

MAY 2024

Food Pantry Hours:

 Monday, Wednesday, Friday daytime: 10 a.m.-2 p.m.

 Wednesdays evening: 4-6 p.m.

 Tuesday, Thursday daytime: 12-3 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		Toning in '24 8:30 a.m. LIHEAP Outreach 10 a.m. Senior Lunch & Learn 12 p.m.	Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m.	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.
Newport Public Library lobby outreach 10 a.m.-2 p.m. Dinner & Lotería 5-6:30 p.m.	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)	Toning in '24 8:30 a.m. United Healthcare lobby outreach 10 a.m.-2 p.m.	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.	Tai Chi/Qi Gong 9 a.m. MLK Friends Lunch 11:30 a.m.-1 p.m.
Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m.	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. Live from the Loading Dock: Parkside - Edward Street park (Jesus Andujar and Grupo Sazon) 4:30-6 p.m.	URI Blood Pressure Checks (Edward Street) 7:30 a.m. Self Defense Seminar 9 a.m. (RSVP: 401-846-4828, ext. 124) 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.	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. (bosWell Advocate available)
HIV/Hep C Testing 7:30 a.m. (Edward Street)	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.	Toning in '24 8:30 a.m.	Produce to the People 10 a.m. Soup @ Edward St. 11:30 a.m. Community Dinner 5 p.m. MFP West House 12 p.m. (residents only)	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.
CENTER CLOSED MEMORIAL DAY	Yoga with Katie 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 12 p.m.	Toning in '24 8:30 a.m. bosWell Advocate available (front lobby) 10 a.m.-2 p.m. MLK Friends Dinner 5:30 p.m.	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. (residents only)	Tai Chi/Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m.

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. **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. ****PAUSED UNTIL FURTHER NOTICE****
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