



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, December 1, 2023

All is Merry and Bright, thanks to our Holiday Volunteer Elves



We had a **special visit from our Holiday Volunteer Elves** to kick off the Holiday Season!

Last weekend, our elf crew once again donated their time and resources to **dress up our newly renovated Main Entrance** for the Holiday Season. The garlands, ribbons, and lights have already **brought so much joy** to people signing up for Holiday Help, coming for Grab n Go lunch, and visiting the Center.

Thank you to the Pilotte family for making sure the Holiday Spirit outside of the building matches the Holiday Spirit inside the building this December.



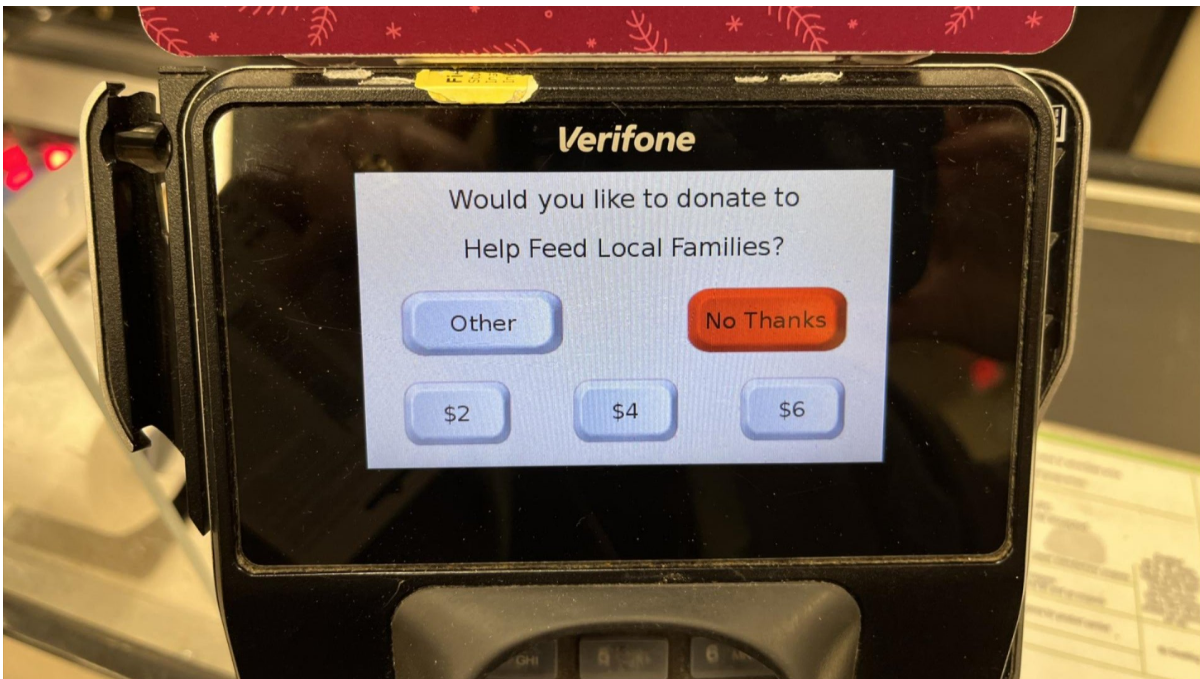
A very special food drive at the Redwood Library



Thank you to our community partner [The Redwood Library and Athenaeum](#) for hosting their **3rd Annual Food Drive to benefit the MLK**. This drive is extra special: the Library hosts the drive in lieu of participating in Giving Tuesday for their own benefit. Isn't that great?

To donate to this food drive, bring **non-perishable foods** to the Redwood's collection point in the **Rovensky Room** until December 12, 2023.

Is this what you see at Shaw's Supermarket?



While you're at the register at [Shaw's](#) in Middletown, **have you noticed this screen?** We hope you won't say "No Thanks" to a donation to help feed local families because the **MLK is the recipient of donations made at registers during the Nourishing Neighbors campaign.**

When you see this screen, please think of the thousands of families who rely on our Hunger Relief programs and **say yes to donating.** Every dollar counts and you could help **make an impact** in the lives of people in Newport County. And -- you can give once or every time you check out **from now until December 31st.**

Thank you to Shaw's Supermarkets for choosing the MLK to benefit from this campaign.

Address:

Shaw's Supermarket in Middletown
71 East Main Road, Middletown, RI 02842



Join the Giving Sleigh, this Holiday Season



We are beyond grateful to all of the **amazing people and organizations** who are selflessly **coordinating drives** to make sure families have food and gifts this holiday season. We have **2,653 people** signed up for **Holiday Meal Assistance** and **1,170 children** signed up for **Santa's Workshop** and it's only December 1st. **We need the help of community members and organizations like these in order to help so many people.**

There is still room to **hop on the Giving Sleigh!** If you would like to help make sure **all people in Newport County** can have a meal and a gift this Holiday Season, **please consider donating.** You can **give to local drives** that are benefitting the MLK or **directly to our Holiday Programs.**

Toys and Gift Donations for Santa's Workshop can be accepted Monday through Friday from 9:00am to 5:00pm, at the Main Entrance of the Center. **Food Donations** can be accepted Monday through Friday from 8:30am - 5:00pm, at the Temporary Food Pantry.

Do you want to support right now? **Click on the button below** to donate directly to Holiday Programs.

And, if you need help this season, there's still time to register but you must hurry: [Holiday Help](#) registration ends Dec. 8th.

Donate to Holiday Programs

Pantry Highlight: Cereals

How do you like to start your day? Our **food pantry is low on cereals** to help our kids and families start their day off with a full belly right from their own kitchen.

We're grateful for every type of cereal: hot, cold, whole grain, wheat, rice, corn. **What's your favorite cereal?** You can be sure if you like it, someone who uses the food pantry will like it, too.

Food Donations are accepted Monday - Friday, 8:30am - 5:00pm at the temporary food pantry across the street from the Center.

Please reach out to us at 401-846-4828 with any questions. Thank you.



Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 12/05/23:

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

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

THURSDAY 12/07/23:

Hancock Estates, 345 Hancock Ave, TIVERTON 11:30am - 12:30pm (Residents Only)



Tiverton Housing Authority, 99 Hancock Ave, TIVERTON 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

DECEMBER

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
				Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
Holiday Registration 10 a.m.-2 p.m. (main lobby)	Holiday Registration 10 a.m.-2 p.m. (main lobby) 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)	LIHEAP Outreach 10 a.m. Toning in '23 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) 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.	Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) MLK Friends Lunch 11:30 a.m.-1 p.m.
	Yoga with Katie 8:30 a.m. Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Festival Field 12 p.m.	Toning in '23 8:30 a.m. L.E.A.D. 3 p.m. (Newport Pride Center) MFP Pemberton 12 p.m. Bayside 1 p.m.	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	Tai Chi/Qi Gong 9 a.m. Holiday Help Pickup (by appointment only main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
Santa's Workshop (by appointment only) APRI HIV/Hep C Testing 7:30 a.m.	Yoga with Katie 8:30 a.m. Santa's Workshop (by appointment only) Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Park Holm 12 p.m.	Toning in '23 8:30 a.m. MFP Apple Creek 12 p.m. West House 1:30 p.m. (residents only)	PttP (MLK) 10 a.m. Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)	Tai Chi/Qi Gong 9 a.m. Holiday Lunch by McGrath's Clambakes 11:30 a.m.-1 p.m.
25	26	27	28	29
CENTER CLOSED FROM DEC. 25, 2023 THRU JAN. 1, 2024				

MLK Program Information

Registration for MLK's Holiday Help Program ends on Friday, Dec. 8.
 Visit mlkcenter.org for more 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 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

Nuestro calendario en Español está en proceso y estará listo la próxima semana.

[Download this Month's Calendar Here](#)
