

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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.  Saturday Morning: 10:00 a.m. - 1:00 p.m.		Breakfast Hours:  Monday-Saturday 7:30 a.m. - 8:30 a.m. Mobile Food Pantry (MFP):  Residents Only		Produce to the People: PTTP Saturdays: The MLK is open for the Breakfast program and Food Pantry only.
29	30	31	01 THE CENTER IS CLOSED FOR NEW YEAR'S DAY	02 Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	03	
05 PACE tabling in Lobby 10 a.m. - 12 p.m. PTTP Park Holm 1 - 3 p.m.	06 Yoga 8:30 a.m. Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Tiverton Housing Authority 12 - 1 p.m. Hancock 1 - 2 p.m.	07 ArtLink 10 a.m. LIHEAP Tabling in Lobby 10 a.m. - 12 p.m. Senior Lunch & Learn 12 - 1 p.m.	08 Lunch @ 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 a.m. - 1 p.m.	09 HIV/AIDS Testing 7- 9 a.m. Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	10	
12 Kids Wonder Lab 10 - 11:30 a.m. PTTP Park Holm 1 - 3 p.m.	13 Yoga 8:30 a.m. Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Oxbow Farms 12 - 1 p.m. Park Holm 1:30 - 2:30 p.m.	14 ArtLink 10 a.m.	15 Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Donovan Manor 12 - 1 p.m. Edgar Ct. 1 - 2 p.m. PTTP MLK 10 a.m. - 1 p.m.	16 Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	17	
19 THE CENTER IS CLOSED FOR MLK DAY Keeper of the Dream & Annual Meeting 5 - 7 p.m.	20 Yoga 8:30 a.m. Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Bourne Mill 12 - 1 p.m. Apple Creek 1:15 - 2:15 p.m.	21 ArtLink 10 a.m. Newport Mental Health Tabling in Lobby 10 a.m. - 2 p.m. Senior Lunch & Learn 12 - 1 p.m.	22 Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Quaker Estates 12 - 1 p.m. Anthony House 1:15 - 2:15 p.m. PTTP MLK 10 a.m. - 1 p.m.	23 Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	24 Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.	
26 Kids Wonder Lab 10 - 11:30 a.m. PTTP Park Holm 1 - 3 p.m.	27 Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP Festival Field 12 - 1 p.m. Lucy's Hearth 1 - 2 p.m.	28 ArtLink 10 a.m. Community Health Network RI Tabling in Lobby 11 a.m. - 1 p.m. MLK Friends Dinner 5:30 - 6:30 p.m.	29 Lunch @ Edward St. 11:30 a.m. LivFit 5 p.m. MFP West House 12 - 1 p.m. PTTP MLK 10 a.m. - 1 p.m.	30 Tai Chi / Qi Gong 9 a.m. Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	31 Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 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. The pantry is open on Saturdays from 10:00 a.m. - 1:00 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.-Sat. 9 a.m. – 5 p.m. to check out assorted bread and baked goods we have available. First come, first served.

Breakfast Program: Mon.- Sat. 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.**

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.**