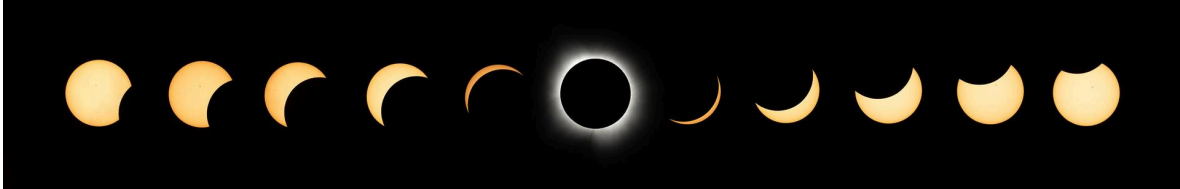




Friday, April 12, 2024

Watching the Eclipse



This week kicked off with an **astrological show** that was out of this world! In the late Monday afternoon, our community got to observe a **solar eclipse** that stretched across North America, reaching **95% totality in Newport**.

Our kids prepared for the eclipse by participating in an **engineering challenge** to learn how to **protect themselves from UV light**. Each student was given a highlighter stick figure on a piece of paper, a blacklight filter, and a blacklight flashlight. The challenge was **to build a structure that would protect their highlighter friend** from the blacklight using various materials. Some were transparent and required more layers to get protection. The kid understood that the glasses used during the eclipse **protect their eyes** from UV Rays in the same way.

After, they excitedly went outside, put on their protective glasses, and **watched the eclipse in real time**. As the sky darkened, they were telling their teachers **how cool it was**. The next time Rhode Island will see another partial solar eclipse will be **20 years from now**, and the next time Rhode Island will see a total eclipse is **over 50 years from now**. These kids will be all grown up by then but the time they watched a solar eclipse at the MLK Community Center will **live with them forever**. We are so honored to have been able to share this special moment in their childhoods.



Support Moments like This

Are you Growing a Row?



Are you **Growing a Row for the MLK**? Do you want to? While you're **prepping your seeds** for planting, you could also **prepare to help us feed thousands of people in Newport County**.

We offer **fresh produce** in the Food Pantry, Mobile Food Pantry, and Produce to the People. We are **on track to distribute 1.1 Million Meals this year**...that wouldn't be possible without donations from **people like you**. Donations are accepted at our **Loading Dock**. Monday - Friday 8:30am - 5:00pm.

Can't grow a row but **still want to support** the distribution of healthy food to Newport County families?

Donate to Support Hunger Programs

A Gift from Sparky



We had a very special visit this week from **Sparky the Fire Dog** and the [Newport Firefighters IAFF Local 1080](#)! Not only did they deliver a check for the Center, but they also made sure to say hi to our Preschoolers. The kids were overjoyed. Just look at those smiles.

We are so grateful to the Newport Firefighters IAFF Local 1080 for their **support** and the **work** they do for our community.

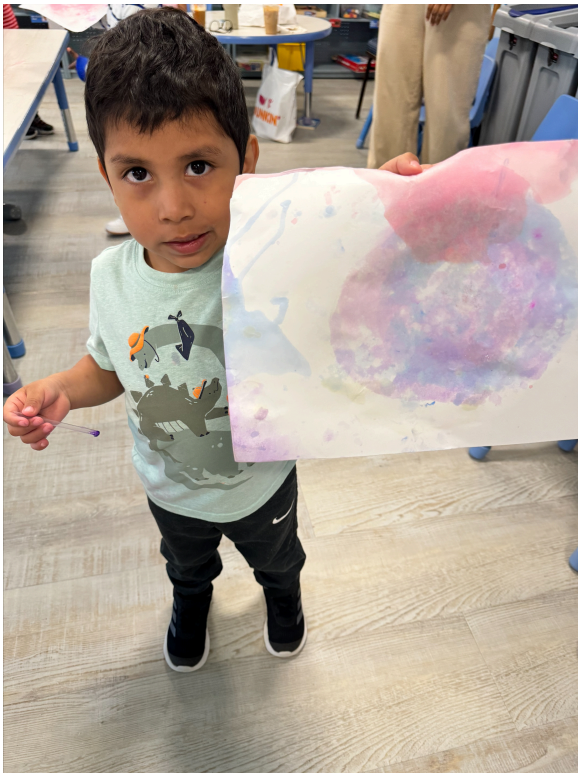
Meals Prepared by AAA



Group Volunteer Projects are a great way for a team to connect while helping the local community. Our friends over at [AAA Northeast Regional](#) came to the center this week and **assembled lasagnas** that we will freeze. This makes the process of making and distributing food for our Midday Meal Program, MLK Friends' Lunches and Dinners, and Lunch and Learns **more efficient and full of love from the community.**

Thank you AAA Northeast Regional for helping our center feed thousands.

Week of the Young Child



[Week of the Young Child](#) is a **nationwide annual celebration** sponsored by the [National Association for the Education of Young Children \(NAEYC\)](#) that aims to bring focus to the **needs of young children and families** while also **recognizing early childhood programs** that meet those needs.

Each day of Week of the Young Child is **themed** and early childhood programs are encouraged to plan **fun activities based on the daily theme**. Yesterday was **Artsy Thursday** and we had to share the **adorable creative work** happening in Preschool.

For Artsy Thursday, the kids followed a **bubble painting** craft by **making their own bubble paint** out of dish soap, water, and nontoxic washable paint. The kids then used a straw to **blow bubbles in the paint mixture** and then laid their white paper on top. As the bubbles popped, unique pastel designs were created on their paper. This artsy experiment was the perfect way to **combine science and crafts** together to create an well rounded and fun activity for Week of the Young Child.



Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 04/16/24:

Park Holm, 1 Park Holm, NEWPORT 12:00pm - 1:00pm
AHEPA, 87 Girard Ave, NEWPORT 1:00pm - 2:00pm

THURSDAY 04/18/24:

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

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. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)</p> <p>2 </p>	<p>Toning in '24 8:30 a.m. LIHEAP Outreach 10 a.m. Senior Lunch & Learn 11 a.m. (offsite, RSVP only) L.E.A.D. 3 p.m.</p> <p>3 </p>	<p>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. Tiverton Housing Auth. 12:45 p.m.</p> <p>4 </p>	<p>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.</p> <p>5 </p>
<p>8 </p>	<p>Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. Learn365 Family Engagement Event 4 p.m. (RSVP: Call 401-846-4828, ext. 209) LivFit 5 p.m. MFP Festival Field 12 p.m.</p> <p>9 </p>	<p>Berkshire Bank Breakfast outreach 7:30 a.m. Toning in '24 8:30 a.m. L.E.A.D. 3 p.m.</p> <p>10 </p>	<p>Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Pemberton 11:45 a.m. Bayside 1:30 p.m.</p> <p>11 </p>	<p>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. (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. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m. AHEPA 1 p.m.</p> <p>16 </p>	<p>Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. Senior Lunch & Learn 11 a.m. (offsite, RSVP only) 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. Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.</p> <p>18 </p>	<p>Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.</p> <p>19 </p>
<p>22 </p>	<p>Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.</p> <p>23 </p>	<p>Toning in '24 8:30 a.m. bosWell Advocate available (front lobby) 10 a.m.-2 p.m. L.E.A.D. 3 p.m. MLK Friends Dinner 5:30 p.m.</p> <p>24 </p>	<p>Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP West House 12 p.m. (residents only)</p> <p>25 </p>	<p>Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.</p> <p>26 </p>
<p>29 </p>	<p>Yoga with Katie 8:30 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. (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

ABRIL 2024

Los horarios de Despensa de Alimentos:

☀️ Lunes, Miércoles, Viernes, día: 10 am.-2 p.m.
🌙 Miércoles, noche: 4-6 p.m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Promoción de la Biblioteca Pública de Newport en el lobby, 10am-2pm	1 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residentes solamente)	2 Tonificación 8:30 a.m. Ayuda de Asistencia de la Calefacción (LIHEAP) 10 a.m. Almuerzo & Aprendizaje con Adultos Mayores 11 a.m. (afuera, solamente con reservación) L.E.A.D. 3 p.m.	3 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Hancock Estates 11:30 a.m. (residentes solamente) Tiverton Housing Auth. 12:45 p.m.	4 Tai Chi/Qi Gong 9 a.m. AARP Preparación de Impuestos 10:30 a.m. (por cita llama 401-846-4828, ext. 124) Almuerzo por la entrada Edward St. 11:30 a.m.
	8 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. Aprender 365 Compromiso Familiar Evento 4 p.m. (reservar RSVP: 401-846-4828, ext. 209) LivFit (clases de cocina) 5 p.m. MFP Festival Field 12 p.m.	9 Desayuno patrocinado por Berkshire Bank 7:30 a.m. Tonificación 8:30 a.m. L.E.A.D. 3 p.m.	10 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Pemberton 11:45 a.m. Bayside 1:30 p.m.	11 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. (bosWell Asesoría disponible; lobby principal)
APRI HIV/Hep C Pruebas Gratis 7:30 a.m.	15 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Park Holm 12 p.m. AHEPA 1 p.m.	16 Clínica VNS 7:30 a.m. Tonificación 8:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 11 a.m. (afuera, solamente con reservación) L.E.A.D. 3 p.m.	17 Controles de la Tensión Arterial Hecho por URI 7:30 a.m. Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	18 Tai Chi/Qi Gong 9 a.m. Almuerzo por la entrada Edward St. 11:30 a.m.
	22 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Apple Creek 12 p.m.	23 Tonificación 8:30 a.m. bosWell Asesoría disponible (lobby principal), 10am-2pm L.E.A.D. 3 p.m. 'Cena con Amigos' 5:30 p.m.	24 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP West House 12 p.m. (residentes solamente)	25 Tai Chi/Qi Gong 9 a.m. Almuerzo por la entrada Edward St. 11:30 a.m.
	29 Yoga con Katie 8:30 a.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residentes solamente)	30		

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.

****NUEVO** bosWell Asesoría:** Los trabajadores de salud comunitarios de bosWell ofrecen a los vecinos que califican para asistencia de alquiler, asistencia nutricional, transporte y apoyo laboral, y más. Mas información, llama (833) 366-6323 o visite boswellcare.org

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.

Precolar: 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

Download This Month's Calendar Here

Descargue el Calendario del Mes Aquí