



Friday, January 19, 2024

Cutting the Ribbon with You



After 13 months of construction and multi-site programming, **we cut the ribbon on our newly renovated and improved building!** Thank you to everyone who joined us for our Ribbon Cutting and Open House Monday. **We had a huge turnout** and we were so glad to see each and every one of you. We could not think of a better way to **honor our namesake** than to **open our building with our community on MLK Day.**

Were you unable to attend and **want to see the Center for yourself?** Reach out to Alyson Novick to schedule a tour at anovick@mlkccenter.org or (401) 846-4828 ext.102

For over a year, we have held programming at **multiple sites** to keep serving our community throughout construction. Cutting the ribbon marks the start of the **Great Program Migration** back to where they belong, **in our new and improved building.**



Overnight Warming Center now open nightly at the MLK

<p style="text-align: center; font-size: 1.2em;">Emergency Overnight Warming Center at the MLK Community Center</p> <p style="text-align: center; font-size: 0.8em;">NO ONE SHOULD BE LEFT OUT IN THE COLD</p> <p>January 16, 2024 - March 1, 2024 7 nights a week from 7:00pm - 7:00am</p> <p>Dr. Martin Luther King, Jr. Community Center 20 Dr. Marcus Wheatland Boulevard, Newport RI Edward Street Entrance Only</p> <p>At-risk residents are encouraged to seek shelter from the cold at our Emergency Overnight Warming Center.</p> <p>For transportation, please call the RIO Team at (401)846-1213 ext. 1</p> <p style="text-align: center;">Presented in partnership by:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <p style="text-align: center; font-size: 0.7em;">Fire Departments of the City of Newport and Town of Middletown</p>	<p style="text-align: center; font-size: 1.2em;">Refugio de Emergencia para el Invierno en el centro Martin Luther King</p> <p style="text-align: center; font-size: 0.8em;">NADIE DEBERÍA PASAR EL INVIERNO AFUERA</p> <p>16 de Enero, 2024 - 1 de Marzo, 2024 7 noches a la semana de 7:00pm - 7:00am</p> <p>Dr. Martin Luther King, Jr. Community Center 20 Dr. Marcus Wheatland Boulevard, Newport RI Entrada por la calle Edward</p> <p>Hacemos un llamado a las personas vulnerables durante las bajas temperaturas a utilizar nuestro Refugio de Emergencia de Invierno</p> <p>Para transportación contacte al equipo RIO al (401)846-1213 ext. 1</p> <p style="text-align: center;">En coordinación con:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <p style="text-align: center; font-size: 0.7em;">Fire Departments of the City of Newport and Town of Middletown</p>
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Temperatures are getting colder and the need for **overnight shelter** is getting greater by the day. **The Overnight Warming Center began this week** on January 16th, presented in partnership with the MLK Community Center and [Newport Mental Health](#), [RI Coalition to End Homelessness](#), [CODAC](#) along with the Fire Departments of the [City of Newport](#) and the [Town of Middletown](#). The program is **staffed by** Newport Mental Health and CODAC mental health and substance abuse disorder professionals.

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**.

A Bat-tastic Activity



This week, our younger elementary after school students are learning all about bats with the Rhody Critter Kit as part of their [Learn365RI](#) curriculum.

They learned how bats hunt by playing "**Echolocation Tag**" which requires one student to be the blindfolded bat and the rest of the class to be moths. The blindfolded bat called out, "Bat, bat!" and the moths replied



"Moth, moth!". The goal is for the blindfolded bat to catch one of the moths.

The kids also learned how soundwaves move throughout a space using paper tubes placed against a metal pie plate. The students gleefully whispered messages to their friends to see this principle for themselves.

What a bat-tastic way to learn about the world around us!

All Day Staff Retreat Next Friday

The MLK administrative offices and all on-site programs will be **CLOSED on Friday, 1/26/2024** for an all-day staff retreat. We will **reopen Monday 1/29/2024** for our regular schedule

Thank you Jean's Closet & Food Pantry at RHS!

Here's our van at Rogers Hish School picking up **300 pounds of food** at [Jean's Closet & Food Pantry at RHS](#).

We received beans, peanut butter, and more. (Canned beans are something we can't keep in stock. They fly off the shelves.)

It's a very busy day in the food pantry and this food will **help us meet the need**. **Thank you**, Jean's Closet, for donating to the MLK!



Food Pantry Open



Our **Food Pantry** moved over from the temporary pantry across the street and **officially opened** this past Wednesday, 1/17/2024.

Thank you to all of our many volunteers who helped our staff **move food and toiletry items** over from the temporary pantry and **stock them in their new shelves**.

If you or someone you know is in need of food or toiletry items, our **Food Pantry is here to help**.

Our Food Pantry is open:
Monday, Wednesday, and Friday:
 10am - 2pm

Wednesday evenings:
 4pm - 6pm

Due to growing need, we're working on expanding Food Pantry hours. Stay tuned.

The Food Pantry provides non-perishable food, frozen meat, fresh milk, eggs, produce, and bread as well as household and personal care items to our Newport County neighbors.



Can you donate travel-sized amenities?



Are you cleaning out your closet and found **travel sized shampoo and conditioner**? Maybe you are finally unpacking that travel bag and found an **extra unopened travel toothpaste**. Our Food Pantry **needs travel sized toiletries**.

These are **very helpful** for those who use our pantry and are **unhoused**.

Please consider donating your unused, travel-sized toiletries. You can drop off your donations at the **Loading Dock on Dr. Marcus Wheatland Blvd.** by the Donations sign, Monday – Friday 8:30 am – 5:00 pm . **Ring the doorbell** and a staff member will come to assist you

Can't Drop off a Donation? Donate Online Today

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 01/23/24:

Apple Creek, 700 Windwood Dr., TIVERTON 12:00pm - 1:00pm

THURSDAY 01/25/24:

West House (*residents only*), 417 Forest Ave., MIDDLETOWN 12:00pm- 1:00pm

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>5</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>12</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>19</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.</p>	<p>26 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
