



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, March 15, 2024

The 411 on 401Gives



[401Gives](#) Rhode Island's statewide day of giving is so big this year is extending their donation period to **2 DAYS this year!** That means there is more time to join the giving movement. **Have you told your friends? Your neighbors?** Help us **spread the word** as we prepare.

We asked you last week to ask yourself, **"Why will you give?"** We want to share with you a **special testimony** from a client turned donor of the center. Out of respect for their privacy, we share this anonymously.

When asked this friend of the Center why they planned to give to the MLK's 401Gives campaign on April 1st, she said,

"When I needed the Food Pantry, I was welcomed with open arms. No questions asked. Now I want to make sure someone else can have that chance."

Every dollar you give to the MLK at 401Gives supports 26 programs that help us offer healthy food, educate and nurture children, engage seniors, and more for thousands of people in Newport County. Your generosity helps build community.

Stay tuned because we've got lots of surprises in store.

Mark your calendars for 6:00 a.m. on Monday, April 1st and get ready to GIVE!

Summer Adventure Camp Registration is OPEN



Summer Adventure Camp

**DHS Accepted and
Generous Scholarships
Available!**

Enroll Today!



Who
1st-5th
grade

When
July 1st –
August 23rd

Price
\$170 per
week

What

At the MLK Community Center's Summer Adventure Camp, children will enjoy a summer of fun and learning. Our team of certified teachers help campers make and maintain academic strides in math, literacy, and science through hands-on activities and daily trips around Aquidneck Island.

Where

MLK Community Center
20 Dr. Marcus Wheatland Blvd.
Newport, RI 02840

For More Information

Contact Nathan Champlin,
(401) 846-4828 x209,
nchamplin@mlkccenter.org





Campamento de Verano de Aventura

**DHS es aceptado y
becas generosas estan
disponibles!**

Inscríbase hoy!



Quién
1st-5th
grado

Cuándo
Del 1 de Julio al
23 de Agosto de
lunes a viernes

Precio
\$170 por
semana

Qué

En el campamento de aventuras de verano del Centro Comunitario MLK, los niños disfrutarán de un verano de diversión y aprendizaje. Nuestro equipo de maestros certificados ayuda a los estudiantes a hacer y mantener los avances académicos en matemáticas, literatura, y la ciencia a través de actividades prácticas y viajes diarios alrededor de Aquidneck Island.

Dónde

MLK Community Center
20 Dr. Marcus Wheatland Blvd.
Newport, RI 02840

Para más información

Contacte a Nathan Champlin,
(401) 846-4828 x209,
nchamplin@mlkccenter.org



The sun is out, the temperature's getting warmer and our [Education](#) staff are buzzing while preparing for the **Summer Adventure Camp Season!**

Are you or someone you know **looking for a program that expands your child's mind while they have a ton of fun?** Consider **enrolling** for our Summer Adventure Camp. Summer Camp Kids spend the season participating in **fun and educational activities** both in the center and **out in the community**. Every day is an adventure in the summer at the MLK.

Registration is open now! Don't wait until the end of the school year to figure out how your child will spend the summer season. **DHS childcare subsidies are accepted** and

scholarships are available. Enroll your child in our Summer Adventure Camp today!

Warming Center Season Comes to a Close

We would like to take a second to **thank our partners** for making this winter season a warm one for **over 100 people** in need of temporary overnight shelter. Though it is a **temporary solution**, it has been an honor to host the **Emergency Overnight Warming Center** for the season. Now that the season is coming to close, the **last night** for the Emergency Overnight Warming Center will be **this Sunday, March 17th, 2024**.

If someone you know is in need of assistance **after** March 17th, please let them know **there are resources available**. [Coordination Entry System](#) (CES) at 401.277.4316 or [Rio Team](#) at 401.846.1213 ext.1 will be able to further assist you.

Thank you to [Codac](#), [Newport Mental Health](#), [The City of Newport](#), [The Town of Middletown](#), and [The Rhode Coalition to End Homelessness](#) for partnering in supporting our community.



The last night for the
Emergency Overnight Warming Center
2023 - 2024 winter season is
Sunday, March 17th, 2024

For emergency assistance after this date, call

Coordination Entry System
(CES)
401.277.4316

OR

Rio Team
401.846.1213 ext.1

*Thank you to our partners and the State of Rhode Island
for making this resource possible*

Calling all Volunteers

We need your help

VOLUNTEER TODAY

AREAS NEEDED

- ☒ BREAKFAST PROGRAM
- ☒ FOOD 2 FRIENDS
- ☒ FOOD PANTRY GUIDE
- ☒ MOBILE FOOD PANTRY
- ☒ FRIDAY LUNCH PROGRAM

CONTACT NANCY HARTEN

(401)846-4828x103

nharten@mlkccenter.org

If you are looking for **a way to support our programming**, there is always a spot for you in our **volunteers!** We have **more opportunities** and we **could use your help**.

Food Pantry Guide: Mondays 12:00pm-2:00pm
Mobile Food Pantry: Tuesdays and Thursdays
Breakfast Program: Mondays, 7:00am-9:00am
Friday Lunch Program: Fridays, 10:00am-1:30pm
Food 2 Friends Shoppers: Tuesdays and Thursdays

If you are **interested in volunteering**, please **contact Nancy Harten** via phone **401.846.4828 ext.103** or via email nharten@mlkccenter.org for more information!

If you **cannot volunteer** for any reason but would still like to **support our programming**, you can **donate online** by clicking the **button below**.

Support our Programming

Dolly's Library in Newport, now on Facebook!



Did you know that you can now get updates from our #BookLady on **Facebook**? Stay up to date on all things [Dolly Parton's Imagination Library](#) right **from your phone!**

Dolly Parton's Imagination Library puts **books** into the hands and hearts of **children across the world**. They partner with local communities to provide a **hand-selected, age-appropriate, high-quality book** each month to registered children **from birth to age five**, completely free of cost. Thank you to the **Bazarsky Family Foundation** for making this program happen at the MLK Community Center.

Click on the **button below** to follow the **Dolly Parton's Imagination Library, Newport RI** Facebook Page.

Follow on Facebook

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.

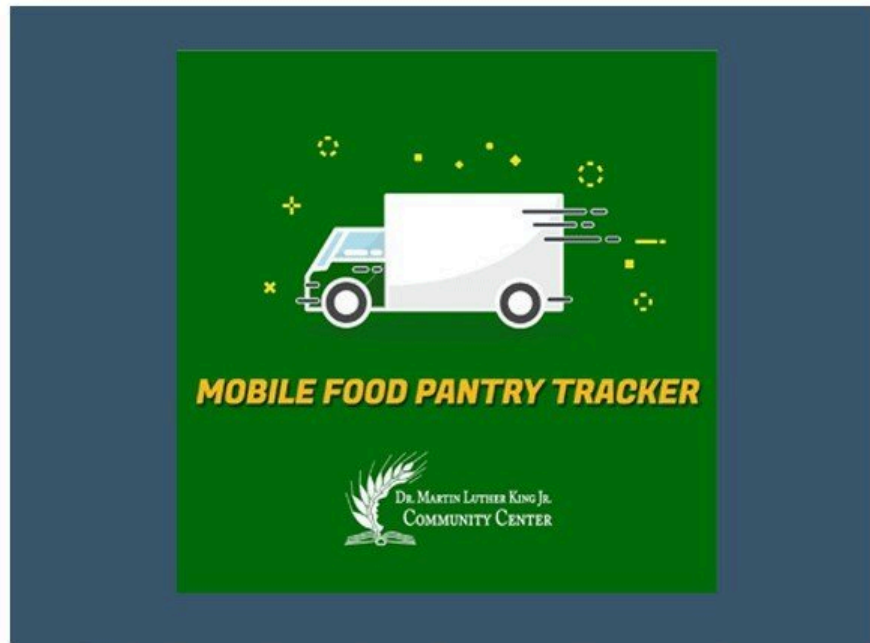
Consider **donating your favorite breakfast item** to our Food Pantry, so someone else can **enjoy it with you**.

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**.

Donate to Hunger Programs Today

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 03/19/24:

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

THURSDAY 03/21/24:

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

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.
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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 (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, 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.
				29

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 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