






































# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Calendar is subject to change. Please check in with the front desk for updated information.		<b>Food Pantry Hours:</b>  Monday, Wednesday, Friday daytime: 10 a.m. - 2 p.m.  Wednesday evening: 4 p.m. - 6 p.m.  Tuesday, Thursday daytime: 12 p.m. - 3 p.m.		<b>Breakfast Hours:</b>  Monday-Friday 7:30 a.m. - 9:00 a.m.	
<b>02 Holiday Registration 10 - 2 p.m.</b>   <b>MFP</b> John Chafee Blvd 11-12 p.m. 	<b>03 Holiday Registration 10 - 2 p.m.</b>  Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Oxbow 12 - 1 p.m. Lucy's Hearth 1-2 p.m. 	<b>04 Holiday Registration 10 - 2 p.m.</b>  Senior Lunch & Learn 12-1 p.m.  	<b>05 Holiday Registration 10 - 2 p.m.</b>  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Hancock 11:30 - 12:30 p.m. Tiverton Housing Authority 12:45 - 1:45 p.m. 	<b>06 Holiday Registration 10 - 2 p.m.</b>  Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. 	
<b>09 Holiday Registration 10 - 2 p.m.</b>   	<b>10 Holiday Registration 10 - 2 p.m.</b>  Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Festival Field 12 - 1 p.m. 	<b>11 Holiday Registration 10 - 2 p.m.</b>  <b>MFP</b> Pemberton 12 - 1 p.m. Bayside 1:30 - 2:30 p.m. 	<b>12</b>  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Quaker Estates 12 - 1 p.m. Anthony House 1:30 - 2:30 p.m. 	<b>13</b>  ArtLink Presented by Newport Art Museum 10 a.m. Lunch @ Edward St. 11:30 a.m. 	
<b>16 Santa's Workshop (by appointment only)</b>   	<b>17 Santa's Workshop (by appointment only)</b>  Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Park Holm 12 - 1 p.m. 	<b>18 Holiday Help Pick Up (by appointment only)</b>  Special Holiday Dinner sponsored by McGrath's 5:30 p.m. <b>MFP</b> Apple Creek 11:30 -12:30 p.m. West House 1:15 - 2:15 p.m. 	<b>19</b>  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. <b>MFP</b> Donovan Manor 12 - 1 p.m. Edgar Court 1-2 p.m. 	<b>20</b>  HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. ArtLink Presented by Newport Art Museum 10 a.m. Special Holiday Lunch sponsored by Newport Fraternal Order of Police 11:30- 1 p.m. 	
<b>23</b>   	<b>24</b>  Soup @ Edward St. 11:30 a.m.	<b>25</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	<b>26</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	<b>27</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	
<b>30</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	<b>31</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	<b>01</b> <b>*CENTER CLOSED* FOR HOLIDAYS</b>	<b>02</b> <b>*CENTER OPEN*</b>	<b>03</b>	



# MLK Program Information

All Programs are free of charge, except childhood education.

## 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.

## FITNESS/WELLNESS:

**Yoga:** Start your day with this relaxing exercise class. Practice holding pos-tures, 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.**

## 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 Erin at (401) 846-4828 ext. 124.**

## 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.

## NEW PROGRAMS:

**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!

**Register 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 Erin at (401) 846-4828 ext. 124.**

**\*\*Registration for MLK's Holiday Help Program ends on December, Dec. 11. Programs include Holiday Assistance Program and Santa's Workshop. Visit [mlkccenter.org/holidayhelp](http://mlkccenter.org/holidayhelp) for more information.\*\***