



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, February 23, 2024

What a Week!



Our **February Vacation Camp** kids have been busy **exploring** and **learning** in our community.

The kids spent the week all over the **community**. From learning how to run a farm at [Coggeshall Farm Museum](#), to learning about the History of Transportation at [Breakers Stable and Carriage House](#), to learning about art at the [Newport Art Museum](#) and learning about cars at [Audrain Auto Museum](#), these kids had a week full of community engagement.

In between field trips, the students learned the history of important black women like **Mary M. Dickerson** and **Claudia Alexander**. Mary Dickerson who was a Newport local fashion designer and helped found the **Women's Newport League** as well as the **National Association of Colored Women's Clubs** and established the **first federation of African American Women's Club in Rhode Island**. Claudia Alexander was a research scientist for **NASA** working in their **Jet Propulsion Lab** and the last project manager for the **Galileo Mission to Jupiter**. According to the [National Air and Space Museum of the Smithsonian](#), throughout her career, she made **significant contributions to space exploration**.

Thank you to the many partners who collaborated with us to make this February Vacation Camp one our students won't soon forget. We can **provide quality experiences** both **in and out of the classroom** thanks to people like you.

[Click Here to Support MLK Vacation Camps](#)



Medallion Installation this Weekend

This weekend, come to [The Zabriskie Memorial Church of Saint John the Evangelist](#) and join the celebration as the [Rhode Island Slave History Medallions](#) honor church founder, **Peter Quire** who worked on the **Underground Railroad**.

There will be special guests like [U.S. Congressman from Rhode Island, Gabe Amo](#) and [Mixed Magic Theatre](#) Exult Choir.

This event is **free** and **open to the public**. We hope to see you there.



MEDALLION INSTALLATION AND CEREMONY

Join RISHM to honor church founder **Peter Quire** who worked on the **Underground Railroad**. Featuring **US Congressman from RI Gabe Amo** and **Mixed Magic Exult Choir**.

Free and Open to the Public

FEBRUARY 25, 2024 @ 3PM

The Zabriskie Memorial Church of Saint John the Evangelist

61 Washington St, Newport, RI 02840



MLK Friends' Dinner Thanks to Castle Hill Inn



YOU'RE INVITED TO A

MLK FRIENDS DINNER



SPONSORED BY



Castle Hill Inn

WEDNESDAY, FEBRUARY 28TH
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



PATROCINADA POR



Castle Hill Inn

MIÉRCOLES, 28 DE FEBRERO
5:30-6:30 P.M.

MLK COMMUNITY CENTER
20 DR MARCUS WHEATLAND BLVD.

Por orden de llegada; el espacio es limitado

Come on down to the Center on **Wednesday, Feb. 28th, 2024 at 5:30pm** for a delicious meal prepared and sponsored by our friends at [Castle Hill Inn](#)!

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**.

Thank you to our friends at **Castle Hill Inn** for supporting our MLK Friends' Dinner **and our community**.

Contact Alyson Novick to Sponsor a MLK Friends' Dinner today!

Jersey Mike's BOGO



CELEBRATE OUR TWO-YEAR ANNIVERSARY FEB. 28TH

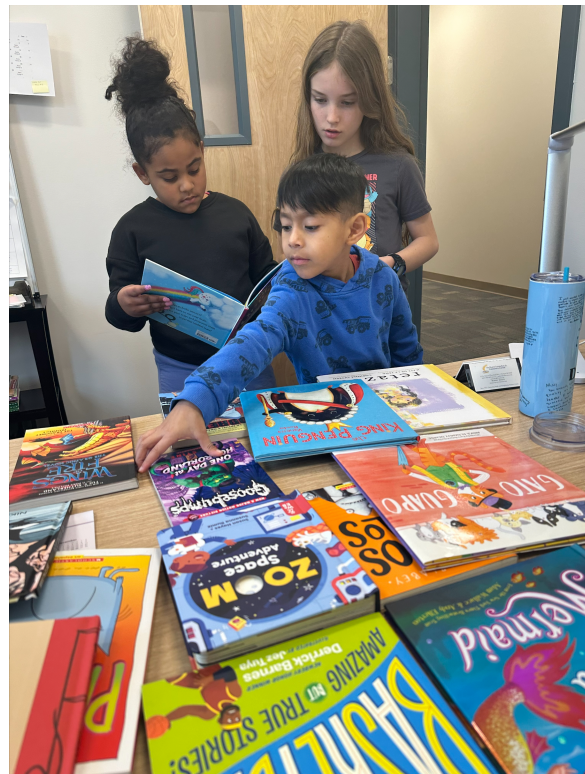
We are hosting an ALL DAY BOGO (Buy One GIVE One) to celebrate our two year anniversary on Wednesday, February 28th. For every sub purchased, Jersey Mike's Middletown will donate a sub to the Dr. Martin Luther King, Jr. Community Center.

Proudly Supporting



7 East Main Rd. • Middletown, RI 02842 • 401-236-1700

Birthday Books for our Students



Reading is a vital part of improving a child's **literacy levels**. Every month, we give our students a **special birthday treat**, a new story to discover!

Students celebrating their birthday choose a book of their own from a variety of options. (we buy the books from our friends at Charter Books down the street)

This wonderful program wouldn't be possible without the **Giannini Book Fund**. Thank you so much to Pam Giannini for **supporting the learning and literacy development** of our students!

Three Places to Donate Food



Can't make it to the center to donate food items to our pantry? No problem! Now you can **donate right from your local** [Shaw's in Middletown](#), [AMarket](#), and [The Newport Naval Station Commissary](#)!

When you are out and about this weekend, grabbing the items on your **grocery list**, we hope you see the **Donation Drive sign** and consider **donating to our Food Pantry** so we can continue helping those who **rely on the food** we have on the shelves. We are so **grateful** to our **supermarket partners** for hosting our donation bins.

There are **so many ways to support** our Hunger Programs. **Click on the button below** to donate online directly to our Hunger Programs.

Donate to Hunger Programs Today

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 02/27/24:

Apple Creek 700 Windwood Dr., TIVERTON 11:45am - 1:00pm

THURSDAY 02/29/24:

Quaker Estates 2368 E. Main Rd., PORTSMOUTH 12:00pm - 1:00pm

Anthony House 51 Middle Rd, PORTSMOUTH 1:00pm - 2:00pm (*residents only*).

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.
	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. 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)	

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
