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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Calendar is 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.  Wednesday evening: 4 p.m. - 6 p.m.  Tuesday, Thursday daytime: 12 p.m. - 3 p.m.</p>		<p>Breakfast Hours:  Monday-Friday 7:30 a.m. - 9:00 a.m.</p> <p>Warming Center Hours:  Every night 7:00 p.m. - 7:00 a.m.</p>	
<p>03 </p> <p>Kids Wonder Lab 10 - 11:30 a.m. Kids Wonder Lab 3 - 4:30 p.m.</p> <p> </p>	<p>04 </p> <p>Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. MFP Oxbow Farms 12 - 1 p.m. Lucy's Hearth 1 - 2 p.m.</p> <p> </p>	<p>05 </p> <p>Toning with Deb 8:30 a.m. Senior Lunch & Learn 12 - 1 p.m.</p> <p> </p>	<p>06  Produce to the People 10 - 1 P.M. Soup @ Edward St. 11:30 a.m. MFP Tiverton Housing Authority 11:30 - 12:30 p.m. Hancock 12:45 - 1:45 p.m.</p> <p> </p>	<p>07  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. Tax Aid 10 :30 a.m. - 2:00 p.m. Lunch @ Edward St. 11:30 a.m.</p> <p> </p>	
<p>10 </p> <p>Kids Wonder Lab 10 - 11:30 a.m. Kids Wonder Lab 3 - 4:30 p.m. MFP John Chaffee Blvd 11 - 12 p.m.</p> <p> </p>	<p>11 </p> <p>Soup @ Edward St. 11:30 a.m. MFP Festival Field 12 - 1 p.m.</p> <p> </p>	<p>12 </p> <p>Toning with Deb 8:30 a.m.</p> <p> </p>	<p>13  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. MFP Pemberton 12 - 1 p.m. Bayside 1:30 - 2:30 p.m.</p> <p> </p>	<p>14  HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Tax Aid 10 :30 a.m. - 2:00 p.m. MLK Friends Lunch 11:30 a.m.</p> <p> </p>	
<p>17 </p> <p>Kids Wonder Lab 10 - 11:30 a.m. Kids Wonder Lab 3 - 4:30 p.m.</p> <p> </p>	<p>18 </p> <p>Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. MFP Park Holm 12 - 1 p.m. AHEPA 1:15 - 2:15 p.m. (residents only)</p> <p> </p>	<p>19 </p> <p>Senior Lunch & Learn 12 - 1 p.m.</p> <p> </p>	<p>20  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. MFP Donovan Manor 12 - 1 p.m. Edgar Court 1-2 p.m.</p> <p> </p>	<p>21  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. Tax Aid 10 :30 a.m. - 2:00 p.m. Lunch @ Edward St. 11:30 a.m.</p> <p> </p>	
<p>24 </p> <p>Kids Wonder Lab 10 - 11:30 a.m. Kids Wonder Lab 3 - 4:30 p.m.</p> <p> </p>	<p>25 </p> <p>Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. MFP Apple Creek 12 -1 p.m. West House 1:30 - 2:30 p.m.</p> <p> </p>	<p>26 </p> <p>Toning with Deb 8:30 a.m. MLK Friends Dinner 5:30 - 6:30 p.m.</p> <p> </p>	<p>27  Produce to the People 10 - 1 p.m. Soup @ Edward St. 11:30 a.m. LlvFit 5 p.m. MFP Quaker Estates 12 - 1 p.m. Anthony House 1:15 - 2:15 p.m.</p> <p> </p>	<p>28  HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Tax Aid 10 :30 a.m. - 2:00 p.m. Lunch @ Edward St. 11:30 a.m.</p> <p> </p>	
<p>31 </p> <p>Kids Wonder Lab 10 - 11:30 a.m. Kids Wonder Lab 3 - 4:30 p.m.</p> <p> </p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>	



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!

The Warming Center: The MLK will be open every night through the winter to those who need a warm place to sleep from 7 p.m. to 7 a.m.. Enter through Edward Street.

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 offers Notary Ser-vices free of charge. Call ahead for availability. **Contact Heather at (401) 846-4828 ext. 123.**