opted in to join our email newsletter list.
We promise to never share your information with third parties, or spam you.