



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

AUGUST 2024

(401) 846-4828
20 Dr. Marcus Wheatland Blvd.
Newport, RI 02840

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar subject to change. Please check in with the front desk for updated information.</p>		<p>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.</p>		
<p>Newport Public Library lobby outreach 10 a.m.-2 p.m. Produce to the People - Park Holm 2-4 p.m.</p> <p style="text-align: right;">5 </p>	<p>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)</p> <p style="text-align: right;">6 </p>	<p>Toning in '24 8:30 a.m. United Healthcare lobby outreach 10 a.m.-2 p.m. Senior Lunch & Learn (offsite; RSVP to 401-846-4828, ext. 124 or msaunders@mlkccenter.org) 12 p.m.</p> <p style="text-align: right;">7 </p>	<p>Produce to the People 10 a.m.-1 p.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.</p> <p style="text-align: right;">1 </p>	<p>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.</p> <p style="text-align: right;">2 </p>
<p>Produce to the People - Park Holm 2-4 p.m.</p> <p style="text-align: right;">12 </p> <p>*CENTER CLOSED* VICTORY DAY</p>	<p>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) Four Hearts Foundation Clothing Distribution @Edward St. 12-6 p.m. LivFit 5 p.m. MFP Festival Field 12 p.m.</p> <p style="text-align: right;">13 </p>	<p>Visiting Nurse Clinic 7:30 a.m. Toning in '24 8:30 a.m. Four Hearts Foundation Clothing Distribution @Edward St. 9:30a.m.-12:30 p.m.</p> <p style="text-align: right;">14 </p>	<p>Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 p.m. Edgar Court 1 p.m.</p> <p style="text-align: right;">15 </p>	<p>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.</p> <p style="text-align: right;">16 </p>
<p>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. MFP Newport Heights 11 a.m.</p> <p style="text-align: right;">19 </p>	<p>Yoga 8:30 a.m. SNAP Outreach 10 a.m.-2 p.m. (RSVP at front desk) Produce to the People - Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 p.m. AHEPA 1 p.m.</p> <p style="text-align: right;">20 </p>	<p>Senior Lunch & Learn 12 p.m. Live from the Loading Dock: Parkside - Edward Street park (The Pump House String Band) 4:30-6 p.m.</p> <p style="text-align: right;">21 </p>	<p>Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. Community Dinner 5 p.m. MFP West House 12 p.m. (residents only)</p> <p style="text-align: right;">22 </p>	<p>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.</p> <p style="text-align: right;">23 </p>
<p>Produce to the People - Park Holm 2-4 p.m. Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m.</p> <p style="text-align: right;">26 </p>	<p>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 12 p.m.</p> <p style="text-align: right;">27 </p>	<p>MLK Friends Dinner 5:30 p.m.</p> <p style="text-align: right;">28 </p>	<p>Produce to the People 10 a.m.-1 p.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)</p> <p style="text-align: right;">29 </p>	<p>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.</p> <p style="text-align: right;">30 </p>

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 (PAUSED STARTING 8/15): 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**

Four Hearts Foundation Clothing Distribution: Need clothing? Stop by the Edward Street entrance on Aug. 13 from 12-6 p.m. or Aug. 14 from 9:30 a.m.-12:30 p.m. for free clothing, courtesy of the Four Hearts Foundation.

L.E.A.D: Monthly events designed to provide LGBTQIA+ youth with a safe place to have fun experiences with community members, discuss challenges, and empower them to embrace their authentic selves. 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.**

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**

Produce to the People (PttP*): Free produce is available every Thursday at the MLK throughout the year. Stop in from 10 am–1 pm.

All programs are free of charge, except childhood education. Please visit www.mlkcenter.org for details.

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. 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.

Summer Adventure Camp: Register now for MLK Adventure Camp! For students entering first grade through fifth grade. July 1-Aug. 23. DHS Childcare Assistance accepted; generous scholarships available. Contact Caitlyn at (401) 846-4828, ext. 209.

After School Program (Now enrolling): 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 ext. 124.

Notary Services: Need something notarized? The MLK now offers Notary Services free of charge. Call ahead for availability. Contact Mel at (401) 846-4828 ext. 124.

Questions? Call Melanie Saunders at (401) 846-4828, ext. 124