



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, July 12, 2024

Your Support means a Meal for All

Our [Freedom from Hunger Campaign](#) is in full swing but we **still need your help!**

When you donate **cash or food** to the MLK, you are making sure everyone in Newport County has **access to healthy food** in our Food Pantry, Food 2 Friends (grocery delivery to homebound seniors), hot breakfast in the morning, and lunch in the afternoon. **Your support changes lives.** But don't take our word for it! Our friend, **Jane from Newport** said,

"I just recently became unemployed and have been utilizing the food pantry to feed my family. Your support is keeping me from becoming hungry or homeless. Thank you."

Don't wait to make a difference, donate to our Freedom from Hunger Campaign to **help make sure everyone is free from Hunger** in Newport County.



Help support hunger relief for thousands in Newport County

Kicking off Summer Camp with Ninigret Trolls!



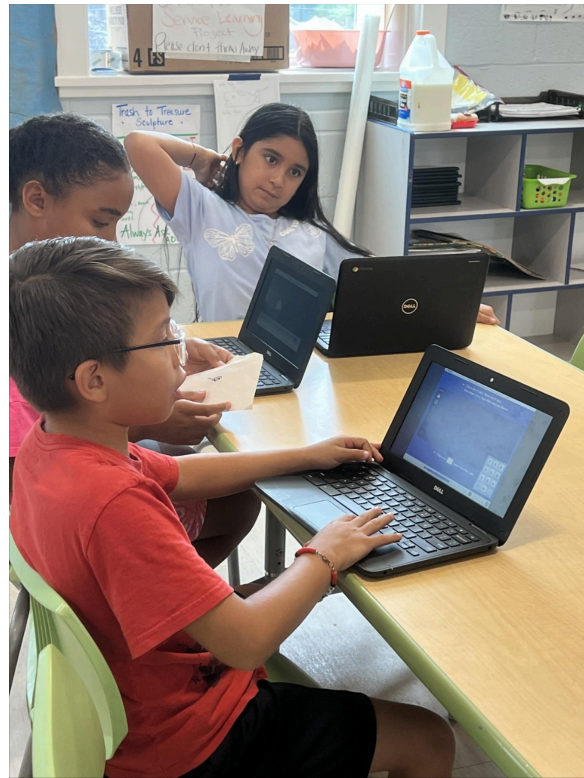
Summer Adventure Camp kicked off the season of fun and learning last week with a special **field trip to Ninigret Park!** The kids thought they were going on a nature hike and were surprised by something more magical... **a giant troll!**

[The Troll](#) is one of the pieces created by Danish artist [Thomas Dambo](#) that are **hidden around the globe.** They are made of recycled wood. The kids were amazed at the **size and magic of the art piece** and spared no time in examining it.

They then enjoyed a **short nature walk** before heading back to the Center for lunch!

Stay tuned for more Summer Camp Adventures throughout the sunny season.

STEM Learning Thanks to Northrop Grumman



In between these amazing Summer Camp Adventures, our students are enriching their minds with activities like **STEM learning!** Check out our kids learning **addition, subtraction, and more** in their Math Class. From online math games to Addition/Subtraction Bingo, our children are **having fun while working on their math skills.**

Activities that explore **Science, Technology, and Engineering and Math** are an integral part of our Summer Adventure Camp and **thanks to generous grants** from funders like [Northrop Grumman Corporation](#), we can continue to cultivate the minds of these young mathematicians! **Thank you Northrop Grumman!**

Alexus Lee Performing at Live From The Loading Dock Parkside!

Are you ready for some summer fun? Next Wednesday, we will be holding our **3rd Live From The Loading Dock Parkside** concert of the season featuring the amazing musical artist, [Alexus Lee!](#)

Alexus Lee is a **singer, songwriter, producer, educator**, and so much more! The Berklee graduate has shared stages with world class talents, has been featured in numerous online, television and print publications, and has been **nominated for Rhode Island Music Awards** for "Best Vocalist" of 2022" and "Best RnB Act" of 2023 and 2024. Her debut EP 'Offerings' released to rave reviews on September 1, 2023 and **more music is expected in 2024.**

This is a **free live concert** you don't want to miss! There will be **food provided free of charge.** We encourage you to bring your lawn chair or blanket to sit on in between dance numbers.

Come on over to the **Edward Street Pocket Park** across from the Center on **Wednesday, July 17th at 4:30pm!** We can't wait to see you.



Produce to the People



You can find you produce, **next week** at:

MONDAY 07/15/24:

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

TUESDAY 07/17/24:

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

THURSDAY 07/18/24

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

FRIDAY 07/19/24:

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

Produce to the People is offered year-round every Thursday at the Center, and seasonally remotely. All are welcome. You do not need to reside in the neighborhood to use Produce to the People. Please remember to bring your reusable bags.

Beep! Beep! Here comes the Mobile Food Pantry!



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

TUESDAY 07/16/24:

Park Holm, 1 Park Holm, NEWPORT 12:00pm - 1:00pm

AHEPA, 87 Girard Ave, NEWPORT 1:00pm - 2:00pm

THURSDAY 07/18/24:

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

Edgar Court, Edgar Court Cul-de-sac, Newport, 1:00 - 2:00 pm

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

JULY 2024



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.	Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)	Toning in '24 8:30 a.m. Senior Lunch & Learn 12 p.m. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m.	*CENTER CLOSED* INDEPENDENCE DAY	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.	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 Festival Field 12 p.m.	Toning in '24 8:30 a.m. United Healthcare lobby outreach 10 a.m.-2 p.m.	Produce to the People 10 a.m.-1 p.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. Produce to the People – Donovan Manor 11 a.m.-1 p.m. MLK Friends Lunch 11:30 a.m.-1 p.m.
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.	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.	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 (Alexus Lee) 4:30-6 p.m.	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.	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.	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.	Toning in '24 8:30 a.m.	Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. MFP West House 1:15 p.m. (residents only)	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.
Produce to the People – Park Holm 2-4 p.m.	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 Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)	Toning in '24 8:30 a.m. MLK Friends Dinner 5:30 p.m. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m.	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.	

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 p.m.

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.

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**

All programs are free of charge, except childhood education. Please visit www.mlkccenter.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. 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.

Summer Adventure Camp (Waitlist): 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.

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

JULIO 2024



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Promoción de la Biblioteca Pública de Newport en el lobby, 10 a.m.-2 p.m. Vegetales en Park Holm 2-4 p.m. 	Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.m. Sopa por la entrada Edward St. 11:30 a.m. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residentes solamente) 	Tonificación 8:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12 p.m. 	CENTRO CERRADO *DÍA DE LA INDEPENDENCIA* 	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. 	Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.m. Sopa por la entrada Edward St. 11:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12 p.m. (Park Holm) LivFit (clases de cocina) 5 p.m. MFP Festival Field 12 p.m. 	Tonificación 8:30 a.m. United Health Care en el lobby principal 10 a.m.-2 p.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 Pemberton 11:45 a.m. Bayside 1:30 p.m. 	Tai Chi/Qi Gong 9 a.m. Vegetales en Donovan Manor 11 a.m.-1 p.m. Almuerzo con Amigos 11:30 a.m.-1 p.m.
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. 	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. 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. 	Clinica VNS 7:30 a.m. Tonificación 8:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12 p.m. 'Live from the Loading Dock: Parkside' - en el parque Edward Street (Alexus Lee) 4:30-6 p.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. 	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. 	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. 	Tonificación 8:30 a.m. 	Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. MFP West House 1:15 p.m. (residentes solamente) 	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.
Vegetales en Park Holm 2-4 p.m. 	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 Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residentes solamente) 	Tonificación 8:30 a.m. 'Cena con Amigos' 5:30 p.m. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m. (residentes solamente) 	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.	

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 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.

Todos los programas son gratis, excepto los de educación. Visito www.mlkecenter.org para mas detalles.

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? 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.

Prescolar: Nuestro Programa Educacional 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

Campamento de Verano (lista de espera): Regístrese ahora para el MLK Summer Adventure Camp! Para estudiantes de 1ro a 5to grado. Del 1 de Julio al 23 de agosto. Asistencias para el cuidado de menores son aceptadas; también hay becas disponibles. Para más información, contactes Caitlyn: (401) 846, 4828, ext. 209.

¿TIENES ALGUNA DUDA O PREGUNTA? Contacta a (401) 846-4828

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