



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, December 15, 2023

We're Cutting the Ribbon and You're Invited!



*Open House and
Ribbon Cutting Ceremony*

This MLK Day, join us in the official opening of our newly **renovated and improved Dr. Martin Luther King, Jr Community Center** funded by the generous donors to the Building Hope Campaign.

Monday, January 15, 2024, 3:00pm - 5:00pm
20 Dr. Marcus Wheatland Blvd.
Newport RI 02840

Ribbon Cutting at 3:15pm
Light Refreshments and Open House to follow

The event is free but RSVP is required.
Please RSVP by January 8th, 2024
by scanning the QR Code



(401) 846 - 4828 |  @NewportMLK | 20 Dr. Marcus Wheatland Blvd., Newport, RI

After a year of construction, we are finally **moving back all of our programming** into our main building.

Join us on Monday, January 15th as we celebrate on the day of our namesake, Dr. Martin Luther King, Jr., by coming to our **Open House and Ribbon Cutting Ceremony**. Get an up close and personal look on how we have revamped our building over the last year.

The event **starts at 3:00pm** with the ribbon cutting ceremony beginning at 3:15pm. There will be **light refreshments and an open house starting at 3:45pm** until 5:00pm.

This event is free to the public but **RSVP is required**. Click the button below to be directed to our [Event Page](#) and register today!

Register On Eventbrite!

There's Still Time to Make a Difference!



There's still time to double your year-end gift. Don't miss out on the opportunity to **double your donation** with our dollar-for-dollar match. If you act now, you can make **2X the impact**.

Click on the **button below** to donate online now.

[Click here to Donate to our Annual Appeal](#)

Showcasing Just 2 of Our Wonderful Donors this Season



Shout out to our friends at **Behan Bros** for their drop off donation last week of **two cars full of toys!** We have been asking our community to help us fill Santa's Workshop with toys as we have **over 1,200 children registered**. With our community's help, we'll provide **over 3,000 toys and gifts** to kids in need this Christmas. Santas like those at Behan Bros (and little elves like the one below) help make sure **every child** has something special this holiday season.

Thank you [Behan Bros.](#)!



Thank you to our friends at **Newport Martial Arts** for hosting a food drive. This past Wednesday, the team brought **1,297 pounds of non perishable food items** to our Food Pantry! Every type of food is flying off our shelves so **drives like these are vital** to making sure we can help thousands in Newport County who deserve access to healthy food.

Thanks [Newport Martial Arts!](#)

Thank you to our Super Interns from Salve Regina!

Our Preschool students love it when the Salve Interns come to play. Sophomore [education Majors from Salve Regina](#) create lesson plans and visit both classrooms weekly, guiding students in small group activities. It's a **win-win for everyone**. The Salve students gain valuable classroom experience, and our kids spend time with and learn from different members of the community.

Thank you to our Salve Interns for your hard work, dedication, and care you put into the classroom. It looks like the future for this next generation of educators is bright.



Another Way to Give this Weekend

**HOLIDAY TOY DRIVE
FOR NEWPORT'S MILK CENTER
AND HOLIDAY DOG PHOTOS
WITH THE POTTER LEAGUE**

**REJECTS BEER CO.
Sunday, December 17th
1pm - 5pm**

ALL TOYS WILL GO TO LOCAL CHILDREN IN NEED.

\$1 EVERY PINT SOLD WILL GO TO ANIMALS IN NEED AT THE POTTER LEAGUE.

\$2 EVERY 4 PACK OF TOGO BEER SOLD WILL GO TO THE MLK CENTER.

REJECTS BEER CO.

Dr. Martin Luther King Jr. COMMUNITY CENTER
Potter League Enriching Lives

124 AQUIDNECK AVENUE, MIDDLETOWN, RI REJECTSBEERCO.COM • 401-619-8200

[Rejects Beer Co.](#) is holding a special **toy drive this weekend** that is sure to be a treat, paws down!

This Sunday, head on over to Rejects Beer Co. at **124 Aquidneck Avenue** in Middletown for a **Holiday photo booth** with your **special furry friend!** Be sure to **bring a toy** for a child in need!

Rejects Beer Co. will donate \$1 from every pint sold to animals in need at the Potter League and **\$2 from every 4-pack of Beer To-Go** sold will be donated to the MLK.

What a fun way to **get in the holiday spirit** with your four-legged (and two-legged) friends while helping animals and people in need!

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 12/19/23:

Park Holm, 1 Park Holm, NEWPORT 12:00pm - 1:00pm

WEDNESDAY 12/20/23:

Apple Creek, 700 Windwood Dr., TIVERTON 12:00pm - 1:00pm

West House (**residents only**) 417 Forest Ave., MIDDLETOWN 1:30pm - 2:30pm

THURSDAY 12/21/23:

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

Anthony House (**residents only**), 51 Middle Rd, PORTSMOUTH 1:15pm - 2:15pm

*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) Tverton 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.
	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)
Santa's Workshop (by appointment only) APRI HIV/Hep C Testing 7:30 a.m.	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
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

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

MLK Programa de Información

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 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 mlkcenter.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 Notaria 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](#)
