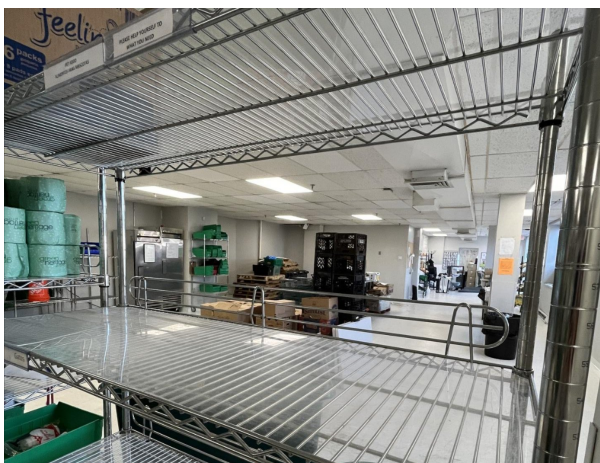




Friday, January 12, 2024

That's a Wrap on our Temporary Food Pantry



After **13 months** of operating in a much smaller space across the street from the Center, today is the last day for the temporary food pantry. **After 2:00 p.m. today**, we'll finish moving all of the food and all of the Hunger Services team back across the street where they belong to their **permanent home** in our newly renovated building. Beginning **next Wednesday, January 17**, the food pantry will be back at the Center.



No more waiting outside! A new comfortable lobby! A food pantry that's **doubled in size!** We can't wait for you to see it, and we thank everyone for their patience as we built a better Center. Maybe you **use the pantry**. Maybe you **come for veggies** every week. Maybe you **volunteer at the MLK**. Maybe you **donate food** regularly. However you connect with our food pantry, we know it hasn't been easy. **We are so grateful** we could secure rental space right across the street so that food pantry operations continued without interruption during the construction project.



We **thank everyone** for their cooperation and patience while we built a better MLK. We think you'll agree -- **it's been worth the wait.**

The Food Pantry is open:

Monday, Wednesday, Friday: 10:00am - 2:00pm

Wednesday: 4:00pm - 6:00pm

The Food Pantry provides non-perishable food items, frozen meat, fresh produce, bread and household and personal care items to our Newport County neighbors. **Thank you** to all of you in our community

who **host a drive, donate food or money** to make sure there is **always food on our shelves**.

Overnight Warming Center opens at the MLK

This stack of clean blankets is a sign of something very important coming to the Center. Beginning Tuesday, January 16th, an overnight warming center will be available nightly at the MLK, in a multi-agency collaboration months in the planning.

For several months, an ad hoc center has been available, with transportation to the previously undisclosed site available from Newport and Middletown. The site can now be identified as St. John's Church in Newport. *"For two months, we've been proud to host the overnight warming center when needed. I was part of a community safety meeting led by Newport Fire Chief Harp Donnelly and Middletown Fire Chief Jim Peplau about how to help people who were sleeping in the open every night. I decided that it was something we needed to do as a congregation,"* said Rev. Kevin Beasley, Rector of St. John's. *"Offering the church's space directly ties to our mission of what Christ taught us to do."*

The new warming center is a collaboration between the MLK, [Newport Mental Health, RI Coalition to End Homelessness, CODAC](#) along with the Fire Departments of the [City of Newport](#) and the [Town of Middletown](#). Funding from the State of Rhode Island Department of Housing is underwriting the project, with the City of Newport providing fiduciary management. The MLK Community Center is providing the space for the Warming Center at no charge. The Center is staffed by a collaboration of Newport Mental Health and CODAC mental health and substance abuse disorder professionals.

The warming center is not only for Newport and Middletown residents. Anyone in need of a warm place to sleep is welcome to use the Center. The Overnight Warming Center at the MLK Community Center will be **open seven nights a week from 7:00 p.m. to 7:00 a.m., from January 16th through March 1st**. After March 1st, the Overnight Warming Center will open as needed. Access to the Warming Center is at the Edward Street door of the MLK.

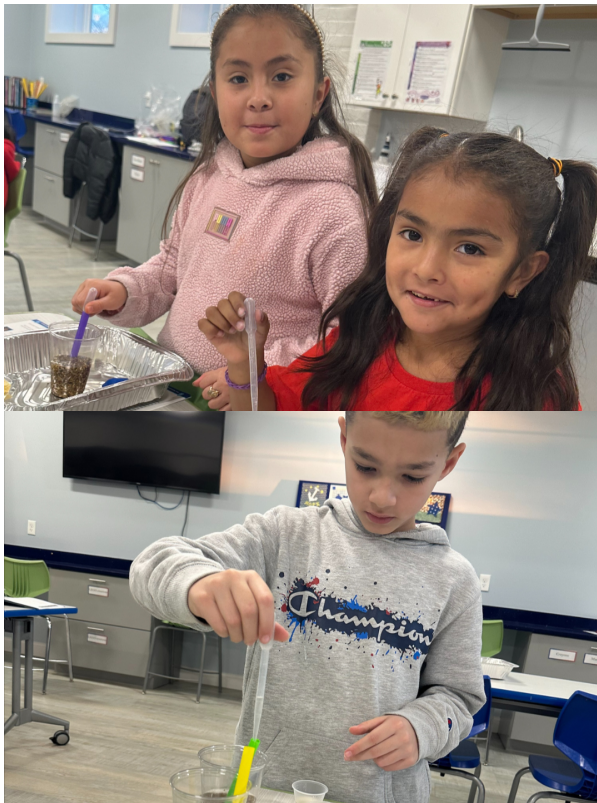
We salute community heroes Fr. Kevin and his congregation. By offering the church hall until the MLK could host the program, St. John's ensured people without a place to sleep weren't outside in the cold. As we reopen fully after a year of construction, offering space for the warming center is exactly the kind of community resource we envisioned when we began our renovation. We're very proud to be part of this collaboration. It shows what can be accomplished when partners sit down and get creative about solutions. Knowing there's a place for people to sleep means we can all sleep a bit better this winter.

Scientists in the Making



Our students loved learning in a cool **STEM activity** about aquifers and groundwater. They made a landscape in a cup with

a base layer of **small rocks and water** to represent the **aquifer**
 a layer of **modeling clay** to represent the **hard rock layer** that usually has to be drilled through to get to groundwater of the aquifer
 a layer of **gravel** molded into a mountain to represent a **lake**



-a little **sponge** on top to represent their **factory**
 a **straw** going through each layer to represent **factory pipes and drills** accessing the aquafier

The kids were amazed as they watched the water flow up through their straws through the suction of their pipettes. They took their learning to a new level by placing **red dye on the sponge to represent pollution**. When the kids sprayed their landscapes with misty water, they understood how **pollution can enter lakes through run off water** and can reach groundwater through pipes drilled into the aquafier.

Activities that explore Science, Technology, and Engineering and Math are an **integral part of our Afterschool Program Curriculum** and thanks to generous grants from **funders like Northrup Grumman**, we can continue to capture the interest of young scientists in the classroom. **Thank you Northrop Grumman!**

From Brazil to Your Plate



YOU'RE INVITED TO A
MLK FRIENDS LUNCH



PREPARED BY
EDMILSON BARBOSA

FRIDAY, JANUARY 12
 11:30AM - 1:00 PM

ST. PAUL'S UNITED METHODIST CHURCH
 12 MARLBOROUGH ST.
 First come first served; space is limited



ÚNASE CON NOSOTROS PARA LOS
MLK FRIENDS LUNCH



PREPARADA POR
EDMILSON BARBOSA

VIERNES, 12 DE ENERO
 11:30AM - 1:00PM

ST. PAUL'S UNITED METHODIST CHURCH
 12 MARLBOROUGH ST.
 Por orden de llegada; el espacio es limitado

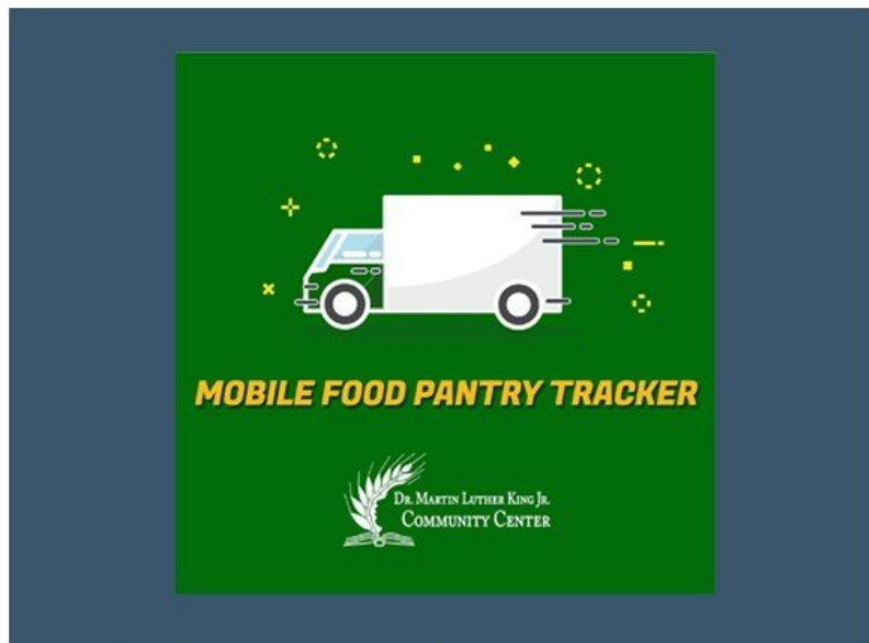
It's the best time of the month!

Come to St. Paul's United Methodist Church TODAY at 11:30am to enjoy community over a delicious **Brazilian meal** prepared by **Edmilson Barbosa**.

MLK Friends' Lunches and Dinners are offered **monthly**. MLK Friends' Lunches are offered the **2nd Friday** of each month from **11:30am to 1:00pm**. MLK Friends Dinners are offered the **last Wednesday** of each month from **5:30pm to 6:30pm**.

To **sponsor a MLK Friends Lunch or Dinner**: please Contact Alyson Novick at 401.846.4828 x102 or anovick@mlkcenter.org

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 01/16/24:

Park Holm, 1 Park Holm, NEWPORT 12:00pm - 1:00 pm

THURSDAY 01/18/24:

Donovan Manor, 19 Chapel St, NEWPORT 12:00pm - 1:00pm

Edgar Court, Edgar Court Cul-de-sac, 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>2</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>3</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>4</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>5</p> <p>Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)</p>
<p>8</p>	<p>9</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>10</p> <p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.</p>	<p>11</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>12</p> <p>Tai Chi/Qi Gong 9 a.m. MLK Friends Lunch 11:30 a.m.-1 p.m.</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>16</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>17</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>18</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>19</p> <p>Tai Chi/Qi Gong 9 a.m. Grab 'N Go Lunch 11:30 a.m. (Edward St.)</p>
<p>22</p>	<p>23</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>24</p> <p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.</p>	<p>25</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>26</p> <p>STAFF RETREAT *CENTER CLOSED*</p>
<p>29</p>	<p>30</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>31</p> <p>Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.</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? Contactanos 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
