



## DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, December 8, 2023

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### There's Still Time to Make the Season Bright

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Thank you to those who have already donated to **Santa's Workshop** to make sure a child in need can still receive a gift this holiday season. We'll provide toys to **1,233 kids this season**, the **most children** we have served ever. We need a total of about **2,800 toys** by **December 13th** and we're about **1,000 toys short**. If you can help, **there's still time!** (every toy helps!)

Donations of **new and unwrapped toys** can be brought to the **Loading Dock** at 20 Dr. Marcus Wheatland Blvd., **Mon.-Fri, 9:00am – 5:00pm**. If you can or plan to help, **please don't wait**. **Santa's Workshop begins distribution on Monday December 18th**. Thank you for helping to make the season bright for so many local children.



[Click here to Download our Toy List](#)

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**Don't be a Cotton-headed Ninny Muggins, Come Watch Elf!**

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**Memorial Funeral Home Presents: Elf the Movie!**

**Jane Pickens Film & Event Center**  
 Sunday, Dec. 10 at 2 p.m.  
 Doors Open at 1 p.m.

**Cost:** Grocery donation for the Martin Luther King, Jr. Community Center

DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

JPT FILM & EVENT CENTER

**Add some cheer to your holidays this year!**

- ◆ Prize for the best costume
- ◆ Bring children, family and friends!

MEMORIAL Funeral Homes Inc. We'll meet you at the door!

Are you going to the **Annual Showing of Elf** at the [Jane Pickens Film + Event Center](#)?

Make sure to bring **non-perishable food** items and your **best Holiday costume**. The only cost is to spread Christmas cheer with a **grocery donation to help those in need**. There will also be a **prize** for the best costume.

Thanks to our generous friends [Memorial Funeral Home](#) for sponsoring this amazing holiday event every year.

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## A Special Holiday Lunch and Learn

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On our **final Lunch and Learn of 2023**, we teamed up with [Newport String Project](#) to make sure we were leaving this program off on a high note. This Special Holiday Lunch and Learn featured a performance from **Newport String Quartet** and a delicious meal prepared by **Catherine Dwyer**. Check out this **video** from the event!

## Thank you to our Friends at Rite-Solutions!



Thank you to our friends Ian Mitchell, Katherine Oberg, Joe Marino, and Jennifer Bailey iver at the local defense contractor, [Rite-Solutions, Inc.](#) for their **generous donation** of over \$9,000. Back in November, Rite-Solutions invited the MLK and Love Thy Neighbor Food Pantry of King George, VA to **present at a virtual brown bag luncheon** during the **company's month of giving**. The **company matched employee donations dollar for dollar**, and split the donation equally between both food pantries. We are **so grateful to our new friends** who generously raise these **fund to support our Hunger Relief Programs** and help make sure everyone in Newport County has a **full belly of healthy food**.

## Can you Maximize your End of Year Gift with an Employer Match?

You may know of our Annual Appeal **dollar for dollar match**. Did you know that your employer may be able to maximize your gift even more? Will your **employer match** your donation to the MLK?

**Company matches** are a corporate giving initiative where an **employer will match their employee's contribution** to a specific cause or organization. Some companies **match dollar for dollar, or even more**. Your gift could be **doubled, or even tripled...** beyond the MLK match already in place. Ask your **HR Department** if your company offers an employee match.

To learn more about our **Annual Appeal**, visit our website at <https://mlkccenter.org/support-us/annual-appeal/>



## Donate to our Annual Appeal

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### Food that Helps: Neighbor to Neighbor

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How great it is this? Karen McGovern of Middletown just brought in **180 pounds of food donated from her neighborhood** in the Howland Ave./ Third Beach Road section of Middletown.

She's coordinated a group via [The Neighborhood Food Project](https://neighborhoodfoodproject.org/), a **national group** centered on the belief that **healthy communities make America strong**. (We think it's the first group in Rhode Island). It's simple: **neighborhood coordinators like Karen register their group** with <https://neighborhoodfoodproject.org/> 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. **18 neighbors joined Karen** in the Neighborhood Food Project. What a fantastic way to build community by sharing food.

Wouldn't it be amazing if neighborhoods all over Newport County joined the effort? 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](mailto:kjm711090@gmail.com) or 617.510.0006. Thank you, Karen and neighbors!

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### LEAD hosting a Queer Ice Cream Social

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 DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

L.E.A.D. invites you to a

**NEWPORT PRIDE**

# QUEER ICE CREAM SOCIAL

Indulge in a delightful experience of flavors, fun, and frozen treats at our Ice Cream Social event for LGBTQIA+ teens.

**Wednesday, Dec. 13, 2023**  
**3-5 p.m.**

**NEWPORT PRIDE CENTER**  
 42 Spring St., Newport

For more information, contact Mel Saunders  
 at (401) 846-4828, ext. 124 or  
[msaunders@mlkccenter.org](mailto:msaunders@mlkccenter.org)




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**Thank you TeamFAME!**

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Students from [TeamFAME](#) came to our temporary food pantry last Friday to **drop off donations** raised by the [International Tennis Hall of Fame](#) employee food drive.

During the food drive, employees and Tennis Club members were able to **donate cash or food**. TeamFAME students used the money donated to **purchase our most needed items in the pantry**.

In total, TeamFAME brought in **494 pounds** of food to our pantry.

**Thank you** to the International Tennis Hall of Fame and TeamFAME for helping us offer varied and plentiful food. Great job Kids!




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### Pantry Highlight: Cereals

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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.



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### Beep! Beep! Here comes the Mobile Food Pantry!

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

**TUESDAY 12/12/23:**

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

**WEDNESDAY 12/13/23:**

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

Bayside, 143 Third St, NEWPORT 1:00pm - 2:00pm

**THURSDAY 12/14/23:**

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**

















# 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) 	4 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) 	5 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) 	6 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. 	7 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. 
11 	11 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. 	12 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. 	13 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. 	14 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) 
18 	18 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. 	19 Toning in '23 8:30 a.m. MFP Apple Creek 12 p.m. West House 1:30 p.m. (residents only) 	20 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) 	21 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
<b>CENTER CLOSED FROM DEC. 25, 2023 THRU JAN. 1, 2024</b>				



# MLK Program Information

Registration for MLK's Holiday Help Program ends on Friday, Dec. 8.  
Visit [mlkcenter.org](http://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 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 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

# DICIEMBRE

**Clave del Horario de Despensa de Alimentos:**

 : 10 a.m.-2 p.m.  
 : 4-6 p.m.

**Clave de la Ubicación del Programa:**

 [St. Paul's United Methodist](#)  
 [Community Baptist Church](#)

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
				<p><a href="#">Tai Chi/Qi Gong 9 a.m.</a> 1</p> <p>Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal)</p> <p>Almuerzo para Llevar 11:30 a.m. (la entrada de Edward St.) </p>
<p>Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 4</p>	<p>Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 5</p> <p>Sopa para Llevar 11:30 a.m. (la entrada de Edward St.)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Oxbow 12 p.m.</p> <p>Lucy's Hearth 1 p.m. (residentes solamente) </p>	<p>Ayuda de Asistencia de la Calefacción (LIHEAP) 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 6</p> <p><a href="#">Almuerzo con Adultos Mayores &amp; Aprendizaje 12 p.m.</a></p> <p>L.E.A.D. 3 p.m. (Newport Pride Center) </p>	<p>Vegetales en MLK 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 7</p> <p>Sopa para Llevar 11:30 a.m. (la entrada de Edward St.)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Hancock Estates 11:30 a.m. (residentes solamente)</p> <p>Tiverton Housing Auth. 12:45 p.m.</p>	<p><a href="#">Tai Chi/Qi Gong 9 a.m.</a> 8</p> <p>Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal)</p> <p><a href="#">Almuerzo con Amigos 11:30 a.m.-1 p.m.</a></p>
	<p>11 <a href="#">Yoga con Katie 8:30 a.m.</a></p> <p>Sopa para Llevar 11:30 a.m. (la entrada principal)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Festival Field 12 p.m. </p>	<p>12 <a href="#">Tonificación 8:30 a.m.</a></p> <p>L.E.A.D. 3 p.m. (Newport Pride Center)</p> <p>MFP</p> <p>Pemberton 12 p.m.</p> <p>Bayside 1 p.m. </p>	<p>13 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Donovan Manor 12 p.m.</p> <p>Edgar Court 1 p.m. </p>	<p>14 <a href="#">Tai Chi/Qi Gong 9 a.m.</a> 15</p> <p>Entrega de la Ayuda de Día Festivos (Con cita previa, Entrada Principal)</p> <p>Almuerzo para Llevar 11:30 a.m. (la entrada principal) </p>
<p>18 <a href="#">El Taller de Santa (Con cita previa)</a></p> <p>APRI HIV/Hep C Pruebas Gratis 7:30 a.m.</p>	<p>19 <a href="#">El Taller de Santa (Con cita previa)</a></p> <p><a href="#">Yoga con Katie 8:30 a.m.</a></p> <p>Sopa para Llevar 11:30 a.m. (la entrada principal)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Park Holm 12 p.m. </p>	<p>20 <a href="#">Tonificación 8:30 a.m.</a></p> <p>MFP</p> <p>Apple Creek 12 p.m.</p> <p>West House 1:30 p.m. (residentes solamente) </p>	<p>21 Vegetales en MLK 10 a.m. Sopa para Llevar 11:30 a.m. (la entrada principal)</p> <p><a href="#">LivFit 5 p.m.</a></p> <p>MFP</p> <p>Quaker Estates 12 p.m.</p> <p>Anthony House 1 p.m. (residentes solamente) </p>	<p>22 <a href="#">Tai Chi/Qi Gong 9 a.m.</a> 22</p> <p><a href="#">Almuerzo Navideño ofrecido por McGrath's Clambakes 11:30 a.m.-1 p.m.</a></p>
25	26	27	28	29
<p><b>El Centro estará cerrado desde el 25 de Diciembre hasta el 1ro de Enero del 2024</b></p>				

# 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.**

**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.**

**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.**

**El registro para la ayuda de los días festivos termina el 8 de Diciembre. Para más información visite [mlkccenter.org](http://mlkccenter.org).**

## 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 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

