



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, May 31, 2024

Goodbye and Thank you Nancy and Welcome Rebecca



Volunteers are the heartbeat of the MLK. Last year, nearly **600 volunteers** gave over **18,000 hours**. Behind every person stocking shelves, reading as a Book Buddy, teaching fitness classes, serving breakfast in the morning, helping at an events and so much more, **there was a person managing it all.**

For over 10 years, **Nancy Harten (left)** has been the lighthouse for our volunteers. She **laid the foundation** for our volunteer program, making sure **she knew every person**, greeting them with a smile as she trained them to be the **best helper they can be**, providing meaningful experiences both **best suited for their skills and time**, and most **needed in our programs.**

We are sad to see Nancy leave us but we know her retirement is **well-earned**. Nancy now **passes the torch to Rebecca Richard (right)** who will **coordinate all of our amazing volunteers** and get to know how **they keep the heart of our center beating.**

Please join us in congratulating (and thanking) Nancy and welcoming Rebecca.

We Need Volunteers!

If you are **looking for a way to make a difference** for thousands of people in Newport County, we have more **volunteer opportunities** for you!

- Mobile Food Pantry
 - Tuesdays/ Thursdays
 - 11:45am-2:00pm
- Food 2 Friends Delivery Driver
 - Tuesdays/Thursdays
 - after 11:30am
- Food Pantry Guide
 - Wednesdays
 - 4:00pm - 6:00pm

Click on the button below to register to volunteer, or contact **Rebecca Richard** via phone (401)846-4828 ext.103 or via email richard@mlkcenter.org for more info!



Register to Volunteer for the MLK

Adult Wellness thanks to Berkshire Bank



Tai Chi/ Qi Gong
is supported by
fundes like
 **BerkshireBank**

Our **Tai Chi/ Qi Gong** class happens every **Friday at 9:00am** in our exercise room. 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 all over the world and can be utilized as a form of **self-defense**.

This 2-part class is **open to all levels** and is **completely free** to the community thanks to generous funders like the **Berkshire Bank Foundation**. A grant from Berkshire Bank **helps support 20 Hunger and Wellness programs** at the Center. Thank you, [Berkshire Bank](#) for helping us build a **healthier community**.

Register for Tai Chi/ Qi Gong Today

If it's June, Produce to the People must be on the road!



Our **Summer Produce to the People schedule** for the month of June is as follows:

MONDAY: By the Park Holm Senior Center, 1 Eisenhower St, NEWPORT 2:00pm - 4:00pm

TUESDAY: Oxbow Farms, 80 Rogers Ln, MIDDLETOWN 11:00am - 1:00pm

THURSDAY: MLK Community Center, 20 Dr. Marcus Wheatland Blvd. NEWPORT 10:00am - 1:00pm

FRIDAY: Donovan Manor, 19 Chapel St, NEWPORT, 11:00am - 1:00pm

Look out for our **Produce to the People Tracker on our social media** to stay up to date where you can get your **fresh veggies this summer season!**

Over and over again our clients tell us how much **they appreciate** having fresh healthy food. **Your support** whether it's **cucumbers from your garden** or **cash donated now** helps sustain this **critical program**.

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 06/04/24:

Oxbow, 80 Rodgers Ln., MIDDLETOWN 12:00pm - 1:00pm

Lucy's Hearth 19 Valley Rd, MIDDLETOWN 1:00pm - 2:00pm (*residents only*)

THURSDAY 06/06/24:

Hancock Estates, 345 Hancock St, TIVERTON 11:30am - 12:30pm (*residents only*)

Tiverton Housing Authority, 99 Hancock St, 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

JUNE 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
Newport Public Library lobby outreach 10 a.m.-2 p.m. Produce to the People – Park Holm 2-4 p.m.	3 Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.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)	4 Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m.	5 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.	6 Tai Chi/Qi Gong 9 a.m. Produce to the People – Donovan Manor 11 a.m.-1 p.m. Lunch @ Edward St. 11:30 a.m.
Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. Produce to the People – Park Holm 2-4 p.m.	10 Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 p.m.	11 Toning in '24 8:30 a.m. Live from the Loading Dock Parkside - Edward Street park (Sidy Maiga & Company) 4:30-6 p.m. in honor of Juneteenth	12 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.	13 Tai Chi/Qi Gong 9 a.m. Produce to the People – Donovan Manor 11 a.m.-1 p.m. MLK Friends Lunch (Sponsored by Diego's) 11:30 a.m.-1 p.m. LEAD Teen Pride Party 4-6 p.m. (Newport Pride, 42 Spring St.)
HIV/Hep C Testing 7:30 a.m. (Edward Street) SNAP Outreach 10 a.m.-2 p.m. (RSVP at front desk) Produce to the People – Park Holm 2-4 p.m.	17 Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. Senior Lunch & Learn 12 p.m. (Park Holm) LivFit 5 p.m. MFP Park Holm 12 p.m. AHEPA 1 p.m.	18 *CENTER CLOSED* JUNETEENTH	19 URI 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.	20 Tai Chi/Qi Gong 9 a.m. Produce to the People – Donovan Manor 11 a.m.-1 p.m. Lunch @ Edward St. 11:30 a.m.
Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. Produce to the People – Park Holm 2-4 p.m.	24 Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Apple Creek 11:30 a.m. West House 1:15 p.m. (residents only)	25 Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. MLK Friends Dinner (Sponsored by Pour Judgement) 5:30 p.m.	26 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)	27 Tai Chi/Qi Gong 9 a.m. Produce to the People – Donovan Manor 11 a.m.-1 p.m. Lunch @ Edward St. 11:30 a.m.
Newport Public Library lobby outreach 10 a.m.-2 p.m. Mondays in Miantonomi – Miantonomi Park 2-4 p.m.	JULY 1 Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.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. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m.	3 *CENTER CLOSED* INDEPENDENCE DAY	4 Tai Chi/Qi Gong 9 a.m. Produce to the People – Donovan Manor 11 a.m.-1 p.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: A group designed to provide LGBTQIA+ youth with a monthly 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

JUNIO 2024

Los horarios de Despensa de Alimentos:

Lunes, Miércoles, Viernes, día: 10 a.m.-2 p.m.

Miércoles, noche: 4-6 p.m.

Martes, Jueves, día: 12-3 p.m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Promoción de la Biblioteca Pública de Newport en el lobby, 10am-2pm Vegetales en Park Holm 2-4 p.m.	3 Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.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)	4 Tonificación 8:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12 p.m.	5 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.	6 Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. Almuerzo por la entrada Edward St. 11:30 a.m.
Neighborhood Plan de Salud en el lobby principal 10 a.m.-2 p.m. Vegetales en Park Holm 2-4 p.m.	10 Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Festival Field 12 p.m.	11 Tonificación 8:30 a.m. 'Live from the Loading Dock: Parkside' - en el parque Edward Street. (Sidy Maiga & Company) 4:30-6 p.m. en honor al Día de la Libertad	12 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.	13 Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. 'Almuerzo con Amigos' (patrocinada por Diego's) 11:30 a.m.-1 p.m. LEAD Fiesta de Adolescentes Pride 4-6 p.m. (Newport Pride Center, 42 Spring St.)
APRI HIV/Hep C Pruebas Gratis 7:30 a.m. SNAP en el lobby principal 10 a.m.-2 p.m. Vegetales en Park Holm 2-4 p.m.	17 Yoga 8:30 a.m. SNAP en el lobby principal 10 a.m.-2 p.m. Vegetales en Oxbow 11 a.m.-1 p.m. Almuerzo & Aprendizaje con Adultos Mayores en Park Holm 12 p.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.	18 CENTRO CERRADO *DÍA DE LA LIBERTAD*	19 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.	20 Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. Almuerzo por la entrada Edward St. 11:30 a.m.
Neighborhood Plan de Salud en el lobby principal 10 a.m.-2 p.m. Vegetales en Park Holm 2-4 p.m.	24 Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.m. Sopa por la entrada Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Apple Creek 11:30 a.m. West House 1:15 p.m. (residentes solamente)	25 Clínica VNS 7:30 a.m. Tonificación 8:30 a.m. 'Cena con Amigos' (patrocinada por Pour Judgement) 5:30 p.m.	26 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residentes solamente)	27 Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. Almuerzo por la entrada Edward St. 11:30 a.m.
Promoción de la Biblioteca Pública de Newport en el lobby, 10am-2pm Vegetales en Park Holm 2-4 p.m.	1 Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.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. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m. (residentes solamente)	3 CENTRO CERRADO *DÍA DE LA INDEPENDENCIA*	4 Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. Almuerzo por la entrada Edward St. 11:30 a.m.

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 Aseoría:** Los trabajadores de salud comunitarios de bosWell ofrecen a los vecinos que califican para asistencia de alquiler, asistencia nutricional, transporte y apoyo laboral, y mas. **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 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.

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