



September 12, 2025

Welcoming Our New Board Members!

We are excited to announce the addition of new members to the MLK Board of Trustees.

(From left to right) Join us in welcoming **Tara Primis, Jeff Brooks, Deanna Conhenny, David Wendell**, and **John Thompson** (not pictured).

You can learn more about our board on our website by [clicking here](#).

Thank you so much to retiring trustees John Rok, Rebecca Knapp LeBlanc, and David Schuller for their service. Your time on the board may be ending, but we know your connection to the MLK endures.

We will formally welcome our new trustees at the 2025 Keeper of the Dream and Annual Meeting on Monday, October 20 from 5:30 to 7:00 p.m at the Center. **Stay tuned for**

the invitation to RSVP. The event is free and open to all, but registration is required.



9/11 Remembrance

Yesterday marks the anniversary of one of our nation's greatest tragedies. We would like to honor those who were lost as a result of what occurred on 9/11.



We Remember.
Nosotros Recordamos.
9.11.2001



Situational awareness training with Newport PD

Mark your calendars! **On Wednesday, September 17 from noon to 1 p.m.**, our friends from the **Newport Police Department Community Policing Unit** will be guiding us and our Lunch & Learn participants through **self-defense and situational awareness training**.

Lunch & Learn is offered every first and third Wednesday of the month and geared towards older adults. If you'd like to join us for a delicious meal and an informative afternoon, we'd love to have you.



**Join us and Newport Police Officers from the
Community Policing Unit for self-defense and
situational awareness training.**



Wednesday, Sept. 17 @ 12:00 p.m.
@ MLK Community Center,
20 Dr. Marcus Wheatland Blvd.,
Free and open to all in Newport County!

**The Kids' Wonder Lab is apple-solutely
amazing this Fall**

Fall came early in The Kids' Wonder Lab for our preschoolers this week. They enjoyed some apple themed, sensory activities. They "picked" apples, made apple pie with play dough, washed apples, and sampled apple chips, apple slices, and apple cranberry juice.

They had an apple-solutely amazing time!

The Kids Wonder Lab is currently in it's third session, but stay tuned for announcements on registration for the next session if you are interested in free, sensory learning classes for your child.



Rinse & Renew 9.16.25

We are grateful to **Newport Health Equity Zone** for making next week's Rinse & Renew session possible.

Rinse & Renew will continue next Tuesday, September 16 from 9:00 a.m. to 2:00 p.m., for anyone in the community who needs a fresh shower.

As always, towels, toiletries, and clean underwear and socks will be provided.

Showers are free and open to all. Please share with the community.



Rinse & Renew
Free Showers at the MLK

Tuesday, Sept. 16, 9:00 a.m. - 2:00 p.m.
Mobile Shower Unit behind MLK Community Center
20 Dr. Marcus Wheatland Blvd. Newport RI

Towels and toiletries will be provided. Clean underwear and socks will be available.
Free and Open to all: First come, first served.

This Session is Sponsored By:
Newport Health Equity Zone

 DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

Enjuágate y Renuévate

Duchas gratuitas en el MLK



Martes, 16 de Septiembre, 9:00 a. m. – 2:00 p. m.

Unidad de duchas móviles detrás del MLK Community Center
20 Dr. Marcus Wheatland Blvd. Newport RI

Se proporcionarán toallas y artículos de aseo personal. Habrá ropa interior y calcetines limpios disponibles.

Gratis y abierto a todos: Por orden de llegada.

Esta sesión es patrocinada por:
Newport Health Equity Zone



Join us for Lunch Every Tuesday, Thursday, and Friday

Three times a week, we offer a free, healthy and hearty lunch to anyone in the community who would like a delicious afternoon meal.

Soups, sandwiches, and salads are staples on our lunch menus, but we also rotate pasta dishes, shepherd's pie, pulled pork sandwiches, and other tasty favorites.

We hope to see you for lunch on Tuesdays, Thursdays, and Fridays from 11:30 a.m. to 1:00 p.m.

All meals are first come, first serve and free and open to anyone.



Side Dishes Needed!

Sometimes the sides really do make the meal! **We are in need of side dishes like rice pilaf, yellow rice, rice and beans, or any pasta side dishes.** These are really popular with our clients and we get requests for them often.

We struggle to keep side dishes on the shelves. Can you help?

We receive donations Monday – Friday 8:30 a.m. – 5:00 p.m. 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!](#)**

DONATIONS NEEDED

MLK FOOD PANTRY



SIDES



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

Give to the Food Pantry

Beep! Beep! Here Comes the Mobile Food Pantry!



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

Monday 9/15/25:

59 Chafee Blvd. Newport RI 12:00 p.m. - 1:00 p.m.

Tuesday 9/16/25:

1 Park Holm Newport RI 12:00 p.m. - 1:00 p.m.

AHEPA Apartments, 87 Girard Ave. Newport RI 1:15 p.m. - 2:15 p.m.

Residents Only

Thursday 9/18/25:

Donovan Manor, 19 Chapel St. Newport RI 12:00 p.m. - 1:00 p.m.

Edgar Court Cul-de-sac Newport RI 1:00 p.m. - 2:00 p.m.

*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 September calendar
Here

Descargue el Calendario
del Septiembre Aquí



Our Contact Information

Dr. Martin Luther King Jr.
Community Center
20 Dr. Marcus Wheatland Blvd.
Newport, RI 02840
401.846.4828
<http://www.mlkccenter.org>

[Unsubscribe](#) | [Manage email preferences](#)

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.