



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, February 16, 2024

Book Your Tour of the Center

**COME
TOUR
THE
MLK**

Wed., Feb. 21, 2024
4:30pm - 5:30pm

Thurs., Feb. 22, 2024
11:30am - 12:30pm

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

Register on our
Event Page Here

Dr. Martin Luther King, Jr.
COMMUNITY CENTER

**RECIBA UN
TOUR
DEL
MLK**

Mie, Feb. 21, 2024
4:30pm - 5:30pm

Jue, Feb. 22, 2024
11:30am - 12:30pm

RESERVE SU ESPACIO

MLK Community Center
20 Dr. Marcus Wheatland Blvd.

Para más información
Contacto Alyson Novick
anovick@mlkccenter.org
401.846.4828 ext. 102

Para registrarse
escanee aquí

Dr. Martin Luther King, Jr.
COMMUNITY CENTER

Have you had a chance to **see our new building**? Get **your behind the scenes look** at how we are making a difference in Newport County. The tours are **free** but **registration is required**. Come by and see **your community center** in action.

Register for Feb. 21, 2024

Register for Feb. 22, 2024

Love and Friendship



The Snowstorm could not stop the **celebration of Love and Friendship** with our littlest kids this **Valentine's Day**! Look at those **adorable smiles** and heart eyes galore!

Seeing our students **happy and growing in the classroom** makes every day **worth it** and the love **doesn't stop there**! Check out how the **love is being shared** with our community, this week.

Have you had a chance to share the love with your community this Valentine's Day? There are so many ways to **show your love and support**. Consider **donating to the MLK** so we can continue to provide **quality education programs** where kids grow and learn, **scholarships** for working families, **healthy food** all year round, **free exercise classes**, programs that **engage seniors**, and **so much more**.

Thank you for considering the **thousands of people in Newport County who rely on the MLK** when you show your love.

Share Your Love with the MLK

How sweet is this?

Our friends at [E. Frances Paper](#) made sure **seniors in our Food 2 Friends** grocery delivery program were **remembered this Valentine's Day**.

The E. Frances team **handwrote individual sweet messages** on their adorable cards and sent along a **big box of red, white and pink individual candy packs**.

José is smiling because he knows how **important donations like these are**: "Our clients tell us they get **such a lift** from being **remembered**." E Frances Paper is a **local, woman-owned business**. The paper goods company bills itself as a place of **kindness**, manifested in their **products and how they treat each other, and their community**. We love that kind of thinking, don't you?

Thank you!



Self-Defense Seminar

SELF DEFENSE SEMINARS

Learn to protect yourself using real-world self-defense skills with two world champion martial artists.

Presented by:



**Thursday, Feb. 22, 2024
9:00am**

All are welcome.
Cis and trans women and non-binary people are encouraged to attend.

**Thursday, March 28, 2024
9:00am**

All are welcome.

MLK Community Center,
20 Dr. Marcus Wheatland Blvd., Newport, RI
Community Room; use front entrance

The event is free but registration is required
RSVP to Mel @ (401) 846-4828, ext. 124 or msaunders@mlkccenter.org

www.mlkccenter.org | [f](#) [ig](#) @NewportMLK | [401.846.4828](tel:401.846.4828)

SEMINARIO DE DEFENSA PERSONAL

Aprenda a defenderse usando técnicas impartidas por dos campeones de artes marciales.

Presentado por:



**Jueves 22 de febrero 2024
9:00am**

Todos son bienvenidos.
Se anima a asistir a mujeres
Cis, trans y personas no binarias.

**Jueves 28 de marzo 2024
9:00am**

Todos son bienvenidos.

MLK Community Center,
20 Dr. Marcus Wheatland Blvd., Newport, RI
Salon de la Comunidad, Use la Puerta Principal

El evento es gratuito pero debe inscribirse con antelación.
RSVP to Mel @ (401) 846-4828, ext. 124 or msaunders@mlkccenter.org

www.mlkccenter.org | [f](#) [ig](#) @NewportMLK | [401.846.4828](tel:401.846.4828)

Sign up for a Self Defense Seminar

Join Our Team



Come **join our team!** The MLK Community Center is looking for **caring** individuals with a **passion for helping and giving back**. If this looks like you, **take a peek at our job opportunities** and see if there is a **spot for you on our team**.

The Dr. Martin Luther King, Jr. Community Center is an **equal opportunity employer** and **does not discriminate** in its employment decisions because of age, sex, gender, sexual orientation, race, ethnicity, age, ability, body size, education, or religion. People of color, veterans, and LGBTQIA+ candidates are **strongly encouraged to apply**. The MLK Community Center is **committed to creating and welcoming a diverse workplace**, and to **supporting our staff** with ongoing **career development opportunities**.

Learn more about our Job Opportunities

Volunteers Needed

Do you want to support our programming in a different way? Volunteering may be right for you! **Sign up today** to help with:

- **Breakfast Program:** Mon-Fri 8:00am - 9:30am: Kitchen help needed, no cooking skills required. General help needed for food prep, dining room help, with an emphasis on pan/dishwashing using a commercial dishwasher. Training provided.
- **Produce to the People:** Thursdays, 9:00am - 1:00pm, alternate weeks: Free produce distribution, setup, distribute, breakdown.
- **Food Pantry Stocker:** Thursdays, 9:00am - 11:00 am; Fridays, 2:00pm - 4:00pm
- **Mobile Food Pantry:** Tuesdays/Thursdays, 11:45am-2:00pm generally: Meet MFP truck at sites in Newport County, assist staff with set-up outside, run pantry, breakdown, travel to second site and repeat. MFP takes place outside, year-round. Lifting, moving, bending required.
- **Friday Lunch Program:** 10:00am - 1:30pm: Assist kitchen manager with food prep, buffet set-up, serving, clean-up.

If you would like to volunteer, you can register online by clicking below or **contact Nancy Harten** via phone **(401)846-4828ext.103** or via email at **nharten@mlkcccenter.org**

Register to Volunteer Today

Your Next Date Night for a Cause



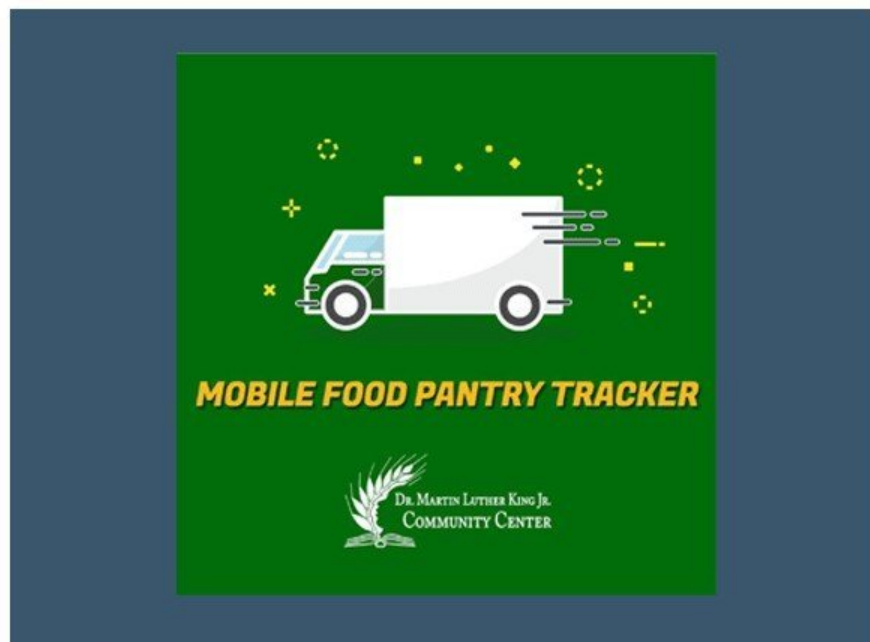
Looking for something to do this weekend? Why not enjoy a night listening to the wonders of **live classical music**?

[The Rhode Island Wind Ensemble](#) will make its annual return to **Newport's Winter Festival** this year with "**New England State of Mind.**" A benefit concert to **benefit the MLK**. Admission is **free** but if you choose to donate, **all donations will support our organization and programs.**

RI Wind Ensemble is a modern wind band of fifty skilled volunteer musicians of **all ages** and from **all walks of life**, who believe that **live music helps build community**. Their mission is to provide audiences of diverse ages and cultural backgrounds **access to live music** of the **highest quality**, faithfully presenting the best in traditional wind band repertoire **alongside music of underrepresented and historically disenfranchised communities.**

Make this Sunday night one of **good music, good people and generosity.**

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 02/20/24:

Park Holm, 1 Park Holm, NEWPORT 11:45am - 1:00pm

THURSDAY 02/22/24:

West House, 417 Forest Ave, MIDDLETOWN (residents only) 11:45 am - 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

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.	1 Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. 2
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. 9
HIV/Hep C Testing 7:30 a.m. (Edward Street)	12	13	14	15
	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	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.	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. 16
19	20	21	22	23
Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	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)	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. 23
26	27	28	29	
Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.	Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.	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)	

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. 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 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. 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)	29 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.

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 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