



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, November 10, 2023

A Huge Thank You to our Friends at St. George's School!



Last Saturday, the students and faculty from St. George's School delivered an incredible **5,577 pounds** of food from their **Feed a Friend Food Drive**. This is almost **double the amount** from the year before!

Food Drives like this help us **feed thousands of people and families**. We are so grateful to our friends at St. George's School who made this huge donation possible. **Thank you!**



We Need Holiday Heroes

you can turn
DONATIONS
 into...



giftcards toys holiday meals

GIVE TODAY! 

Thanksgiving is only **2 weeks away!** **690 families** are already signed up for Thanksgiving Meal Help. **810 children** are registered for Santa's Workshop. **The need is great and this holiday season, we need your generosity more than ever.**

If you're in a position to help, please give.

Not sure how you can give? There are so many options available. Donating online allows funds to go directly to our Holiday Programs. You could also donate **supermarket gift cards** in \$20 increments or **retail gift cards** in \$25 increments. You could donate **toys from our toy list** or **host a drive** in your neighborhood or business.

If you are ready to give today, **click the button below.** Visit our website for more information on how to donate, what to donate, where to bring your donation, and more.

[Support MLK Holiday Programs](#)

[Learn More about Holiday Help Programs](#)

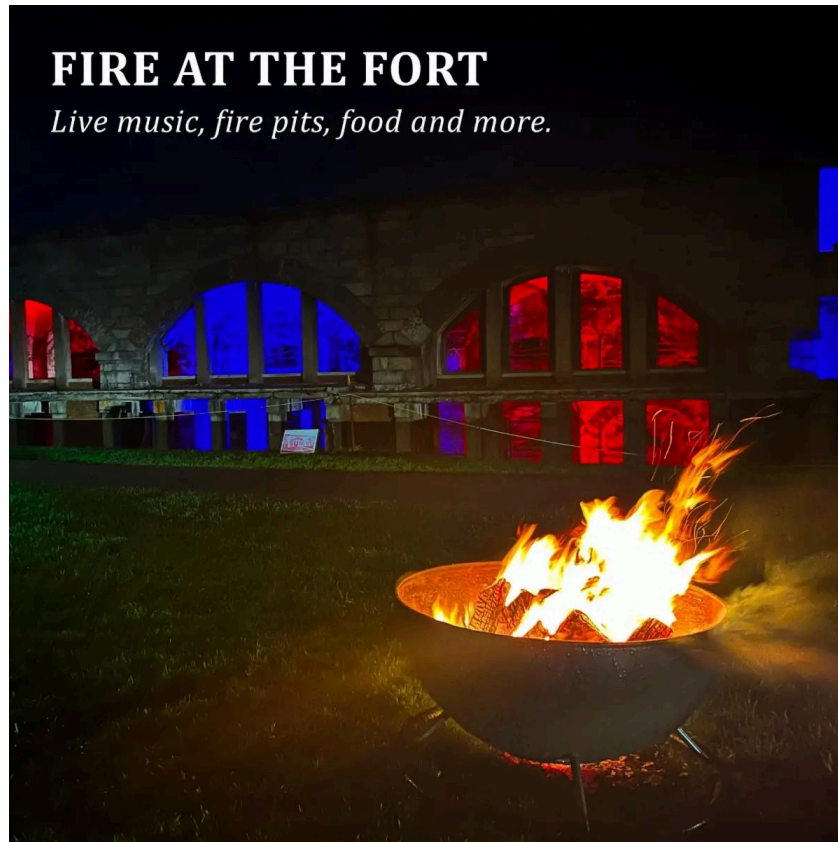
Centreville Bank Volunteers



Thank you to the our friends at [Centreville Bank](#) who returned to the Center for part two of **sharing helping hands and generous hearts**. The team **donated (and assembled)** a dollhouse, Lego activity table, and a bookcase **for our Preschool**. Our kids loved their new classroom activities and we love sharing great moments like these with you. **Volunteers make it happen at the MLK!**



Food + Fire + Fort = Fun



FIRE AT THE FORT

Live music, fire pits, food and more.

Are you looking for an outing for **Saturday Night**? Whether it's date night or family night, the perfect night awaits at Fort Adams! RSVP to the free **Fire at the Fort** event for a magical night of **live music** by the Larry Brown Swinglane Orchestra, **fire pits, food and community**. You can help stock our shelves by bringing **nonperishable food items for the food drive to benefit the MLK**.

You are invited to **bring your old/used flags** for a **Flag Retirement Ceremony** provided by Boy Scout Troop 1 Portsmouth, RI.

RSVP today for a beautiful fire lit evening tomorrow!

REGISTER TODAY

Closing for Veteran's Day



The MLK Community Center administrative offices and all on-site programs will be **CLOSED** on **Monday November 13th, 2023** in observance of **Veteran's Day**. Thank you to the brave men and women who risk their lives for our country.

Get Ready for Giving Tuesday

GIVING TUESDAY

[Giving Tuesday](#) is coming!

On **Tuesday, November 28th, 2023**, join the MLK Community Center and organizations from across the globe in a day of generosity.

You can help make a difference in Newport County.... and around the world.

MLK Friends' Lunch

DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

YOU'RE INVITED TO A
MLK FRIENDS LUNCH

PREPARED BY
EDMILSON BARBOSA

FRIDAY, NOVEMBER 10
11:30 - 1:00 PM

ST. PAUL'S UNITED METHODIST CHURCH
12 MARLBOROUGH ST.

First come first served; space is limited

DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

ÚNASE CON NOSOTROS PARA LOS
MLK FRIENDS LUNCH

PREPARADA POR
EDMILSON BARBOSA

VIERNES, 10 DE NOVIEMBRE
11:30AM - 1:00PM

ST. PAUL'S UNITED METHODIST CHURCH
12 MARLBOROUGH ST.

Por orden de llegada; el espacio es limitado

It's that time again! Come to **St. Paul's United Methodist Church TODAY at 11:30am** to enjoy community over a delicious Brazilian meal prepared by Edmilson Barbosa.

MLK Friends' Lunches and Dinners are offered monthly. MLK Friends' **Lunches** are offered the **2nd Friday of each month from 11:30am to 1:00pm**. MLK Friends **Dinners** are offered the **last Wednesday of each month from 5:30pm to 6:30pm**.

To **sponsor** a MLK Friends Lunch or Dinner: please Contact Alyson Novick at 401.846.4828 x102 or anovick@mlkcenter.org

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 11/14/23:

Festival Field 90 Girard Ave., NEWPORT 12:00pm - 1:00pm

THURSDAY 11/16/23:

Donovan Manor 19 Chapel St, NEWPORT 12:00pm - 1:00pm

Edgar Court, Edgar Court Cul-de-sac, NEWPORT 1:00 - 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

NOVEMBER

Food Pantry Hours Key

: 10 a.m.-2 p.m.
 : 4-6 p.m.

Program Location Key

St. Paul's United Methodist
 Community Baptist Church

Monday	Tuesday	Wednesday	Thursday	Friday
		LIHEAP Outreach 10 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residents only) Tiverton Housing Auth. 12:45 p.m.	Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
Holiday Registration 10 a.m.-2 p.m. (main lobby)	Yoga with Katie 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	Toning in '23 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (Edward St.) LivFit 5 p.m. MFP Pemberton 12 p.m. Bayside 1:30 p.m.	Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) MLK Friends Lunch 11:30 a.m.-1 p.m.
VETERANS DAY *CENTER CLOSED*	Yoga with Katie 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Festival Field 12 p.m.	Toning in '23 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Senior Lunch & Learn 12 p.m. L.E.A.D. 3 p.m. (Newport Pride Center)	PttP (MLK) 10 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Lunch 11:30 a.m. (main lobby)
APRI HIV/Hep C Testing 7:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby)	Yoga with Katie 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) Grab 'N Go Soup 11:30 a.m. (main lobby) MFP Park Holm 12 p.m. AHEPA 1 p.m.	Toning in '23 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. (main lobby) L.E.A.D. 3 p.m. (Newport Pride Center)	THANKSGIVING HOLIDAY *CENTER CLOSED*	THANKSGIVING HOLIDAY *CENTER CLOSED*
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MLK Program Information

****Registration for MLK's Holiday Help Program started on Monday, Oct. 16. Programs include Thanksgiving Assistance Program, Holiday Assistance Program and Santa's Workshop. Visit mlkcenter.org for more 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 space 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 our new pantry location Mon.-Fri. 10:00 am - 4:00 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. ****NOW AT ST. PAUL'S UNITED METHODIST CHURCH, 12 MARLBOROUGH ST.****

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

NOVIEMBRE

Clave del Horario de Despensa de Alimentos:
 🛒 : 10 a.m.-2 p.m.
 🛒 : 4-6 p.m.

Clave de la Ubicación del Programa:
 St. Paul's United Methodist
 Community Baptist Church

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
		Ayuda de Asistencia de la Calefacción (LIHEAP) 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Almuerzo con Adultos Mayores & Aprendizaje 12 p.m. L.E.A.D. 3 p.m. (Newport Pride Center) 🛒	1 Vegetales en MLK 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Hancock Estates 11:30 a.m. (residentes solamente) Tiverton Housing Auth. 12:45 p.m.	2 Tai Chi/Qi Gong 9 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Almuerzo para Llevar 11:30 a.m. (la entrada de Edward St.)	3
Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 🛒	6 Yoga con Katie 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residentes solamente)	7 Tonificación 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) L.E.A.D. 3 p.m. (Newport Pride Center) 🛒	8 Vegetales en MLK 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada de Edward St.) LivFit 5 p.m. MFP Pemberton 12 p.m. Bayside 1:30 p.m.	9 Tai Chi/Qi Gong 9 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Almuerzo con Amigos' 11:30 a.m.-1 p.m.	10
VETERANS DAY *CENTRO CERRADO*	13 Yoga con Katie 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Festival Field 12 p.m.	14 Tonificación 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Almuerzo con Adultos Mayores & Aprendizaje 12 p.m. L.E.A.D. 3 p.m. (Newport Pride Center) 🛒	15 Vegetales en MLK 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.	16 Tai Chi/Qi Gong 9 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Almuerzo para Llevar 11:30 a.m. (la entrada principal)	17
APRI HIV/Hep C Pruebas Gratis 7:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 🛒	20 Yoga con Katie 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada principal) MFP Park Holm 12 p.m. AHEPA 1 p.m.	21 Tonificación 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) L.E.A.D. 3 p.m. (Newport Pride Center) 🛒	22 DIA DE ACCION DE GRACIAS *CENTRO CERRADO*	23 DIA DE ACCION DE GRACIAS *CENTRO CERRADO*	24
Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) 🛒	27 Yoga con Katie 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Apple Creek 12 p.m. West House 1:30 p.m. (residentes solamente)	28 Tonificación 8:30 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) L.E.A.D. 3 p.m. (Newport Pride Center) 'Cena con Amigos' 5:30 p.m.	29 Vegetales en MLK 10 a.m. Registro para los Días Festivos 10 a.m.-2 p.m. (la entrada principal) Sopa para Llevar 11:30 a.m. (la entrada principal) LivFit 5 p.m. MFP Quaker Estates 12 p.m. Anthony House 1 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.

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.

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.

****El registro para MLK Programa de Ayuda a partir del lunes 16 de Octubre. Los programas incluyen asistencia para El día de Acción de Gracias y asistencia para el programa de El Taller de Santa Claus. Visita mlkcenter.org para mayor información.****

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. Cualquiera duda que tenga, contacte a Kristin, ¡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. **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

Download this Month's Calendar Here

Descargue el Calendario del Mes Aquí