



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

Friday, August 09, 2024

Add your Donation to the Pot!



We are **less than 1,000** pounds or dollars to meeting our \$25,000 match!

We are **SO CLOSE** but we need your help. When you donate to our **Freedom from Hunger** campaign you are **helping people in our community** like Sheila from Newport.

Sheila told us, "I just recently became unemployed and have been utilizing the food pantry to feed my family. It's a great help struggling to pay rent and car insurance and going to the laundrymat with limited income to live within your means. Your support is keeping me from becoming hungry or homeless. I'm struggling, but I'm humble. Thank you again"

Your donation helps us create a space that Connie from Middletown describes as more than a bag of food.

Connie said, ***"Anyone can just had out a bag of food, but it takes the extra thought that goes into building a sense of dignity for yourself. Your organization does it every day."***

Join the movement in freeing Newport County from Hunger today by donating through the button below. Your donation can still be matched \$1 for \$1 or \$1 for pound.

Donate to Free Newport County from Hunger

Free Pop Up Community Clothing Shop with Four Hearts Foundation

POP UP COMMUNITY CLOTHING SHOP!



FREE

August 13th 12:00pm-6:00pm

August 14th 9:30am-12:30pm

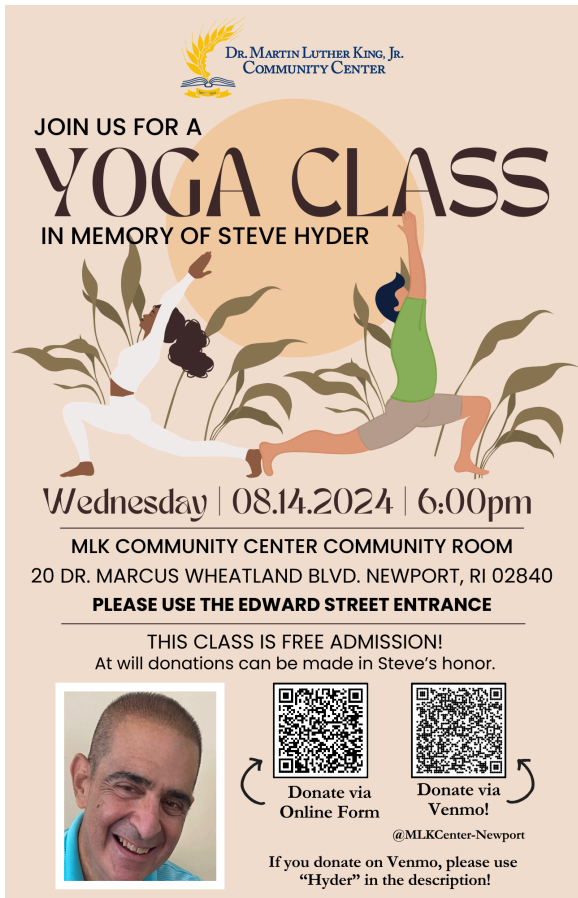
Dr. Martin Luther King Jr. Community Center,
20 Dr. Marcus Wheatland Blvd., Newport, RI 02840
Edward St. Entrance

Baby clothing, kids clothing,
adult clothing and shoes. All items are free!




Let's work together to reduce excess waste and
share items with members of our community.

Free Yoga Class in Honor of Steve Hyder



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER



JOIN US FOR A
YOGA CLASS
IN MEMORY OF STEVE HYDER




Wednesday | 08.14.2024 | 6:00pm

MLK COMMUNITY CENTER COMMUNITY ROOM
20 DR. MARCUS WHEATLAND BLVD. NEWPORT, RI 02840
PLEASE USE THE EDWARD STREET ENTRANCE

THIS CLASS IS FREE ADMISSION!
At will donations can be made in Steve's honor.

Donate via Online Form



Donate via Venmo!

@MLKCenter-Newport

If you donate on Venmo, please use "Hyder" in the description!

Come to the Center next Wednesday at 6:00pm for a free Yoga class in memory of Steve Hyder.

Steve Hyder was an incredible member of our community and we are honored to be the venue of this event.

The class is completely free but if you would like to donate in Steve's honor you can do so by clicking on the button below.

All donations made will benefit the MLK.

We hope to see you there!

Donate in Memory of Steve Hyder

Closed for Victory Day



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

★ ★ ★

The MLK Community Center will be closed in honor of

VICTORY DAY

THE CENTER WILL REOPEN THURSDAY, AUGUST 15, 2024 FOR REGULAR PROGRAMMING

— AUGUST 14, 2024 —

The MLK Community Center administrative offices and all on-site programs will be CLOSED on Monday August 12th in observance of Victory Day. We wish you a

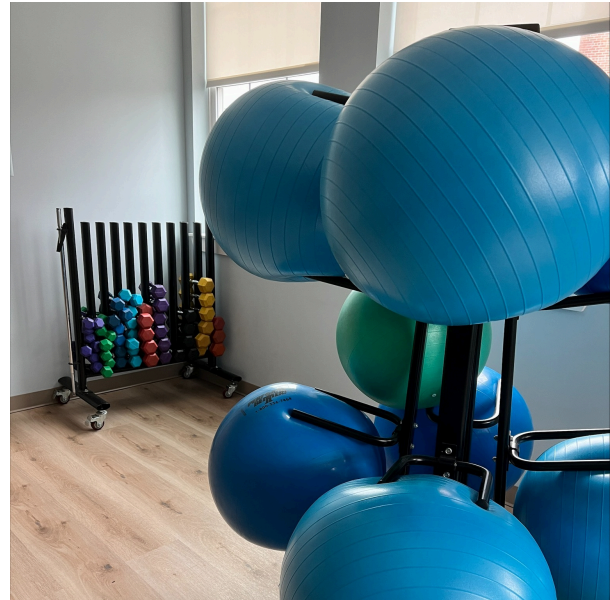
very happy August 12th and we will reopen Tuesday, August 13th for our regular schedule.

Calling All Fitness Instructors!

Are you passionate about **fitness**?
Want to get involved in your community?

The MLK is seeking a **volunteer to teach a weekly fitness class** while Toning in '24 is on pause for the remainder of 2024.

The class will take place on **Wednesdays at 8:30 a.m.** If you're interested, please contact Melanie Saunders, 401-846-4828, ext. 124 or msaunders@mlkcenter.org.



Produce to the People



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

MONDAY 08/12/24:

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

TUESDAY 08/13/24:

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

THURSDAY 08/15/24

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

FRIDAY 08/16/24:

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 08/13/24:

Festival Field, 2368 E. Main Rd., PORTSMOUTH, 12:00pm - 1:00pm

THURSDAY 08/15/24:

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

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



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>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>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>Newport Public Library lobby outreach 10 a.m.-2 p.m. Produce to the People – Park Holm 2-4 p.m.</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 Health 1 p.m. (residents only)</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 msanders@mlkcenter.org) 12 p.m.</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>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)</p>	
<p>Produce to the People – Park Holm 2-4 p.m.</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>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>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>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>*CENTER CLOSED* VICTORY DAY</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>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>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>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>Produce to the People – Park Holm 2-4 p.m. Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m.</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>MLK Friends Dinner 5:30 p.m.</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>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>	

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



AGOSTO 2024

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
<p>*Calendario sujeto a cambio. Favor de chequear en la recepción para información actualizada.</p>		<p>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.</p>		<p>1 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.</p>	<p>2 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.</p>
<p>5 Promoción de la Biblioteca Pública de Newport en el lobby, 10 a.m.-2 p.m. Vegetales en Park Holm 2-4 p.m.</p>	<p>6 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)</p>	<p>7 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 msaunder@mlkcenter.org) 12 p.m.</p>	<p>8 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.</p>	<p>9 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. (bosWell Asesoría disponible)</p>	
<p>12 Vegetales en Park Holm 2-4 p.m. CENTRO CERRADO *DÍA DE LA VICTORIA*</p>	<p>13 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) 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.</p>	<p>14 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.</p>	<p>15 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.</p>	<p>16 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.</p>	
<p>19 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.</p>	<p>20 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.</p>	<p>21 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.</p>	<p>22 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)</p>	<p>23 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.</p>	
<p>26 Vegetales en Park Holm 2-4 p.m. Neighborhood Plan de Salud en el lobby principal 10 a.m.-2 p.m.</p>	<p>27 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.</p>	<p>28 'Cena con Amigos' 5:30 p.m.</p>	<p>29 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)</p>	<p>30 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.</p>	

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. **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.

Más 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.

Más 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.

Más 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.

Más 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 ropa? 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.mlkcenter.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? Contactáanos 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 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 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}}

{{Unsubscribe}}

Volunteer

Give



You are receiving this email because you opted in to join our email newsletter list.
We promise to never share your information with third parties, or spam you.