



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

SEPTEMBER

☎ (401) 846-4828
📍 20 Dr. Marcus Wheatland Blvd.
Newport, RI 02840
🌐 www.MLKCCenter.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*CENTER CLOSED* LABOR DAY</p> <p>2</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>3</p>	<p>Senior Lunch & Learn 12 p.m.</p> <p>4</p>	<p>Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Tiverton Housing Auth. 11:30 a.m. Hancock Estates 12:45 p.m.</p> <p>5</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>6</p>
<p>Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. MFP John Chafee Blvd. 11 a.m.</p> <p>9</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 Festival Field 12 p.m.</p> <p>10</p>	<p>Healthy Habits (RI Community Food Bank) lobby outreach 10 a.m.-2 p.m.</p> <p>11</p>	<p>Chronic Pain Self-Management presented by RIPIN 9-11:30 a.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.</p> <p>12</p>	<p>Tai Chi/Qi Gong 9 a.m. ArtLink presented by Newport Art Museum 10:30 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>13</p>
<p>HIV/Hep C Testing 7:30 a.m. (Edward Street) Newport Public Library lobby outreach 10 a.m.-2 p.m. SNAP Outreach 10 a.m.-2 p.m. (RSVP at front desk)</p> <p>16</p>	<p>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>17</p>	<p>Visiting Nurse Clinic 7:30 a.m. United Healthcare lobby outreach 10 a.m.-2 p.m. Senior Lunch & Learn 12 p.m. Live from the Loading Dock: Parkside - Edward Street park (Lois Vaughan) 4:30-6 p.m.</p> <p>18</p>	<p>Chronic Pain Self-Management presented by RIPIN 9-11:30 a.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.</p> <p>19</p>	<p>Tai Chi/Qi Gong 9 a.m. ArtLink presented by Newport Art Museum 10:30 a.m. Produce to the People - Donovan Manor 11 a.m.-1 p.m. Lunch @ Edward St. 11:30 a.m.</p> <p>20</p>
<p>Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m.</p> <p>23</p>	<p>Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. Senior Lunch & Learn 12 p.m. (Park Holm) LivFit 5 p.m. MFP Apple Creek 11:30 a.m. West House 12 p.m. (residents only)</p> <p>24</p>	<p>bosWell Advocate available 10 a.m.-2 p.m. (front lobby) MLK Friends Dinner 5:30 p.m.</p> <p>25</p>	<p>Chronic Pain Self-Management presented by RIPIN 9-11:30 a.m. Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. Job Skills Workshop 5:30-7 p.m. RSVP: (401) 846-4828, ext. 124 MFP Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only)</p> <p>26</p>	<p>Tai Chi/Qi Gong 9 a.m. ArtLink presented by Newport Art Museum 10:30 a.m. Produce to the People - Donovan Manor 11 a.m.-1 p.m. Lunch @ Edward St. 11:30 a.m.</p> <p>27</p>
<p>30</p>	<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>			

MLK Program Information

All programs are free of charge, except childhood education.

RESOURCES:

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**

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.**

Lunch & Learn: Open to all older aged adults and seniors, this free lunchtime lecture features conversations with a variety of educational speakers that change monthly. Every first and third Wednesday. Enter through Edward Street.

FITNESS/WELLNESS:

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.

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.

LivFit: Cooking classes with nutrition education, taught by Kristin Niessink MS, RD, LDN. Tuesdays and Thursdays. **Contact Kristin to RSVP: (401) 368-7614.**

HUNGER SERVICES:

MLK Food Pantry: Pantry hours are Monday, Wednesday and Friday from 10 a.m. to 2 p.m. and Tuesday and Thursday from 12 to 3 p.m. Evening pantry on Wednesday from 4-6 p.m.

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.**

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

NEW PROGRAMS:

Chronic Pain Self-Management, presented by RIPIN: Take charge of your own health by learning healthy techniques in this six-week class series, presented by RIPIN.

ArtLink, presented by Newport Art Museum: Join Newport Art Museum for Free Art Workshops at the MLK. Explore creativity with our open art sessions led by teaching artist, Annabel Manning. Beginners welcome!

Job Skills Workshop, presented by Schneider Electric: Empower yourself and learn to understand your skills, strengths and potential in the workplace. You will leave with ideas to describe your unique strengths and resources for pursuing your next steps.

Daily Programs

Daily Bread: Stop by the MLK Mon.-Fri. 9 a.m. – 5 p.m. to check out assorted bread and baked goods we have available. First come, first served.

Breakfast Program: Mon.-Fri. from 7:30 – 9 am, enjoy a free breakfast. Options may vary day to day.

Preschool: Our licensed educational program is open from 8 a.m. – 5 p.m., Mon.-Fri. DHS Childcare Assistance accepted; generous scholarships available.

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.

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.

Register here for
Community Programs:



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. Call her at (401) 368-7614 to schedule an appointment.

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 or visit www.mlkcenter.org