

Friday, March 1, 2024

Warming Center Update



As the temperature is starting to get warmer, we want to share with you that **93 people** have used the **Emergency Overnight Warming Center** this winter season. This would not be possible without the **support of our generous partners**, <u>CODAC Behavioral Healthcare</u>, <u>The City of Newport</u>, <u>The Rhode Island Coalition to End Homelessness</u>, <u>The Town of Middletown</u>, <u>Saint John's in Newport and Newport Mental Health</u>.

We are **proud** to offer this important resource with our partners.

Jeff Brooks is Back for a 3rd year!

Jeff Brooks' third annual food drive to support the MLK is quickly coming to a close. Have you made your donation yet?

With the goal to **beat his 3,000 pound donation** from last year, Jeff will **match 100%** of donation, pound for pound or pound for dollar.

You can make a **donation today and Monday** at either of the <u>Hogan Associates</u>
<u>Offices</u> or at the Center **during business hours** (Make sure you **let us know** it's for Jeff Brooks!)

Check out his video to learn more by clicking the **button below!**



Learn More about Jeff' Brooks' 3rd Annual Food Drive

Art with Clair



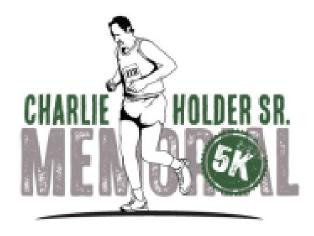


Our Littles have made a new creative friend, Clair.

Clair started coming to the center to do a **weekly art class** with the kids last week. In their **first class**, the kids **folded papers** to create their **own sketchbooks**, and left their personal **artistic touch on the front cover**. This sketchbook will be used at **the beginning of each class** to transition the them into learning and get their **creative juices flowing**.

Each week the kids will be doing a **new art activity** in the class. We are so excited to see how our Littles will **express themselves** throughout their classes with Clair!

How can You help Your Center?



Charlie Holder Sr. was a well known and loved **Newport local** who passed back in August of 2023. His family is holding a **fundraising 5k race** in his memory on **May 11th, 2024** at **8:30am** at the **Newport County YMCA**. Registration opened today! There are competitive, non-competitive, and virtual registration options, all priced at \$33.00.

We are honored to be a **co-beneficiary of** Charlie Holder Sr. Memorial 5K, alongside Newport County YMCA Summer Scholarship Fund. Come join in remembering the life of an inspiring man.

How can You help Your Center?



Do you want to support our programming in a different way? Volunteering may be right for you! **Sign up today** to help with:

Breakfast Program: Mon-Fri 8:00am - 9:30am: Kitchen help needed, no cooking skills required. General help needed for food prep, dining room help, with an emphasis on pan/dishwashing using a commercial dishwasher. Training provided.

Produce to the People: Thursdays, 9:00am - 1:00pm, alternate weeks: Free produce distribution, setup, distribute, breakdown.

Food Pantry Stocker: Thursdays, 9:00am - 11:00 am; Fridays, 2:00pm - 4:00pm

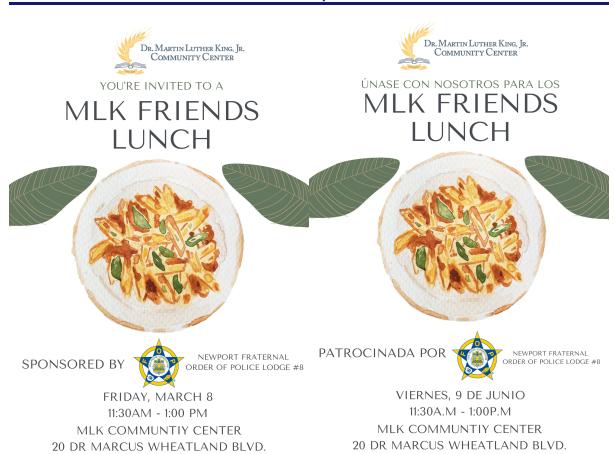
Mobile Food Pantry: Tuesdays/Thursdays, 11:45am-2:00pm generally: Meet MFP truck at sites in Newport County, assist staff with set-up outside, run pantry, breakdown, travel to second site and repeat. MFP takes place outside, year-round. Lifting, moving, bending required.

Friday Lunch Program: 10:00am - 1:30pm: Assist kitchen manager with food prep, buffet set-up, serving, clean-up.

If you would like to volunteer, you can register online by clicking below or **contact Nancy Harten** via phone **(401)846-4828ext.103** or via email at **nharten@mlkccenter.org**

Register to Volunteer Today

A delicious Lunch thanks to Newport Fraternal Order of Police



Don't miss your chance for quality time with your community over a delicious meal **sponsored by The Newport Fraternal Order of Police Lodge #8.** Come to the **Edward**

Por orden de llegada; el espacio es limitado

First come first served; space is limited

Street entrance from 11:30am to 1:00pm on Friday, March 8th, 2024.

Thank you to the Newport Fraternal Order of Police Lodge #8 for sponsoring this month's **MLK Friends' Lunch!**

Another Chance to learn Self Defense

SELF DEFENSE

Learn to protect yourself using real-world self-defense skills with two world champion martial artists.

Presented by:







Presentado por:



SEMINARIO DE DEFENSA PERSONAL

Aprenda a defenderse usando técnicas impartidas por dos

campeones de artes marciales.



Thursday, Feb. 22, 2024 9:00am

All are welcome. Cis and trans women and non-binary people are encouraged to attend.

Thursday, March 28, 2024 9:00am

All are welcome.

Jueves 22 de febrero 2024 9:00am

Todos son bienvenidos. Se anima a asistir a mujeres Cis, trans y personas no binarias.

Jueves 28 de marzo 224 9:00am

Todos son bienvenidos.

MLK Community Center, 20 Dr. Marcus Wheatland Blvd., Newport, RI Community Room; use front entrance

The event is free but registration is required RSVP to Mel @ (401) 846-4828, ext. 124 or msaunders@mlkccenter.org









MLK Community Center, 20 Dr. Marcus Wheatland Blvd., Newport, RI Salon de la Comunidad, Use la Puerta Principal

El evento es gratuito pero debe inscribirse con antelación. RSVP to Mel @ (401) 846-4828, ext. 124 or msaunders@mlkccenter.org









Did you miss our first self-defense seminar in February? Don't worry! There is another opportunity to learn how to protect yourself with the teachings of two world champion martial artists! Sign up for our second Self Defense Seminar presented by Newport Martial Arts happening Thursday, March 28th, 2024 in the Community Room of the Center. This Seminar is free and all are welcome but registration is required. Register online by clicking the button below!

Register for a Self Defense Seminar

Don't take the Chance with COVID or the Flu



Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 03/05/24:

Oxbow Farms, 80 Rogers Ln, MIDDLETOWN, 11:45am - 1:00pm Lucy's Hearth, 19 Valley Rd, MIDDLETOWN 1:00pm - 2:00pm *(residents only)*

THURSDAY 03/07/24:

Hancock Estates, 345 Hancock St, TIVERTON 11:15am - 12:30pm Tiverton Housing Authority, 99 Hancock St, TIVERTON 12:45pm - 1:45pm

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

Monday Monday	RCH	124 Wednesday	Food Pantry Hours: Monday, Wednesday, Friday daytime: 10 a.m2 p.m. Wednesdays evening: 4-6 p.m. Thursday Friday		
				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.
	1 Yoga with Katie 8:30 a.m. 5 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m.	Toning in '24 8:30 a.m. 6 LIHEAP Outreach 10 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. Newport String Project's Open Mic Night 5:30 p.m.	Produce to the People 10 a.m. 7 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. Bayside 1:30 p.m.	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.m1 p.m.	8
HIV/Hep C Testing 7:30 a.m. 1	(residents only)	Visiting Nurse Clinic 7:30 a.m. 13	URI College of Nursing Blood 14	Tai Chi/Qi Gong 9 a.m.	‡ 15
(Edward Street)	Soup @ Edward St. 11:30 a.m. MFP Festival Field 12 p.m.	Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	Pressure Checks 7:30 a.m. Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. MFP Pemberton 11:45 a.m. Bayside 1:30 p.m.	AARP Tax Prep 10:30 a.m. (Appointments: Call 401-846-4828, ext. 124) Lunch @ Edward St. 11:30 a.	.m.
1	Soup @ Edward St. 11:30 a.m. MFP Park Holm 12 p.m.	Toning in '24 8:30 a.m. 20 Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	Produce to the People 10 a.m. 21 Soup @ Edward St. 11:30 a.m. MFP Donovan Manor 12 p.m.	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.	
25	Vege with Vetic 0.20 cm	Toning in '24 8:30 a.m. 27 LEAD. 3 p.m. MLK Friends Dinner 5:30 p.m.	Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m.	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.	29 .m.
*		#C	Quaker Estates 12 p.m. Anthony House 1:15 p.m.		\$\fr

MLK Program Information

Lunch & Learn: Open to all older aged adults, this free lunchtime lecture features ns 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, mework 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

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.

NEWNotary 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

Los horarios de Despensa de Alimentos: Lunes, Miércoles, Viernes, dia: 10 a.m.-2 p.m.

				Miércoles, noche: 4-6 p.m.	•
LUNES		MARTES	MIERCOLES	JUEVES	VIERNES
					Tai Chi/Qi Gong 9 a.m. 1 Almuerzo por la entrada Edward St. 11:30 a.m.
					**
	4	Yoga con Katie 8:30 a.m. 5 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)	Tonificación en '24 8:30 am. 6 Ayuda de Asistencia de la Calefacción (LIHEAP) 10 a.m. A Munerzo & Aprendizaje para Adultos Mayores 12:00 p.m. LE.A.D. 3 p.m. Proyecto de Cuerdas Newport 5:30 p.m. Micrófono abierto 5:30 p.m.	Vegetales en MLK 10 a.m. 7 Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock Estate 11:30 a.m. Bayside 1:30 p.m.	Tai Chi/Qi Gong 9 a.m. 8 AARP Preparación de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) 'Almuerzo con Amigos' 11:30 a.m1 p.m.
APRI HIV/Hep C Pruebas Gratis 7:30 a.m	11	Yoga con Katie 8:30 a.m. Sopa por la entrada Edward Stl 2 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	Clinica VNS 7:30 a.m. Tonificación 8:30 a.m. LE.A.D. 3 p.m.	Chequeo de la tensión 14 arterial hecho por URI 7:30 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Pemberton 11:45 am Edgar Court 1 p.m.	Tai Chi/Qi Gong 9 a.m. 15 AARP Preparación de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) Almuerzo pr la entrada Edward St. 11:30 a.m.
	18	Yoga con Katie 8:30 a.m. 19 Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	Tonificación en '24 8:30 a.m. 20 Almuerzo & Aprendizaje para Adultos Mayores 12:00 p.m. L.E.A.D. 3 p.m.	Vegetales en MLK 10 a.m. 21 Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m.	Tai Chi/Qi Gong 9 a.m. 22 AARP Preparación de Impuestos 10:30 a.m. (por cita llama 401.846-4828, ext. 124) Almuerz pr la entrada Edward St. 11:30 a.m.
	25	Yoga con Katie 8:30 a.m. 26 Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m. West House 1:30 pm	Tonificación en '24 8:30 a.m. 27 LEA.D. 3 p.m. 'Cena con Amigos' 5:30 p.m.	Clase de Defensa Personal Reservar 28 401.846.4828 ext. 1124con Mel Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. Librist 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m.	Tai Chi / Qi Gong 9am 29 AARP Preparación de Impuestos 10:30 a.m. (por cita Ilama 401.846-4828, ext. 124) Almuerzo pr la entrada Edward St. 11:30 a.m.

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 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.

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 en un lugar seguro y en un ambiente de diversión. Todos

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 d 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 ayu-dar 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

NUEVOServicio 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

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 (lesayuno gratis. Varia 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