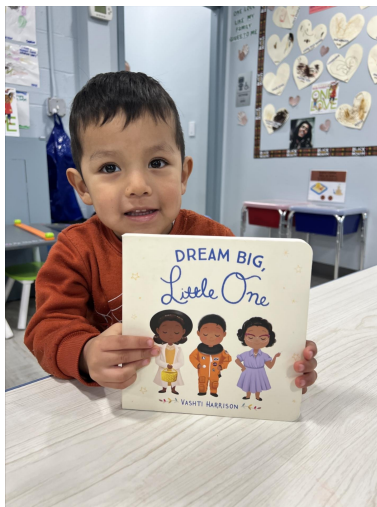




Friday, February 9, 2024

Learning about Black History in Preschool



Our Preschoolers are spending February learning about **Black History**. One group learned about **Dr. Mae Carol Jemison**, the **first African-American woman to travel into space** aboard the Space Shuttle Endeavour in 1992.

They then continued their learning during Book Buddies this week where they read "[Dream Big, Little One](#)" by [Vashti Harrison](#) which showcases **18 historical black women** in an inspiring illustrated board book, followed by a craft where they **colored in a picture of Dr. Jemison** and made them into **crowns**.

Our other group also began their month of learning by talking about **our namesake, Dr. Martin Luther King, Jr.** They talked about **Dr. King's dream** and what **they can do** to live like Dr. King said,

"No hitting or being mean" said one student, **"Using listening ears."** said another student.

Then the children read, "[Who was Martin Luther King, Jr.?](#)" by [Lisbeth Kaiser and Stanley Chow](#), with their Book Buddy, Christina. Afterwards, the kids colored in **Dr. King's portrait** and glued it to a paper color of their choice. While they colored, pieced together, and glued their own Dr. Kings, they were asked, **"Who are we learning about?"** or **"What is the name of your school?"** Hearing they kids say **loud and proud, "Dr. King!"** was a sound to be heard. They will then **write their dreams** around their Dr. King portraits and place them on the **I Have a Dream wall in their classroom**.



Have You Seen Inside Yet?

Register on our
Event Page Here

RESERVE YOUR SPACE

MLK Community Center
20 Dr. Marcus Wheatland Blvd.

For More Info
Contact Alyson Novick
anovick@mlkccenter.org
401.846.4828 ext. 102

We built it, **come see it!**

Join us on **Wednesday, February 21st at 4:30pm** or **Thursday, February 22nd at 11:30am** for a **guided tour**. These events are **free** but **registration is required**. Click on the buttons below to be taken to the Event Pages and **register online**.

Spaces are limited so hurry and save your spot today!

RSVP for Feb. 21

RSVP for Feb. 22

A School-full of Cereal thanks to All Saints STEAM Academy



Breakfast...from champions! The students of [All Saints STEAM Academy Middletown RI](#) held a **cereal drive** for the MLK, as part of their **Catholic Schools Week** celebration. We are so proud of the kids, for **collecting and donating their favorite cereals**. The students **celebrated** their success with a **domino-like run** of cereal boxes **all throughout the hallways of the school**. Check out this **video** from the All Saints Academy Instagram Page to see the **adorable cheers and excitement** from the kids. **Great job and thank you** to the students at All Saints STEAM Academy!

Check out their video on Instagram

How is your Blood Pressure?

Checking your blood pressure regularly can help you maintain a healthy lifestyle.

The [Centers for Disease Control and Prevention \(CDC\)](#) says, **"Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it."**

Come on by the Edward Street Entrance on **February 15th, 2024 at 7:30am** for your **free blood pressure check** from the nursing students from [The University of Rhode Island College of Nursing](#).

For more information, please contact Nancy Harten via phone at 401.846.4828 x103.

THE
UNIVERSITY
OF RHODE ISLAND
College of Nursing

Blood Pressure Checks

February 15th, 2024
7:30am - 9:00am
MLK Community Center
20 Dr. Marcus Wheatland Blvd.
Newport, RI, 02840



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

A Community that Supports Together, Stays Together

Look at all those bags!

You may remember [Neighborhood Food Project](#) from our enews a few months back. Neighborhood Food Project is a **national group** centered on the belief that **healthy communities make America strong**. Neighborhood coordinators like our friend **Karen McGovern** from Middletown **register their group** and then **drop off branded bags** to neighbors who want to participate. Every **two months**, Karen picks up the bags, drops off new bags, and brings the **bags full of food to the MLK's Food Pantry**.

Want to **help**? It's an easy process. Karen is happy to **connect with people in her neighborhood**, or who **want to start a Neighborhood Food Project in their own neighborhood**. To learn more, reach her at kjm711090@gmail.com or 617.510.0006. **Thank you, Karen and neighbors!**



School's on Vacation, Can YOU bring in Cereal?



You can help our Food Pantry just like the kids at All Saints Academy!

School will be out for **February Vacation very soon**. This should be a well deserved break for our students from the school year. However, **many families rely on schools to provide meals** during the day.

Our food pantry request this month is **assorted cereal**. It is a **quick and easy** breakfast or snack that children can make. **Multi-grain cereals** are great for children and adults alike, although we know kids like the sugary stuff.

If each of you donate **one box of cereal** , like the kids at All Saints STEAM Academy, you could help us **provide a meal option for hundreds of children in Newport County**. If you can't donate cereal, **please consider donating to our Food Pantry** so we can make sure those shelves are stocked, thanks to generous people like **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 02/13/24:

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

THURSDAY 02/15/24:

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

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@mlkccenter.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

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 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
			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.	1 Tai Chi/Qi Gong 9 a.m. 2 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. Pemberton 12 p.m. Bayside 1:30 p.m.	8 Tai Chi/Qi Gong 9 a.m. 9 AARP Preparacion de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) MFP '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 Clinica 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. 16 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. 23 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 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 Educacional 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
