

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calendar is subject to change. Please check in with the front desk for updated information.		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.		Breakfast Hours:  Monday-Friday 7:30 a.m. - 8:30 a.m. Mobile Food Pantry (MFP):  Residents Only
				Holiday Help Registration: Mon. - Fri. 10 a.m. - 2 p.m. Produce to the People: PTTP
29	30	01 ArtLink 10 a.m. Senior Lunch & Learn 12 - 1 p.m. PTTP Oxbow Farms 1 - 3 p.m.	02 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Hancock 12:00 - 1:00 p.m. PTTP MLK 10 - 1 p.m.	03 HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.
06 Kids Wonder Lab 10 - 11:30 a.m. MFP Tiverton Housing Authority 12 - 1 p.m. PTTP Park Holm 1 - 3 p.m.	07 Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow Farms 12 - 1 p.m.  Lucy's Hearth 1 - 2 p.m.	08 ArtLink 10 a.m. PTTP Oxbow Farms 1 - 3 p.m.	09 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Pemberton 12 - 1 p.m. Bayside 1:15 - 2:15 p.m. PTTP MLK 10 - 1 p.m.	10 HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.
13 The Center Will Be Closed for Federal Holiday	14 Holiday Help Registration Begins MLK Showers 9 a.m. - 2 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 - 1 p.m.	15 ArtLink 10 a.m. Senior Lunch & Learn 12 - 1 p.m. PTTP Oxbow Farms 1 - 3 p.m.	16 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 - 1 p.m. Edgar Court 1 -2 p.m. PTTP MLK 10 - 1 p.m.	17 HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.
20 Kids Wonder Lab 10 - 11:30 a.m. Keeper of the Dream & Annual Meeting 5:30 - 7 p.m. MFP John Chafee Blvd 12 - 1 p.m. PTTP Park Holm 1 - 3 p.m.	21 Yoga 8:30 a.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Park Holm 12 - 1 p.m.  AHEPA 1:15 - 2:15 p.m.	22 ArtLink 10 a.m. LivFit 5 p.m. PTTP Oxbow Farms 1 - 3 p.m.	23 Soup @ Edward St. 11:30 a.m. Community Meal Site Dinner 5 p.m. MFP  West House 12:00 - 1:00 p.m. PTTP MLK 10 - 1 p.m.	24 HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.
27 Kids Wonder Lab 10 - 11:30 a.m. MFP Apple Creek 12 -1 p.m. PTTP Park Holm 1 - 3 p.m.	28 Yoga 8:30 a.m. MLK Showers 9 a.m. - 2 p.m. Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 - 1 p.m.	29 ArtLink 10 a.m. MLK Friends Dinner 5:30 - 6:30 p.m. PTTP Oxbow Farms 1 - 3 p.m.	30 Soup @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP  Anthony House 1:00 - 2:00 p.m. PTTP MLK 10 - 1 p.m.	31 HIV/ Hep C Testing 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.

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 Emilio at 401.846.4828 x108.**

Produce to the People (PPTP): Free produce is available every Thursday at the MLK throughout the year from 10 am–1 pm. During the warmer months, we visit three locations in Newport and Middletown.

FITNESS/WELLNESS:

Yoga: Start 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. Free and great for all levels of movement.

LivFit: Free 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 – 8:30 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: 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.

Looking for more? Reach out to us for info on other community resources at **401.846.4828.**

ENRICHMENT 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!

Senior 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.

The Kids Wonder Lab: Free sensory play and learning for kids aged 18 months to 4 years old. Children have the opportunity to enhance developmental and social skills through play. For more info and availability Call Erin at 401.846.4828 x124.

Live From the Loading Dock - Parkside: Our summer concert series is free and open to all. Performances are held once a month on Wednesdays at the Pocket Park across from the Edward Street Entrance to the Center.

RESOURCES:

Free, Confidential HIV / Hep C Testing: Every third Monday from 7:30-9 a.m. **For more information, call APRI at 401.831.5522.** Presented in partnership with AIDS Proj-ect RI.

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 help you learn about your dietary needs and help you make changes in your diet. **Call her at 401.368.7614 to register.**

Notary Services: Need something notarized? The MLK offers Notary Services free of charge. Call ahead for availability. **Contact Heather Lynch at 401.846.4828 ext. 123.**