

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES				
Calendario sujeto a cambio. Favor de checar en la recepción para información actualizada.		Los horarios de Despensa de Alimentos:  Lunes, Miércoles, Viernes, día: 10 a.m. - 2 p.m.  Miércoles, Noche: 4 p.m. - 6 p.m.  Martes, Jueves, día: 12 p.m. - 3 p.m.			Los horarios de Desayuno:  Lunes - Viernes 7:30 a.m. - 8:30 a.m. Dispensa Móvil (MFP):  Solo Residentes		Registro para los Dias Festivo: Mon. - Fri. 10 a.m. - 2 p.m. Vegetales en MLK: PTTP	
03  El maravilloso laboratorio 10 - 11:30 a.m. MFP  Hancock 12 - 1 p.m. PTTP Park Holm 1 - 3 p.m. 	04  Yoga 8:30 a.m. Sopa @ Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP  Oxbow Farms 12 - 1 p.m. Lucy's Hearth 1 -2 p.m. 	05  ArtLink 10 a.m. Almuerzo & Aprendizaje con Adultos Mayores 12-1 p.m 	06  Sopa @ Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Tiverton Housing Authority 12 - 1 p.m. PTTP MLK 10 - 1 p.m. 	07  HIV/ Hep C Pruebas 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Almuerzo @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m. 				
10  El maravilloso laboratorio 10 - 11:30 a.m. MFP Festival Field 12 - 1 p.m. PTTP Park Holm 1 - 3 p.m. 	11  CENTRO CERRADO POR EL DÍA DE LOS VETERANOS	12  ArtLink 10 a.m. LivFit (clases de cocina) 5 p.m. 	13  Sopa @ Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Pemberton 12 - 1 p.m. Bayside 1:30 - 2:30 p.m. PTTP MLK 10 - 1 p.m. 	14  Finaliza el registro para ayuda durante las fiestas SOLO PARA EL DÍA DE ACCIÓN DE GRACIAS HIV/ Hep C Pruebas 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Almuerzo @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m. 				
17  El maravilloso laboratorio 10 - 11:30 a.m. MFP John Chafee Blvd 12 - 1 p.m. PTTP Park Holm 1 - 3 p.m. 	18  Yoga 8:30 a.m. Sopa @ Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP  Park Holm 12 - 1 p.m. AHEPA 1:15 - 2:15 p.m. 	19  Distribución de comida de acción de gracias 10 a.m. - 4 p.m. ArtLink 10 a.m. 	20  Distribución de comida de acción de gracias 10 a.m. - 4 p.m. Sopa @ Edward St. 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Donovan Manor 12 - 1 p.m. Edgar Court 1 -2 p.m. PTTP MLK 10 - 1 p.m. 	21  Distribución de comida de acción de gracias 10 a.m. - 4 p.m. HIV/ Hep C Pruebas 7:30 - 9 a.m. Tai Chi / Qi Gong 9 a.m. Almuerzo @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m. 				
24  El maravilloso laboratorio 10 - 11:30 a.m. LivFit (clases de cocina) 5 p.m. MFP Apple Creek 12 -1 p.m. PTTP Park Holm 1 - 3 p.m. 	25  Yoga 8:30 a.m. Sopa @ Edward St. 11:30 a.m. MFP West House 12 - 1 p.m. 	26  ArtLink 10 a.m. Almuerzo Festivo 11:30 a.m. - 1:00 p.m. MFP  Quaker Estates 12 - 1 p.m. Anthony House 1:15 - 2:15 p.m. 	27  CENTRO CERRADO POR DÍA DE ACCIÓN DE GRACIAS	28  CENTRO CERRADO POR DÍA DE ACCIÓN DE GRACIAS				

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.

RESOURCES:

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.**