



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, April 19, 2024

A Vacation of Adventure and Learning



Our Afterschool kids had a blast during our **April Vacation Camp**.

This week our **Afterschool kids** were out of school for the April break and came to the center for **all day programming**. They had fun **inside and outside of the classroom** doing science experiments with their own **invisible ink**, got a **tour of [the Elms](#)** by the **[Newport Preservation Society](#)**, **saw an osprey nest** out at Gooseneck Cove thanks to a friend of the center, Beth Holland. They also **made birdfeeders**, and even had time to do some **Musical art**. When the music stops, you stop!

Programming like this happens because of people like you so **thank you for your support** of our education programs like April Vacation Camp!

Support Education Programs

Live from the Loading Dock is going Parkside!

MLK Community Programs Presents...



**LIVE FROM THE
LOADING DOCK...
PARKSIDE**

**A free family-friendly outdoor concert series
Wednesdays 4:30pm - 6:00pm**

May 15th	Jesus Andujar and Grupo Sazon
June 12th	Sidy Maiga and Company
July 17th	Alexus Lee
August 21st	The Pump House Old Time Session Band
September 18th	Lois Vaughan Jazz Trio

NEW LOCATION!
Performances begin promptly and will be held at the **Pocket Park across from the Edward Street entrance** of the Dr. Martin Luther King Jr. Community Center **20 Dr. Marcus Wheatland Blvd.** Food will be provided free of charge. Please bring a lawn chair and enjoy the show!

mlkcenter.org | 401.846.4828 | @NewportMLK

MLK los invita...



**LIVE FROM THE
LOADING DOCK...
PARKSIDE**

**Una serie de conciertos al aire libre
Miércoles 4:30pm - 6:00pm**

Mayo 15	Jesus Andujar and Grupo Sazon
Junio 12	Sidy Maiga and Company
Julio 17	Alexus Lee
Augusto 21	The Pump House Old Time Session Band
Septiembre 18	Lois Vaughan Jazz Trio

Nueva Localización!
Los conciertos se realizarán en el parque al lado de la **entrada por la Calle Edward**
20 Dr. Marcus Wheatland Blvd. Habrá bocadillos gratuitos Traiga su silla, le esperamos!

mlkcenter.org | 401.846.4828 | @NewportMLK

Live from the Loading Dock is our summer concert series that invites the community to enjoy a **free concert showcasing local artists**. The concert also provides **free food and drink** while **bringing the community together**. Last year, we performed from the Courtside, but this year we are **moving to a new venue... PARKSIDE!**

Live from the Loading Dock Parkside will begin on **Wednesday, May 15, 2024** with a performance by **Jesus Andujar and Grupo Sazon** that is sure to get you dancing. **Performances begin at 4:30pm at the Pocket Park across from the Edward Street Entrance** the center. There will be signs guiding attendees who have trouble finding the new venue. Food will be provided free of charge.

Come to the Pocket Park across from the Edward Street Entrance of the center on May 15th for an **amazing performance, great food, and connection with the community**. We hope to see you there!

Cereals of Variety thanks to Landon

We love having a **variety of cereals** so we are sure people can get what they like when they need it. Well, **Landon Rodrigues** heard the call and came to help! Landon is a Senior at [Portsmouth High School](#) and hosted a **cereal drive for his Senior Project**. This week, he came to the center to donate **120 boxes of various cereals!** We are so **proud and grateful** for Landon's efforts. Way to go Landon!



Appreciating our Volunteers

This week was **National Volunteer Week**. Our volunteers are the **heartbeat of our center** donating their skills, **thousands of hours**, and their care to our Center.

We spent each day this week **thanking our volunteers** for all they do. Check out this **video compilation** of our staff's thank you.



We could not help **thousands of people** in Newport County without the support of our **over 500 volunteers**. Thank you so much for donating so much of yourself to our center. **We can never thank you enough.**

Fresh. Local Farmer Produce thanks to the Aramli Foundation



If you're in our Food Pantry, you may see a **new sign up by our produce**. We are happy to **provide fresh produce from local farms** thanks to [Aramli Foundation](#).

The Aramli Foundation is a **charitable foundation** funded directly by proceeds from [BedJet](#) that set out to **support families and children in need**. The Foundation's mission is to support **basic human needs** for those who are struggling, such as **food, warmth, and proper medical care**.

The Aramli Foundation is **generously sponsoring** local farmers that will give us produce this growing season meaning more families **can have access to healthy fresh food**.

Thank you Mark and Ida Aramli for you continuous support of the center.

If you would like to **sponsor a portion of our Food Pantry**, click on the button below to learn more and register.

[Sponsor a portion of the Food Pantry](#)

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

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 04/23/24:

Apple Creek, 700 Windwood Dr., TIVERTON, 11:45am-1:00pm

THURSDAY 04/25/24:

West House, 417 Forest Ave, MIDDLETOWN 1:15pm - 2:30pm (*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

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
Newport Public Library lobby outreach 10 a.m.-2 p.m. 1	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) 2	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. 3	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. 4	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. 5
8	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. 9	Berkshire Bank Breakfast outreach 7:30 a.m. Toning in '24 8:30 a.m. L.E.A.D. 3 p.m. 10	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. 11	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) 12
HIV/Hep C Testing 7:30 a.m. (Edward Street) 15	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. 16	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. 17	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. 18	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. 19
22	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m. 23	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. 24	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) 25	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. 26
29	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) 30			

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 a.m.-2 p.m.
 Miércoles, noche: 4-6 p.m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 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)	3 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.	4 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.	5 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. Aprender365 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)	12
15 APRI HIV/Hep C Pruebas Gratis 7:30 a.m.	16 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.	17 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.	18 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.	19 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.	26
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 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.

****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.
Más 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? 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.

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](#)
