



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, March 22, 2024

Get ready to get your donation matched!



powered by
United Way of Rhode Island

[401Gives](#) is only **TEN DAYS AWAY** and we have **BIG news!** On Rhode Island's statewide day of giving, your donation to the MLK Community Center could be matched, not once but twice.

Thanks to the generosity of the Blair / Van Winkle family, your donation will be **matched up to \$25,000** starting at **6:00am on 4/01**. This match alongside the [401Gives Early Bird match](#) means your donation could be **TRIPLED** if you donate early.

Every dollar you give to the MLK during **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.

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

LEAD Poetry with Sandra Yannone



We had a very **special guest** at this week's LEAD Program. [Sandra Yannone](#), a writer, poet and author of [The Glass Studio](#), came to the center to host a **Poetry Workshop with our LEAD kids**.

The group talked about **the power of letters, postcards, and prose poems**. They asked questions like, "**What makes a letter powerful?**" After, they did an exercise where they **wrote a letter or postcard addressed to someone or something** that began with the corresponding letter in **L,G,B,T, and Q** and shared their writing outloud. The kids loved this creative exercise.

Thank you Sandra Yannone for **sharing your craft** with our LEAD Kids.

Pesky Leprechauns Escape again this Year

Each year, our preschool kids read [How to Catch a Leprechaun by Adam Wallace](#) and create their **own traps** to try and catch their favorite green creature. Alas, those naughty leprechauns escaped. But not before making a **huge mess** in the classrooms and leaving behind some **special gold coins** for our students.



Learning from Champion Martial Artists!

SELF DEFENSE SEMINARS

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

Presented by:



~~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.

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@mlkcenter.org

www.mlkcenter.org | @NewportMLK | 401.846.4828

SEMINARIO DE DEFENSA PERSONAL

Aprenda a defenderse usando técnicas impartidas por dos campeones de artes marciales.

Presentado por:



~~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 2024
9:00am

Todos son bienvenidos.

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@mlkcenter.org

www.mlkcenter.org | @NewportMLK | 401.846.4828

Guess who's back!



YOU'RE INVITED TO A MLK FRIENDS DINNER



SPONSORED BY



WEDNESDAY, MARCH 27TH
5:30-6:30 P.M.

MLK COMMUNITY CENTER
20 DR MARCUS WHEATLAND BLVD.

First come first served; space is limited



ÚNASE CON NOSOTROS PARA LOS MLK FRIENDS DINNER



PATROCINADA POR



MIÉRCOLES, 27 DE MARZO
5:30-6:30 P.M.

MLK COMMUNITY CENTER
20 DR MARCUS WHEATLAND BLVD.

Por orden de llegada; el espacio es limitado

[Castle Hill Inn](#) is back to sponsor another MLK Friends' Dinner! Come to the **Edward Street Entrance** next Wednesday, **March 27th, at 5:30pm** for good food, good people, and

community.

We are so grateful to our friends at Castle Hill for preparing and serving another incredible meal at the MLK.

MLK Friends Lunches and Dinners are **offered monthly**:

MLK Friends Lunch: 2nd Friday of each month from 11:30 a.m. to 1:00 p.m.

MLK Friends Dinner: 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@mlkcenter.

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**.

[Learn more about our Job Opportunities](#)

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 03/26/24:

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

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

THURSDAY 03/28/24:

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

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

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
				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 (LHEAF) 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 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.

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? Contactanos 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

