



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, February 2, 2024

MLK Friends' Dinner and a Show



We ended January with a **very special MLK Friends' Dinner**. The program kicked off being back at the center with a partnership with [Newport String Project](#). Guests enjoyed a **delicious meal** prepared by Maria Garrafa as the **quartet** from Newport String Project gave a beautiful performance (**even a Happy Birthday**). What a night to **connect** with our community over **scrumptious food** and the **love of music**. Don't miss out: the **next MLK Friends' Dinner** will be Wednesday, February 28th, 2024 from 5:30pm to 6:30pm in the **downstairs Community Room**.

Are you ready to Get Moving?



Come see our beautiful **new exercise space**. We have **various fitness programs** meant for **all levels** so you can get moving no matter where you start from.

- Yoga, Tuesdays at 8:30am
- Toning, Wednesday at 8:30am
- Tai Chi/Qi Gong Fridays at 9:00am

Moving your body is an integral part of **mental and physical health**. We offer these classes **free of charge** but **registration is required**.

You can **register online** by clicking the **button below** or on our website.

Register today and get back to moving with the MLK in 2024!

[Register for Free Exercise Classes](#)

Bringing the Community into the Classroom



Thank you to our amazing **Book Buddies, Susan and Chris** for coming and sharing two great stories with our **Preschool students**.

Susan read **"One Love"** which is an adaption of the beloved song of the same name by **Bob Marley**. The kids then made their own **One Love Hearts** which they personalized with their **own artistic touch** and messages of **how they can be kind**.

Chris read **"The Pigeon wants a Puppy"** by **Mo Williams** making sure to make **every moment interactive** for our kids. Then they colored, glued, and folded paper plates to **make their own pigeon**.

Book Buddies is an **intergenerational literacy program** that pairs adult volunteers with our preschool students to engage in **reading and activity time**. Volunteers read





a preselected book to the children, chosen by the teachers, then take part in an enrichment activity. The program brings **children** and **community friends** of all ages together in an experience of **social interaction, positive role models** and **engaging in literacy development**.

Thanks to our Friends at Giusto



Let's give a big thank you to [Giusto Newport](#) for bringing the love to the MLK....Lasagna Love! Look at all those **pans filled with delicious food!**

When **local businesses** like Giusto Newport come **together to support** our Hunger programs, we can make a **big difference** in people's lives. We're so grateful. **Thank you**

Giusto Newport!

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

Donate to our Food Pantry Today

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 02/06/24:

Oxbow, 80 Rodgers Ln., MIDDLETOWN 12:00pm - 1:00pm

Lucy's Hearth (residents only), 19 Valley Rd, MIDDLETOWN 1:00pm - 2:00pm

THURSDAY 02/08/24:

Pemberton, 45 Pemberton Ave, JAMESTOWN 12:00pm - 1:00pm

Bayside, 143 Third St, NEWPORT 1:30 - 2:30pm

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

FEBRUARY

Food Pantry Hours:

Monday, Wednesday, Friday daytime: 10 a.m.-2 p.m.
 Wednesdays evening: 4-6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
			Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residents only) Tiverton Housing Auth. 12:45 p.m.	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.
	5 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	6 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.	7 Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Pemberton 12 p.m. Bayside 1:30 p.m.	8 Tai Chi/Qi Gong 9 a.m. AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124) MLK Friends Lunch 11:30 a.m.-1 p.m.
HIV/Hep C Testing 7:30 a.m. (Edward Street)	12 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	13 Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	14 URI College of Nursing Blood Pressure Checks 7:30 a.m. Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	15 Tai Chi/Qi Gong 9 a.m. AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124) Lunch @ Edward St. 11:30 a.m. Teen LGBTQIA+ Movie Night 5 p.m.
	19 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	20 Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	21 Self Defense Class 9 a.m. (RSVP: msaunders@mlkccen ter.org) Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP West House 1:15 p.m. (residents only)	22 Tai Chi/Qi Gong 9 a.m. AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124) Lunch @ Edward St. 11:30 a.m.
	26 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.	27 Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.	28 Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)	29 Tai Chi/Qi Gong 9 a.m. AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124) Lunch @ Edward St. 11:30 a.m.

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 space 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 the MLK Mon.-Fri. 9:00 am - 5:00 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.

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

FEBRERO

Los horarios de Despensa de Alimentos:
 Lunes, Miércoles, Viernes, día: 10 a.m.-2 p.m.
 Miércoles, noche: 4-6 p.m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residentes solamente) Tiverton Housing Auth. 12:45 p.m.	2 Tai Chi/Qi Gong 9 a.m. Almuerzo pr la entrada Edward St. 11:30 a.m.
	5 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residentes solamente)	6 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.	7 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Pemberton 12 p.m. Bayside 1:30 p.m.	8 Tai Chi/Qi Gong 9 a.m. AARP Preparacion de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) 'Almuerzo con Amigos' 11:30 a.m.-1 p.m.
APRI HIV/Hep C Pruebas Gratis 7:30 a.m.	12 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	13 Clínica VNS 7:30 a.m. Tonificación 8:30 a.m. L.E.A.D. 3 p.m.	14 Controles de la tension arterial hecho por URI 7:30 a.m. Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	15 Tai Chi/Qi Gong 9 a.m. AARP Preparacion de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) Almuerzo pr la entrada Edward St. 11:30 a.m. Adolescentes LGBTQIA+ Noche de Película
	19 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	20 Tonificación 8:30 a.m. Almuerzo con Adultos Mayores & Aprendizaje 12 p.m. L.E.A.D. 3 p.m.	21 Clase de Defensa Personal 9 a.m. RSVP: Gaby Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP West House 1:15 p.m. (residentes solamente)	22 Tai Chi/Qi Gong 9 a.m. AARP Preparacion de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) Almuerzo pr la entrada Edward St. 11:30 a.m.
	26 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.	27 Tonificación 8:30 a.m. L.E.A.D. 3 p.m. 'Cena con Amigos' 5:30 p.m.	28 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residentes solamente)	

MLK Programa de Informacion

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 persona 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

