



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, July 26, 2024

Donation Made Easy with our Amazon Wishlist!

**ADD TO CART AND HELP
SUPPORT OUR FOOD PANTRY**
THANKS TO OUR AMAZON WISHLIST



SCAN FOR
AMAZON
WISHLIST



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER
**EVERYONE
DESERVES
FREEDOM
FROM
HUNGER**

**Purchase items from our
Amazon Wishlist to donate to the
Freedom from Hunger Campaign
right from your own home.**

**Remember, your donation of
cash or food will be matched
\$1 for \$1 or \$1 for pound up to \$25,000.**

Are you looking for a quick and easy way to support the [Freedom from Hunger Campaign?](#) Well, when you purchase items through our [Amazon Wishlist](#), for as little as \$1.34, you can make a difference without ever leaving home! We've made this list of **much-needed items** just for you... donate one, or donate them all!

We always try to shop local but sometimes time is tight and shopping online makes making a difference quick and easy.

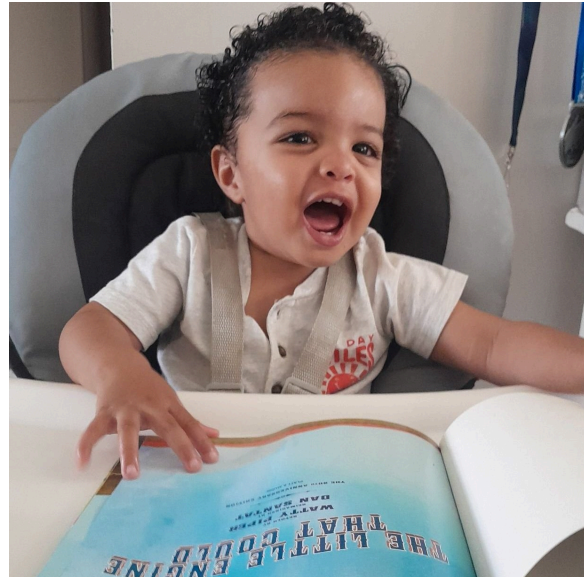
Remember! **Any cash or food donation will be matched \$1 for \$1 or \$1 for pound up to \$25,000.** Your donation could be doubled for less time spent. It's a win-win

Can't wait to donate? **You can make a difference right now by clicking the button below to donate cash or food today!**

Donate Cash Online

Donate through our Amazon Wishlist

Meet our Friend, Tyson.



Tyson is a lively and happy 15 month old with many interests like learning, playing with toy cars, making music with his shaker makers and now... reading. Tyson's family signed up for Dolly Parton's Imagination Library this year and quickly discovered his love of reading time.

"Each day we always make time to pick up a book, small or large, and flip the pages as we read to him. He follows along, and sometimes flips through the book himself to see the pictures and words. Reading is one of his favorite things to do and his absolute favorite book is The Hungry Caterpillar by Eric Carle." said Tyson's family.

"Thank you to the Dr. Martin Luther King, Jr. Community Center for partnering with the Imagination Library to provide kids like Tyson access to books to build imagination, language skills and much more."

Presented by the Bazarsky Family Foundation, [Dolly Parton's Imagination Library](#) at the MLK puts books into the hands and hearts of children from birth to age five every month, at no cost to parents. Is your little one registered? **To have your child receive free books each month**, reach out to Judy at imaginationlibrary@mlkcenter.org or call 401-924-4252.

Learn more about the Imagination Library at the MLK

Join our Team and tell the Story of the MLK!



Do you have a passion for connecting with people and storytelling? What about using social media and photography skills to make a difference?

The MLK is looking for a creative and organized self starter to help us tell the story of the Center as our **Marketing and Communications Coordinator**.

If you would like to learn more about the position, click on the button below and if you would like to apply, please send your resume to jobs@mlkcenter.org.

[View the Job Listing](#)

Peaceful Warrior is "Powered By Prince"



Focussing on our **mind-body connection** is another way to relax during summer vacation. Summer Adventure Camp classes like **Peaceful Warrior** help our students **learn tools and skills to help regulate emotions, build self-confidence, and encourage healthy eating**. The class starts with **energetic stretching and breathwork** followed by relaxing **meditation**.

Then the kids learn an **easy recipe that they can make at home**. No cooking needed! Our kids give this class a big thumbs up every year.

Last week, the kids enjoyed a [Kid Friendly Healthy Fruit Cone](#) recipe that was tasty and nutritious.

Peaceful Warrior is "**Powered by Prince**" through a grant from the [Frederick Henry Prince Memorial Fund](#) at Newport Hospital. Grants like this support the overall wellness of our students. Thank you!



MLK Friends' Dinner next Wednesday!



YOU'RE INVITED TO A SIT DOWN
**MLK FRIENDS
DINNER**



PREPARED BY
DON FITZPATRICK

WEDNESDAY, JULY 31
5:30-6:30 P.M.

MLK COMMUNITY CENTER
20 DR MARCUS WHEATLAND BLVD.

First come first served; space is limited



ÚNASE CON NOSOTROS PARA LOS
**MLK FRIENDS
DINNER**



PREPARADA POR
DON FITZPATRICK

MIÉRCOLES, 31 DE JULIO
5:30-6:30 P.M.

MLK COMMUNITY CENTER
20 DR MARCUS WHEATLAND BLVD.

Le invitamos a que se sienten con nosotros
y disfrute de una cena entre amigos

Por orden de llegada; el espacio es limitado

Produce to the People



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

MONDAY 07/29/24:

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

TUESDAY 07/30/24:

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

THURSDAY 08/01/24

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

FRIDAY 08/02/24:

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 07/30/24:

Quaker Estates, 2368 E. Main Rd., PORTSMOUTH, 12:00pm - 1:00pm

Anthony House, 51 Middle Road, PORTSMOUTH, 1:30pm - 2:30pm (**residents only**)

THURSDAY 08/01/24:

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

JULY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Newport Public Library lobby outreach 10 a.m.-2 p.m. Produce to the People - Park Holm 2-4 p.m.</p> <p>1</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. MFP Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only)</p> <p>2</p>	<p>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.</p> <p>3</p>	<p>*CENTER CLOSED* INDEPENDENCE DAY</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>4</p>
<p>Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. Produce to the People - Park Holm 2-4 p.m.</p> <p>8</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) LivFit 5 p.m. MFP Festival Field 12 p.m.</p> <p>9</p>	<p>Toning in '24 8:30 a.m. United Healthcare lobby outreach 10 a.m.-2 p.m.</p> <p>10</p>	<p>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.</p> <p>11</p>	<p>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.</p> <p>12</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.</p> <p>15</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>16</p>	<p>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.</p> <p>17</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>18</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>19</p>
<p>Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. Produce to the People - Park Holm 2-4 p.m.</p> <p>22</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 11:30 a.m.</p> <p>23</p>	<p>Toning in '24 8:30 a.m.</p> <p>24</p>	<p>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)</p> <p>25</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>26</p>
<p>Produce to the People - Park Holm 2-4 p.m.</p> <p>29</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 Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)</p> <p>30</p>	<p>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.</p> <p>31</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>	

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.**

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.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. 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. 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.	Clínica 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.mlkccenter.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 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

Campamento de Verano (lista de espera): Regístrate 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 Cathlyn: (401) 846, 4828, ext. 209.

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

Download July's Calendar Here

Descargue el Calendario del Mes Aquí



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>			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.	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. 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 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. Senior Lunch & Learn (offsite; RSVP to 401-846-4828, ext. 124 or msaunders@mlkcenter.org) 12 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. (bosWell Advocate available)
Produce to the People – Park Holm 2-4 p.m. *CENTER CLOSED* VICTORY DAY	Yoga 8:30 a.m. Produce to the People – Oxbow 11 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. (Park Holm) Senior Lunch & Learn 12 p.m. Four Hearts Foundation Clothing Distribution @Edward St. 12-6 p.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. Four Hearts Foundation Clothing Distribution @Edward St. 9:30a.m.-12:30 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.
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.	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.	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.	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)	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. Neighborhood Health Plan lobby outreach 10 a.m.-2 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 12 p.m.	MLK Friends Dinner 5:30 p.m.	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)	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 (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



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

AGOSTO 2024

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
*Calendario sujeto a cambio. Favor de checar en la recepción para información actualizada.	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.			
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. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Oxbow 12 p.m. Lucy's Health 1 p.m. (residentes solamente)	6 Tonificación 8:30 a.m. United Health Care en el lobby principal 10 a.m.-2 p.m. Almuerzo & Aprendizaje con Adultos Mayores (fuero del sitio; RSVP at 401-846-4828, ext. 124 or msaunders@mlkcenter.org) 12 p.m.	7 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 p.m. (residentes solamente) Tiverton Housing Auth. 12:45 p.m.	8 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.	12 Yoga 8:30 a.m. Vegetales en Oxbow 11 a.m.-1 p.m. 11:30 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12 p.m. (Park Holm) Fundación de Four Hearts Distribución en la entrada de Edward St. 12-6 p.m. LivFit (clases de cocina) 5 p.m. MFP Festival Field 12 p.m.	13 Clínica VNS 7:30 a.m. Tonificación 8:30 a.m. Four Hearts Foundation Clothing Distribution @Edward St. 9:30a.m.-12:30 p.m.	14 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.	15 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.
CENTRO CERRADO *DÍA DE LA VICTORIA*				
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. MFP Newport Heights 11 a.m.	19 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.	20 Almuerzo & Aprendizaje con Adultos Mayores 12 p.m. 'Live from the Loading Dock: Parkside' - en el parque Edward Street (The Pump House String Band) 4:30-6 p.m.	21 Vegetales en MLK 10 a.m. Sopa por la entrada Edward St. 11:30 a.m. Cena Comunitaria 5 p.m. MFP West House 1:15 p.m. (residentes solamente)	22 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. Neighborhood Plan de Salud en el lobby principal 10 a.m.-2 p.m.	26 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 12 p.m.	27 'Cena con Amigos' 5:30 p.m.	28 Vegetales en MLK 10 a.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)	29 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 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. **CONFIRMACIÓN 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.

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.

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

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.

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.

Mas 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.

Mas información contactar a Mia a la ext. 201.

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 (PAUSA EMPIEZA 8/15): 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.

Fundación de Four Hearts Distribución: Necesita rope? Ven por la entrada de Edward St. en Agosto 13 de 12-6 & Agosto 14 de 9:30-12:30. Ropa gratis, cortesía de la Fundación de Four Hearts.

Todos los programas son gratis, excepto los de educación. Visito www.mlkccenter.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

Servicio de Notario: ¿Necesita algo notariado? El Centro MLK ahora ofrece el Servicio de Notaria 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 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

Campamento de Verano (lista de espera): Regístrate 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, contacte Caitlyn: (401) 846, 4828, ext. 209.

Después de la escuela (inscripciones ahora): 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 August's Calendar Here](#)

[Descargue el Calendario del Mes Aquí](#)



Our Contact Information

{{Organization Name}}
 {{Organization Address}}
 {{Organization Phone}}
 {{Organization Website}}

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