



Friday, April 26, 2024

Dinner... and some Pour Judgement



We ended April with a **special MLK Friends' Dinner** sponsored and prepared by our friends down the street, [Pour Judgement!](#)

The meal is **completely free** because of local heros like Pour Judgement. Thank you for generously sponsoring this community meal.

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

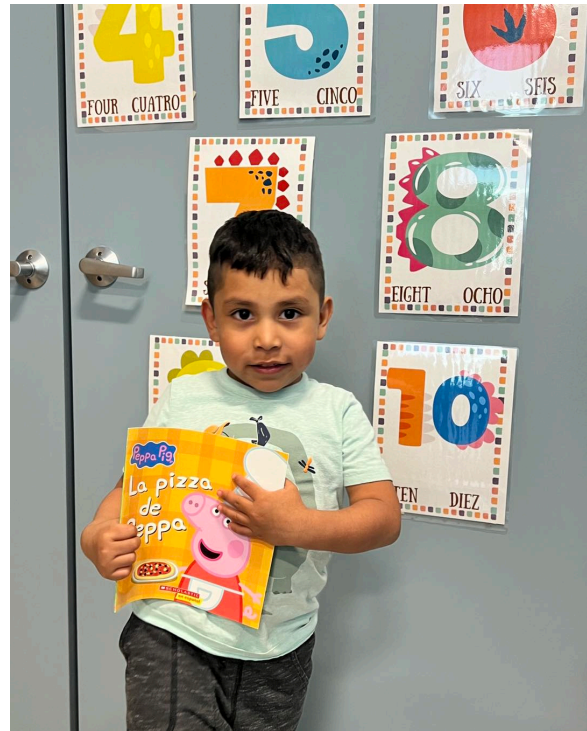
MLK Friends Lunch: **2nd Friday of each month** from 11:30 a.m. to 1:00 p.m.

MLK Friends Dinner: **Last Wednesday of each month** from 5:30 p.m. to 6:30 p.m.

You can **sponsor an MLK Friends' Dinner** by contacting Alyson Novick at anovick@mlkcenter.org or by phone at 401.846.4828 x102. **You can also fill out the sponsor sheet below!**

Sponsor an MLK Friends' Lunch or Dinner

Birthday Books!



This week, Birthday Book Day coincided with [World Book Day](#). **Every month, children in our Preschool and Afterschool choose a special Birthday Book** of their very own thanks to the Giannini Book Fund. Our preschooler friend Jhoan celebrates his birthday this month so he chose **his favorite story to take home.**

Happy Early Birthday Jhoan! We hope you love your new story! **Thank you Pam Giannini** for giving our kids the **gift of reading.**

Running (and walking) in memory of Charlie Holder Sr.



Come join us as we **celebrate the life of Charlie Holder Sr.** We are honored to be a **co-beneficiary** with the Newport County YMCA of the [Charlie Holder Sr. Memorial 5K](#). Not a

runner? No problem! **There are competitive, non-competitive, and virtual categories** available. **Runners and walkers are welcome!**

Every step you take will help support Newport County as **all the proceeds will be donated** to the MLK and the [Newport County YMCA](#).

Click on the **button below to sign up on the event's website**. We'll see you bright and early on **Saturday, May 11th, 2024 at 8:30am**.

Register for the Charlie Holder Sr. Memorial 5K Today

Are you Growing a Row?



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

It's easy: you **plant a row** (or several!) of vegetables and **donate your bounty** to the MLK when you **harvest**. We have cool **garden signs and stakes** for you to show your pride in supporting the MLK. Just come to the **Loading Dock** Monday through Friday 8:30am - 5:00pm and ask for your garden signs. You can **tag us on social media** as your garden grows at [@newportMLK](#) and use the hashtag **#growarowmlk**.

We offer **fresh produce** year-round 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? You can make a cash donation by clicking on the button below.

Donate to Support Hunger Programs

Dinner and Loteria with Conexion Latina!



Noche Comunitaria de ¡LOTERÍA Y CENA!

¡Diviértete con nosotros Lunes 6 de Mayo!

¡CENA GRATIS!
¡PREMIOS!



5:00 - 6:30 PM



En el Centro MLK

20 Dr Marcus Wheatland Blvd,
Newport, RI 02840

Para mas informacion, llame a 401-585-8165

¡ACTIVIDADES Y PINTA CARITAS
PARA LOS NIÑOS!

Cupos Limitado, se sirve en orden de llegada



Start your week with some fun! Come on over to the Center on **Monday, May 6th** for a good game of **Loteria** with [Conexion Latina Newport!](#)

Loteria is a **traditional Mexican board game** of chance! Every player chooses a **tabla**, a board with a randomly created 4 x 4 grid of pictures with their corresponding name and number, and some pennies or coins as markers. To start the game, the caller will shuffle a deck of cards with pictures and numbers on it like the one of the tabla. The caller will **pick a card and call out it's name** and the players will **mark if the have that image on their tabla**. The first one to complete the agreed upon pattern or fill up their board yells, "**Loteria!**" and **wins the round**.

Dinner and Loteria is a **collaborative event** hosted by **Conexion Latina Newport** and starts at **5:00pm on May 6th** in our **Community Room**. Please enter through the **Edward Street Entrance**. We cannot wait to see you there!



Community evening of **DINNER & LOTERÍA!**

Come join the fun with us on Monday, May 6th!

FREE DINNER

PRIZES!



5:00 - 6:30 PM



At The MLK Center

20 Dr Marcus Wheatland Blvd,
Newport, RI 02840

For more information call 401-585-8165

Space is limited, First come first serve

ACTIVITIES AND FACE PAINTING
FOR CHILDREN!



Join Our Team



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**. There may be 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.

[See our Job Opportunities](#)

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 04/30/24:

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

Anthony House, 51 Middle Rd, PORTSMOUTH 1:15pm

THURSDAY 05/02/24:

Hancock Estates, 51 Middle Rd, PORTSMOUTH 11:30am - 12:30pm

Tiverton Housing Authority, 99 Hancock Ave, TIVERTON 12:45pm - 1:45pm

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 APRI HIV/Hep C Pruebas Gratis 7:30 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.	12 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)
15	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.	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	23 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)	26 Tai Chi/Qi Gong 9 a.m. Almuerzo por la entrada Edward St. 11:30 a.m.
29	30 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)			

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.

Pre escolar: 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](#)
