



DR. MARTIN LUTHER KING, JR.  
COMMUNITY CENTER

# OCTOBER

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga 8:30 a.m. <b>1</b> Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Oxbow 12 p.m. Lucy's Hearth 1 p.m. (residents only) ☆	LIHEAP lobby outreach <b>2</b> 10 a.m.-2 p.m. Senior Lunch & Learn 12 p.m.	Chronic Pain Self-Management <b>3</b> 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. <b>MFP</b> Hancock Estates 11:30 a.m. Tiverton Housing Auth. 12:45 p.m. ☆	HIV/Hep C Testing 7:30 a.m. <b>4</b> (Edward Street) Tai Chi/Qi Gong 9 a.m. ArtLink presented by Newport Art Museum 10 a.m. Lunch @ Edward St. 11:30 a.m. ☆
<b>MFP</b> <b>7</b> John Chafee Blvd. 11 a.m. ☆	Yoga 8:30 a.m. <b>8</b> Soup @ Edward St. 11:30 a.m. RI Community Food Bank Focus Group Discussion 3-4 p.m. LivFit 5 p.m. <b>MFP</b> Festival Field 12 p.m. ☆	United Healthcare <b>9</b> lobby outreach 10 a.m.-2 p.m. ☆	Chronic Pain Self-Management <b>10</b> 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. <b>MFP</b> Pemberton 11:45 a.m. Bayside 1:30 p.m. ☆	Tai Chi/Qi Gong 9 a.m. <b>11</b> ArtLink presented by Newport Art Museum 10 a.m. MLK Friends Lunch 11:30 a.m.-1 p.m. (bosWell Advocate available) ☆
<b>*CENTER CLOSED*</b> <b>FEDERAL HOLIDAY</b> ☆ <b>14</b>	Flu Clinic 7:30-9 a.m. <b>15</b> (Edward Street) Yoga 8:30 a.m. Holiday Registration 10 a.m.-2 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Park Holm 12 p.m. AHEPA 1 p.m. ☆	Holiday Registration <b>16</b> 10 a.m.-2 p.m. Senior Lunch & Learn 12 p.m. ☆	Chronic Pain Self-Management <b>17</b> presented by RIPIN 9-11:30 a.m. Holiday Registration 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. <b>MFP</b> Donovan Manor 12 p.m. Edgar Court 1 p.m. ☆	HIV/Hep C Testing 7:30 a.m. <b>18</b> (Edward Street) Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. ArtLink presented by Newport Art Museum 10 a.m. Lunch @ Edward St. 11:30 a.m. ☆
Holiday Registration <b>21</b> 10 a.m.-2 p.m. SNAP Outreach 10 a.m.-2 p.m. (RSVP at front desk) ☆	Yoga 8:30 a.m. <b>22</b> Holiday Registration 10 a.m.-2 p.m. SNAP Outreach 10 a.m.-2 p.m. (RSVP at front desk) Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Apple Creek 12 p.m. ☆	Holiday Registration <b>23</b> 10 a.m.-2 p.m. ☆	Holiday Registration <b>24</b> 10 a.m.-2 p.m. Produce to the People 10 a.m.-1 p.m. Soup @ Edward St. 11:30 a.m. Community Meal 5 p.m. <b>MFP</b> West House 12 p.m. (residents only) ☆	HIV/Hep C Testing 7:30 a.m. <b>25</b> (Edward Street) Tai Chi/Qi Gong 9 a.m. Holiday Registration 10 a.m.-2 p.m. Lunch @ Edward St. 11:30 a.m. ☆
Holiday Registration <b>28</b> 10 a.m.-2 p.m. Neighborhood Health Plan lobby outreach 10 a.m.-2 p.m. ☆	Yoga 8:30 a.m. <b>29</b> Holiday Registration 10 a.m.-2 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. <b>MFP</b> Quaker Estates 12 p.m. Anthony House 1:15 p.m. (residents only) ☆	Holiday Registration <b>30</b> 10 a.m.-2 p.m. MLK Friends Dinner 5:30 p.m. ☆	Holiday Registration <b>31</b> 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. ☆	

# 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.**

**Flu Clinic:** Free and public adult clinic provided by Visiting Nurse Home & Hospice. Bring insurance card, if available.

## 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!

## 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.

**\*\*Registration for MLK's Holiday Help Program begins on Tuesday, Oct. 15. Programs include Thanksgiving Assistance Program, Holiday Assistance Program and Santa's Workshop. Visit mlkcenter.org for more information.\*\***