




















APRIL 2024

Food Pantry Hours:

 Monday, Wednesday, Friday daytime: 10 a.m.-2 p.m.
 Wednesdays evening: 4-6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Newport Public Library lobby outreach 10 a.m.-2 p.m.</p> <p>1</p> 	<p>Yoga with Katie 8:30 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Oxbow 12 p.m.</p> <p>Lucy's Hearth 1 p.m. (residents only)</p> <p>2</p>	<p>Toning in '24 8:30 a.m.</p> <p>LIHEAP Outreach 10 a.m.</p> <p>Senior Lunch & Learn 11 a.m. (offsite, RSVP only)</p> <p>L.E.A.D. 3 p.m.</p> <p>3</p>  	<p>Produce to the People 10 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Hancock Estates 11:30 a.m.</p> <p>Tiverton Housing Auth. 12:45 p.m.</p> <p>4</p>	<p>Tai Chi/Qi Gong 9 a.m.</p> <p>AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124)</p> <p>Lunch @ Edward St. 11:30 a.m.</p> <p>5</p> 
<p>8</p> 	<p>Yoga with Katie 8:30 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>Learn365 Family Engagement Event 4 p.m. (RSVP: Call 401-846-4828, ext. 209)</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Festival Field 12 p.m.</p> <p>9</p>	<p>Berkshire Bank Breakfast outreach 7:30 a.m.</p> <p>Toning in '24 8:30 a.m.</p> <p>L.E.A.D. 3 p.m.</p> <p>10</p>  	<p>Produce to the People 10 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Pemberton 11:45 a.m.</p> <p>Bayside 1:30 p.m.</p> <p>11</p>	<p>Tai Chi/Qi Gong 9 a.m.</p> <p>AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124)</p> <p>MLK Friends Lunch 11:30 a.m.-1 p.m. (bosWell Advocate available)</p> <p>12</p> 
<p>HIV/Hep C Testing 7:30 a.m. (Edward Street)</p> <p>15</p> 	<p>Yoga with Katie 8:30 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Park Holm 12 p.m.</p> <p>AHEPA 1 p.m.</p> <p>16</p>	<p>Visiting Nurse Clinic 7:30 a.m.</p> <p>Toning in '24 8:30 a.m.</p> <p>Senior Lunch & Learn 11 a.m. (offsite, RSVP only)</p> <p>L.E.A.D. 3 p.m.</p> <p>17</p>  	<p>URI College of Nursing Blood Pressure Checks (Edward Street) 7:30 a.m.</p> <p>Produce to the People 10 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Donovan Manor 12 p.m.</p> <p>Edgar Court 1 p.m.</p> <p>18</p>	<p>Tai Chi/Qi Gong 9 a.m.</p> <p>Lunch @ Edward St. 11:30 a.m.</p> <p>19</p> 
<p>22</p> 	<p>Yoga with Katie 8:30 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Apple Creek 12 p.m.</p> <p>23</p>	<p>Toning in '24 8:30 a.m.</p> <p>bosWell Advocate available (front lobby) 10 a.m.-2 p.m.</p> <p>L.E.A.D. 3 p.m.</p> <p>MLK Friends Dinner 5:30 p.m.</p> <p>24</p>  	<p>Produce to the People 10 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>West House 12 p.m. (residents only)</p> <p>25</p>	<p>Tai Chi/Qi Gong 9 a.m.</p> <p>Lunch @ Edward St. 11:30 a.m.</p> <p>26</p> 
<p>29</p> 	<p>Yoga with Katie 8:30 a.m.</p> <p>Soup @ Edward St. 11:30 a.m.</p> <p>LivFit 5 p.m.</p> <p>MFP</p> <p>Quaker Estates 12 p.m.</p> <p>Anthony House 1:15 p.m. (residents only)</p> <p>30</p>			

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 '24: 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

Produce to the People (PttP*): Free produce is available every Thursday at the MLK throughout the year. Stop in from 10 am–1 pm.

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.

****NEW** bosWell Advocates:** bosWell Community Health Workers offer qualified neighbors rental assistance, nutrition assistance, transportation, job support and more.

For more information, call (833) 366-6323 or visit boswellcare.org

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