



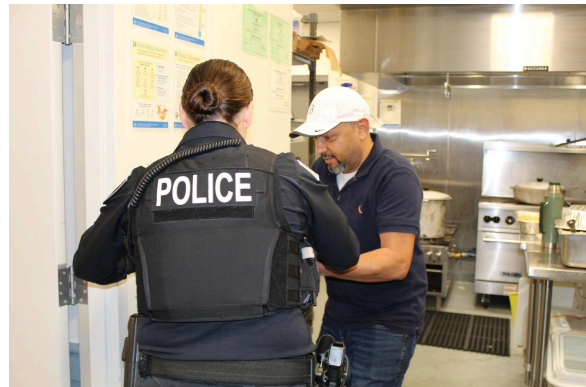
Friday, March 8, 2024

Thank you Newport Fraternal Order of Police!

Thank you to everyone who came to our **MLK Friends' Lunch today** and especially to our **generous sponsor**, the [Newport Fraternal Order of Police](#). We had a fantastic turnout. The **Community Policing Unit** came to **volunteer serving 108 meals** during the event. Thank you to Officer Brittany Ripke, Officer Fank Pirri, Office Merrie Scott, Officer Nick St. Lawrence, Lieutenant Joseph Carrol, Officer John Sullivan from the [City of Newport RI Police Dept](#) as well as Nate Whipple, and Nick Kleinkencht for coming to volunteer.

MLK Friends Lunch is on the **2nd Friday** of each month from **11:30 a.m. to 1:00 p.m.**
MLK Friends Dinner is on the **last Wednesday** of each month from **5:30 p.m. to 6:30 p.m.**

To **sponsor** a MLK Friends Lunch or Dinner: please contact **Alyson Novick** at 401.846.4828 x102 or anovick@mlkccenter.





Tons of Love with the Newport Chamber of Commerce




Ton of Love is in full swing and we were delighted to show **Ambassadors** from the [Greater Newport Chamber of Commerce](#) the **impact food drives** like this have on our Food Pantry.

Ton of Love is an **annual food drive** spanning Newport County. **Local Businesses** host a bin to collect donations that **help fill the shelves of our Food Pantry**. We are so grateful to be the benefactor of this **great community effort**.

You can **join in the love** by bringing donated items to one of the **business locations** shown on the **flyer** [here](#). There you can find **a bin for Ton of Love donations**. You can also **donate online** through the **form** below.

Thank you to the Greater Newport Chamber of Commerce for your unwavering support and to Lauren Goldenberg of [South Country Health Foundation](#), Megan Kelly and Crystal Dupont of [ADP](#), Elizabeth Jackson of [Staples in Middletown](#) and Lou DiRienzo of [Sage Solutions](#) for coming to tour our center.

We are so excited to **feel a Ton of Love from our community!**



TON OF LOVE


FOOD DRIVE

DONATIONS ACCEPTED THROUGHOUT MARCH 2024
IN SUPPORT OF THE FOOD PANTRY AT
THE DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER


NEWPORT: BankNewport – 10 Washington Square Boys & Girls Clubs of Newport County – 95 Church St. Charter Books – 8 Broadway KLR – 130 Bellevue Ave Suite 205 Innovate Newport – 513 Broadway 2nd Floor People's Credit Union – 43 Memorial Blvd. RaNew Salon & Spa – 195 Broadway Salve Regina University – Miley Hall	BIN LOCATIONS: Edward Jones Financial Advisor, Steve Senteio, CFP – 790 Aquidneck Ave. 1st Floor North Pappas-OPT Physical Therapy – 1181 Aquidneck Ave. People's Credit Union – 858 West Main Rd. Polo Cleaners – 698 Aquidneck Ave. Unit B Staples – 898 West Main Rd. Train with Jane – 699 Aquidneck Ave. Webster Bank – 716 Aquidneck Ave.	MIDDLETOWN: AAA – 49 East Main Rd. Anytime Fitness – 288 East Main Rd. BankNewport – 528 West Main Rd. Carey, Richmond & Viking Insurance – 2 Corporate Place Minuteman Press – 687 West Main Rd. People's Credit Union – 858 West Main Rd. Staples – 898 West Main Rd. Train with Jane – 699 Aquidneck Ave. Webster Bank – 716 Aquidneck Ave.
PORTSMOUTH: BankNewport – 2628 East Main Rd. Casey's Oil – 1596 W Main Rd. Clements' Marketplace – 2575 East Main Rd. People's Credit Union – 2537 East Main Rd.		
TIVERTON: BankNewport – 614 Main Rd. BankNewport – 1740 Main Rd.		

ITEMS IN NEED:

- All non-perishable food items, personal care items, and toiletries are welcome. Pasta sauce, hearty pop-top soups, and coffee are especially needed. Other in-demand items include menstrual products, canned and dried beans, gluten-free foods, dish liquid, and laundry detergent.
- Pop-top canned goods are the most easily accessible for those who may struggle to use a can opener.
- Stop & Shop and Shaw's gift cards and monetary donations also help support the MLK's Hunger Services. Gift cards and checks can be mailed noting "Ton of Love 2024".



Donate online:



TON OF LOVE IS POWERED BY
THE CHAMBER'S
AMBASSADOR COMMITTEE.
DONATION BINS GENEROUSLY DONATED BY
STAPLES OF MIDDLETOWN

Join Our Team

Come **join our team!** The MLK Community Center is looking for **caring** individuals with a **passion for helping and giving back**. If this looks like you, **take a peek** at our **job opportunities** and see if there is a **spot for you on our team**.

The Dr. Martin Luther King, Jr. Community Center is an **equal opportunity employer** and **does not discriminate** in its employment decisions because of age, sex, gender, sexual orientation, race, ethnicity, age, ability, body size, education, or religion. People of color, veterans, and LGBTQIA+ candidates are **strongly encouraged to apply**. The MLK Community Center is **committed to creating and welcoming a diverse workplace**, and to **supporting our staff** with ongoing **career development opportunities**.



April 1st is Coming! Why will YOU give?



401 Gives will be here before you know it and we are wondering, **why will you give this year?** All donations will **directly** support our programming.

There is no one better to **tell your family, friends, or neighbors** to support us than you. **Share your reason** for giving this year by using the hashtag **#MyReasonMLK** or **tell us directly** so we can **post on our socials**.

Pantry Highlight: Breakfast of Champions



We are in need of breakfast foods in our food pantry. **Oatmeal, Cereal, Coffee, Sugar** are just a few items that don't seem like much in a grocery cart but can make waking up in the morning that much better.

Consider **donating your favorite breakfast item** to our Food Pantry, so someone else can **enjoy it with you**.

If you can't get to the center to donate items, you can donate cash online through the form below.

Every donation counts because **every morning counts**.

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 03/12/24:

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

THURSDAY 03/14/24:

Pemberton 45 Pemberton Ave, JAMESTOWN 11:45am - 1:00pm

Bayside, 143 Third St, NEWPORT 1;30pm - 2:30pm

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

MARCH '24

Food Pantry Hours:

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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.
	4 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	5 Toning in '24 8:30 a.m. 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.	6 Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. Bayside 1:30 p.m.	7 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.m.-1 p.m.
HIV/Hep C Testing 7:30 a.m. (Edward Street)	11 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. MFP Festival Field 12 p.m.	12 Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.	13 URI College of Nursing Blood 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.	14 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.
	18 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. MFP Park Holm 12 p.m.	19 Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m.	20 Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. MFP Donovan Manor 12 p.m.	21 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.
	25 Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m. West House 1:30 p.m.	26 Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.	27 Self Defense Class 9 a.m. (RSVP: 401-846-4828, 124) Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m.	28 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.
				29

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 '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 (PtP*): 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, 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

MARZO'24

Los horarios de Despensa de Alimentos:

Lunes, Miércoles, Viernes, día: 10 a.m.-2 p.m.

Miércoles, noche: 4-6 p.m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				Tai Chi/Qi Gong 9 a.m. Almuerzo por la entrada Edward St. 11:30 a.m.
	4 Yoga con Katie 8:30 a.m. 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)	5 Tonificación en '24 8:30 a.m. Ayuda de Asistencia de la Calefacción (LHEAP) 10 a.m. Almuerzo & Aprendizaje para Adultos Mayores 12:00 p.m. L.E.A.D. 3 p.m. Proyecto de Cuerdas Newport 5:30 p.m. Micrófono abierto 5:30 p.m.	6 Vegetales en MLK 10 a.m. 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.	7 Tai Chi/Qi Gong 9 a.m. AARP Preparación de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) Almuerzo con Amigos' 11:30 a.m.-1 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 St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	12 Clínica VNS 7:30 a.m. Tonificación 8:30 a.m. L.E.A.D. 3 p.m.	13 Chequeo de la tensión 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.	14 Tai Chi/Qi Gong 9 a.m. 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. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m.	19 Tonificación en '24 8:30 a.m. Almuerzo & Aprendizaje para Adultos Mayores 12:00 p.m. L.E.A.D. 3 p.m.	20 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m.	21 Tai Chi/Qi Gong 9 a.m. 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.
	25 Yoga con Katie 8:30 a.m. 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	26 Tonificación en '24 8:30 a.m. L.E.A.D. 3 p.m. 'Cena con Amigos' 5:30 p.m.	27 Clase de Defensa Personal Reservar 401.846.4828 ext. 1124con Mel Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m.	28 Tai Chi / Qi Gong 9am 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.
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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.

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.

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.

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