



## DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

# July 25, 2025

---

## Summer Camp Scholars

---

A core part of our Summer Camp Program is to ensure that our kids are keeping their academic skills sharp.

Time for math and literacy is built into their weekly schedules to make sure they are ready for the upcoming school year.

A lot of their activities also blend fun with learning. Last week, the kids toured the [Redwood Library and Athenaeum](#) and [Save the Bay's Hamilton Family Aquarium](#).

At the Redwood Library and Athenaeum, they learned about how one of the first libraries in the country was built, the culture around reading in the 18th and 19th centuries, and about famous painters and architects. They also got to see the the new [Jackie Gendel - Recreation Myths Art Gallery](#) (which has only been there a few weeks!)

At Save the Bay, the kids learned about local wildlife in Narragansett Bay, including harbor seals, snails, starfish, dogfish sharks, snapping turtles, hermit crabs, jellyfish and more! They loved getting up close and personal with the wildlife and asking the staff questions.

We are so grateful to our friends at the Redwood Library and Save the Bay for hosting our campers, guiding their learning, and helping provide the type of Newport summer that every child deserves.



## Support Summer Camp

---

### The Ravers Rocked!

---



**The Ravers** were an absolute blast! We had around 170 attendees, which is the most in Live from the Loading Dock - Parkside history! We had so much fun jamming alongside our community on a beautiful summer evening. Thank you so much to The Ravers and to all of you for coming.

Check out the pictures from the performance!

**Make sure to mark your calendars for Wednesday, August 20 for the next Live from the Loading Dock - Parkside performance with Los Inocentes Del Rancho!**

We hope to see you there for another great night of music, food, and community.



---

### MLK Friends Dinner

---

This month's MLK Friends Dinner is around the corner next **Wednesday, July 30 from 5:30 p.m. to 6:30 p.m.**

We are excited to have our friends from **St. Mary's Episcopal Church in Portsmouth** to be joining us as the sponsors, chefs, and servers of the meal! They are preparing a meal fit for a classic summer evening:



**Sliced ham and turkey, tossed green salad, pesto pasta salad, rolls with butter, lemonade, and cookies for dessert!**

We can't wait to see you there!



## MLK Friends Dinner

**WEDNESDAY, JULY 30, 5:30 - 6:30 P.M.**

**MIÉRCOLES, 30 DE JULIO, 5:30 - 6:30 P.M.**

Join us for a meal donated, prepared, and served by our friends from **St. Mary's Episcopal Church - Portsmouth**

### **MENU:**

Sliced Honey Baked Ham  
Sliced Honey Baked Turkey  
Tossed Green Salad  
Pesto Pasta Salad  
Rolls with Butter  
Lemonade  
Cookies

Enjoy a sit down meal with friends and neighbors. First come, first served.

*Le invitamos a que se sienten con nosotros y disfrute de una cena entre amigos. Por orden de llegada.*



DR. MARTIN LUTHER KING, JR.  
COMMUNITY CENTER

For more information, email Erin Patel at [epatel@mlkccenter.org](mailto:epatel@mlkccenter.org) or call 401-846-4828 x124

Para obtener más información, contactar Erin Patel a [epatel@mlkccenter.org](mailto:epatel@mlkccenter.org) y 401-846-4828 x124

## Mindfulness, Movement, and Healthy Cooking: Powered by Prince

Thanks to the **Powered by Prince** program at Newport Hospital, kids in Preschool and Summer camp have access to classes this summer that teach them about movement, mindfulness, and healthy cooking.

The kids are learning to support positive physical and mental health through guided meditation and yoga practices as well as how good nutrition can impact their physical and emotional wellness.

In honor of shark week, the kids made parfaits with an ocean of yogurt, raspberries, and blueberries, graham cracker sand, and a beach umbrella, with the option of one gummy shark, dolphin, or sea turtle. They had fun while learning to make a healthy snack! (Yes, they got one piece of candy, but only one! They are learning that healthy eating is about balance, not restriction.)

We are so grateful to have partners who help provide these valuable foundations for a healthy lifestyle for our kids.



## Kids' Wonder Lab: Registration Opens July 28



**Registration for New Session  
Opens July 28**

**Mondays 10:00 - 11:30 a.m.**  
**August 4 - October 6**

\*No sessions on 8/11 or 9/1 due to holiday closures

**Free of Charge for 10 Week Session**

Registrations submitted before  
July 28 will not be accepted

\*We ask that you do not register if  
you can't make at least 8/10 sessions

**Presented by**

 **DR. MARTIN LUTHER KING, JR.  
COMMUNITY CENTER** & **The Bazarsky Family  
Foundation**

**Registration required:**

401.846.4828 x124 [epatel@mlkccenter.org](mailto:epatel@mlkccenter.org)

**Registration for a new session of The Kids' Wonder Lab opens on Monday, July 28.** We are so proud of how this program has grown and all the little smiles we get to see every Monday. The kids love the themed activities every week and the chance to explore with sensory learning. If your child hasn't gotten the chance to experience it yet, this is your chance to sign up!



**The new session runs from August 4 to October 6, with the exception of 8/11 and 9/1 due to holiday closures.**

We are only doing the morning session this time around, but we hope to get the afternoon session back in the future!

Please email our Community Programs Manager, Erin Patel, at [epatel@mlkccenter.org](mailto:epatel@mlkccenter.org). **Please wait until July 28 to email Erin, as we would like to ensure everyone has an equal opportunity to register.**



---

## **Last Chance to Support the MLK with Thoughtful Tuesdays**

---

There is only one more chance to support the MLK with Thoughtful Tuesdays at the **Newport Harbor Resort's Torpedo Bar & Lounge!**

When you dine at the Torpedo Bar & Lounge on Tuesday, July 29, 10% of your bill will support our 25+ programs that strengthen Newport County.

Dinner, a view, and something you can feel good about? Thoughtful Tuesdays are calling!



---

## Cereal Needed!

---

Who doesn't love a bowl of cereal? Whether it's for breakfast in the morning or a midnight snack, everyone loves a bowl now and then. As a result, we struggle to keep cereal on our shelves. **If you are looking for a way to support the Center and our Food Pantry, we are looking for a variety of brands and flavors of cereal.**

We receive donations Monday – Friday 8:30 – 5:00 at the Loading Dock. Ring the bell at the Donations and Deliveries door and we'll be glad to receive your donation. **Don't have time to shop? You can make a donation to the food pantry and we will do the shopping for you. [Just click here!](#)**



Give to the Food Pantry

---

## Beep! Beep! Here Comes the Mobile Food Pantry!

---





Here's next week's Mobile Food Pantry Locations:

**Tuesday 7/29/25:**

Anthony House, 51 Middle Rd. Portsmouth RI 1:15 p.m. - 2:15 p.m.  
*Residents Only*

*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

[Download July calendar Here](#)

[Descargue el Calendario  
del Julio 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.