



Friday, January 26, 2024

Water Refilling Stations at the Center



Thanks to our friends at [The Greenlove Foundation](#) and [Channing Church](#), you can now **refill your reusable water bottles** at the Center. The Greenlove Foundation was established in memory of **Kendra L. Bowers** and her commitment to **environmental responsibility** and **sustainability awareness**. The foundation's **thirtieth water bottle filling station** is at the MLK Community Center.

Last Friday, we **unveiled the filling station** in Kendra's name **right next to our lobby**. Thank you Greenlove Foundation and Channing Memorial Church for helping us continue **Kendra's legacy** and **protect Mother Earth**, one bottle at a time.



All Day Staff Retreat

After daily Breakfast from 7:30am to 8:30am, the MLK administrative offices and all on-site daytime programs will be **CLOSED today, 1/26/2024** for an all-day staff retreat. We will **reopen Monday 1/29/2024** for our regular schedule. **The warming center will still be open.**

Preschool's Adventure to Downtown Designs



Let's go on an adventure with our preschoolers. This Tuesday, a small group a **preschool students** lined up and followed Lead Preschool Teacher Valencia Garrett-Friend as they carefully looked both ways and crossed Dr. Marcus Wheatland Blvd., walked down the sidewalk to **Broadway** and into **Downtown Designs Studio and Gallery**.

A Program of [Looking Upwards, Downtown Designs](#) is a **visual arts gallery** and studio.



The gallery is committed to providing an **inclusive and collaborative** space for artists with and without disabilities.

The kids and friends used **sponges to paint** a variety of designs around shapes on cardstock to create **cards**.

For the past few months, our preschoolers have been visiting Downtown Designs **once a month**. This collaboration has given our students the opportunity to meet and work with **diverse members of our community**, build **social skills** and **create valuable experiences** while working on their **fine and gross motor skills** through tactical craft activities.

We are so grateful to **Downtown Designs** for making this special activity possible for our preschool students.



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

MLK Friends' Dinners are Back at the Center!




 YOU'RE INVITED TO A
MLK FRIENDS DINNER

 IN COLLABORATION WITH

 PREPARED BY MARIA GARRAFA
 WEDNESDAY, JANUARY 31ST
 5:30-6:30 P.M.
 MLK COMMUNITY CENTER
 20 DR MARCUS WHEATLAND BLVD.
 First come first served; space is limited




 ÚNASE CON NOSOTROS PARA LOS
MLK FRIENDS DINNER

 EN COLABORACIÓN CON

 PREPARADA POR MARIA GARRAFA
 MIÉRCOLES, 31 DE ENERO
 5:30-6:30 P.M.
 MLK COMMUNITY CENTER
 20 DR MARCUS WHEATLAND BLVD.
 Por orden de llegada; el espacio es limitado

You're in for a special treat. Next Wednesday marks the **first MLK Friends' Dinner back in our newly renovated building!** [Newport String Project](#) will be coming in performing a **concert** during the meal. Come on down to the Center on **Wednesday, Jan. 31st, 2024 at 5:30pm** to spend some quality time with your community over a delicious meal **prepared by Maria Garrafa**. Thank you, Newport String Project for collaborating with us!

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 an MLK Friends' Lunch or Dinner, please contact Alyson Novick at 401.846.4828 x102 or via email at anovick@mlkccenter.org

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 01/30/24:

Quaker Estates, 2368 E. Main Rd., PORTSMOUTH 11:45am - 1:00pm

Anthony House (residents only), Anthony House, 51 Middle Rd, PORTSMOUTH 1:15pm - 2:15pm

THURSDAY 02/01/24:

Hancock Estates (residents only), 345 Hancock St, TIVERTON, 11:15am - 12:30pm

Tiverton Housing Authority, 99 Hancock Ave, TIVERTON 12:45pm - 1:45pm

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](#)
