



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

July 31, 2026

Summer Camp Adventures Continue!





Our community partner Revka from [**Revka Dance**](#) has been leading our campers through Movement and Mindfulness sessions here at the Center. These activities help kids learn self-regulation and stress relief, and more social-emotional tools by practicing mindfulness and body relaxation. Thanks, Revka, for helping our students find their Zen.

Our MLK Summer Camp adventures continue! Our friends from the [**International Tennis Hall of Fame**](#) come each summer to give our kids tennis lessons on the courts behind the Center. How great is it to learn from the best? We are always so grateful for this experience.

We've been spending a lot of time outdoors! Our campers have been enjoying the beautiful local trails of the [**Aquidneck Land Trust**](#). Our campers also had fun using watercolor paint to create their favorite outdoor scenes. (Bottom middle photo credit to the Aquidneck Land Trust)

They continued their hands-on, outdoor education about our local wildlife and ecosystems with the [**Norman Bird Sanctuary**](#). How great is it that we have these amazing places right in our community? Thank you for making it accessible to our kids. (Photo Credit for bottom right photo: [**Nautilus Photography**](#))

Summer at the MLK is eight weeks of fun and friendships for our campers, and high quality childcare for our working families. **Summer Camp only happens because of generous people like you. To support this vitally important program, click the button below.**

Support MLK Summer Camp





A very special dinner, thanks to the Aramli Foundation and BedJet

118 guests joined us for last night's MLK Friends' Dinner sponsored by the [**Aramli Foundation**](#) and [**BedJet**](#), featuring food prepared by [**Stoneacre Hospitality**](#). Volunteers from BedJet and Stoneacre dished up a delicious menu with a side of smiles.

We are so grateful to have community partners who come together like this for Newport County to provide such a special meal. What a treat!





Because of you, lots of Newport County kids have breakfast this summer

We asked, and you are answering. We are so grateful to everyone who donated cereal – or money to buy cereal – in response to pleas in previous issues of this newsletter. For the many children in Newport County who rely on school breakfast, **your donations to our Food Pantry make a real difference.**

If you would still like to donate, our loading dock is open Monday – Friday from 8:30 a.m. – 5:00 p.m. **If you can't make it to the Center, you can still support Newport County families by giving with the button below.** Thank you so much for helping strengthen our community.

Give to our Food Pantry and help us fight hunger



Our Preschoolers are having a fun Summer, too!

This month, our Preschoolers had a fun day outside playing in their splash pad, having relay races, and enjoying a BBQ for lunch with hot dogs. What a classic summer day!

Last year, our friend Kaity Shedroff made a cookbook for our Preschoolers to help them learn math through baking. She came back this summer to help our preschoolers make a cute parfait cup out of rainbow cakes. They loved it! To see more of Kaity's Baking, [click here to view her Instagram.](#)

Book Buddies came back this month! Jae French read [**Dino Sailors by Deb Lund**](#) and Debbie Berdy read [**Ice Cream Face by Heidi Woodward Sheffield**](#). Our littlest learners love having guest readers in the classrooms.

Do you want to be a Book Buddy? Reach out to our Volunteer Manager, Hollie Johnson, [by clicking here](#) or calling 401.846.4828 x103.



Enbridge helps us offer healthy food

Thanks to support from **Enbridge**, our clients leave our pantry with carts full of healthy food for the whole family.

Hymie visited for his monthly **pantry shop** and received fresh produce, pet food, milk, and non-perishable pantry staples. He met our **LivFit** instructor and registered dietitian Kristin. **She invited him to our LivFit cooking classes to learn how he can put our pantry items to work in his kitchen to cook up some healthy and delicious meals for his family.**

We are grateful to Enbridge for fueling the future of our community by supporting the purchase of food for our Hunger Relief Programs. We purchase 31% of the food we distribute each year, so **support from grant funders and donors like Enbridge is crucial to ensuring we can help people like Hymie who benefit from multiple programs.**



Community Connections with Jamestown Art Center

This week we welcomed artists from the [Jamestown Art Center](#) for a community activity. Ceramic artist and therapist Kelly McDermott led the group through activities that dove into our worries, our

wishes, and our fears, and how they feel lighter when we come together and support each other.

We read poetry, shared stories, and wrote down what we want to let go as well as positive phrases that give us strength. She will use **the activities and materials from the event to inform a project that will be on display at an art exhibition in January of 2027**. Keep an eye out!

To Jamestown Art Center and Kelly, thank you for allowing our community to be a part of this. **There truly is strength in simply coming together and holding space for each other.**



Volunteer Spotlight: Toast

We serve lunch every Tuesday, Thursday, and Friday from 11:30 a.m. – 1:00 p.m. We are so grateful to have volunteers like **Toast** come in to serve and support one of our most critical programs. Thank

you, Toast!



Soil Contamination Awareness with Root2Empower

On Monday, August 3, from 5:00 p.m. – 6:00 p.m., our friends from [**Roots2Empower**](#) will join us to lead a free workshop on the dangers of soil contamination and the associated health risks.

Please join us if you are interested in learning more!

Soil Contamination Awareness

Join us for free workshop on soil contamination and lead exposure risks to protect your family's health.

Learn practical prevention strategies today!

Are you unaware of lead exposure risks?

Participate and empower your family with essential health knowledge and resources.



Presentation in English and Spanish

Monday, August 3rd 2026
5:00 pm to 6:00 pm

Martin Luther King Center
20 Dr. Marcus Wheatland Blvd
Newport RI 02840



Contact for more details:
Lola Herrera-Ximénez

✉ lola@roots2empower.org

🌐 roots2empower.org

📍 Newport, RI

📞 401.662.6036

📷 @roots2empower



Empowering Healthy
Communities





Concienciación sobre la Contaminación del Suelo

Únase a nuestros taller gratuito
sobre contaminación del suelo y
riesgos de exposición al plomo
para proteger la salud de su
familia.
¡Aprenda estrategias prácticas de
prevención hoy!

¿Desconoce los riesgos de exposición al plomo?

Participe y empodere a su
familia con conocimientos y
recursos esenciales de salud.



Charla en español y en inglés

Lunes 3 de agosto, 2026
5:00 pm to 6:00 pm

Martin Luther King Center
20 Dr. Marcus Wheatland Blvd
Newport RI 02840



Contacta para detalles:
Lola Herrera-Ximenez

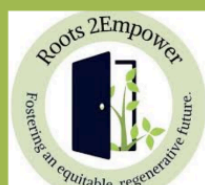
✉ lola@roots2empower.org

🌐 roots2empower.org

📍 Newport, RI

📞 401.662.6036

📱 @roots2empower



Empoderando
Comunidades Saludables



A new look for our program calendars

Have you noticed how packed our monthly calendars are? We have split them into separate Hunger Relief and Community Programs to make them easier to read. **Let us know what you think with the button below!**

You can download our calendars at the bottom of this newsletter.



MLK Hunger Relief August 2026



401.846.4828

20 Dr. Marcus Wheatland Blvd.
Newport RI, 02840

www.MLKCCenter.org

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.

North End Food Pantry Hours (NEFP):

- Monday: 3:00 p.m. - 5:00 p.m.
- Tuesday, Friday: 9:00 a.m. - 12:00 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar is subject to change. Please check in with the front desk for updated information.					01 Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.
03 PTTP Bourne Mills 10 - 11:30 pm. West House 1:30 - 3 p.m.	04 MFP Lunch @ Edward St. 11:30 a.m. Tiverton Housing Auth. 12 - 1 pm Hancock Estates 1:30 - 2:30 pm PTTP NEFP 1 - 3 pm	05 PTTP Oxbow Farms 1 - 3 p.m.	06 MFP Lunch @ Edward St. 11:30 a.m. Pemberton 12 - 1 p.m. Bayside 1:30 - 2:30 p.m. PTTP MLK 10 a.m. - 1 p.m.	07 Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	08 PTTP Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.
10 <i>We are closed for Victory Day</i>	11 MFP Lunch @ Edward St. 11:30 a.m. Oxbow Farms 12 - 1 p.m. AHEPA 1:30 - 2:30 p.m. PTTP NEFP 1 - 3 pm	12 PTTP Oxbow Farms 1 - 3 p.m.	13 MFP Lunch @ Edward St. 11:30 a.m. Donovan Manor 12 - 1 p.m. Edgar Ct. 1:30 - 2:30 p.m. PTTP MLK 10 a.m. - 1 p.m.	14 Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	15 PTTP Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.
17 PTTP Bourne Mills 10 - 11:30 pm. West House 1:30 - 3 p.m.	18 MFP Lunch @ Edward St. 11:30 a.m. Apple Creek 12 - 1 p.m. Bourne Mills 1:30 - 2:30 pm. PTTP NEFP 1 - 3 pm	19 PTTP Oxbow Farms 1 - 3 p.m.	20 MFP Lunch @ Edward St. 11:30 a.m. Festival Field 12 - 1 p.m. PTTP MLK 10 a.m. - 1 p.m.	21 Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	22 PTTP Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.
24 PTTP Bourne Mills 10 - 11:30 pm. West House 1:30 - 3 p.m.	25 MFP Lunch @ Edward St. 11:30 a.m. West House 12 - 1 p.m. Lucy's Hearth 1:30 - 2:30 p.m. PTTP NEFP 1 - 3 pm	26 PTTP Oxbow Farms 1 - 3 p.m.	27 MFP Lunch @ Edward St. 11:30 a.m. Quaker Estates 12 - 1 p.m. Anthony House 1:30 - 2:30 p.m. PTTP MLK 10 a.m. - 1 p.m.	28 Lunch @ Edward St. 11:30 a.m. PTTP Donovan Manor 1 - 3 p.m.	29 PTTP Breakfast 7:30 - 8:30 a.m. Food Pantry 10 a.m. - 1:00 p.m.
30 PTTP Bourne Mills 10 - 11:30 pm. West House 1:30 - 3 p.m.	01	02	03	04	05



MLK Community Programs August 2026

Live from the Loading Dock - Parkside:
LFTLDP (Summer Concerts)

Kids' Wonder Lab:

Mondays:
10 a.m. - 11:15 p.m.

Yoga:

Tuesdays:
8:30 a.m. - 9:30 a.m.

LivFit:

Tuesdays, Thursdays:
5 p.m. - 6 p.m.

Rinse & Renew:

Tuesdays:
8 a.m. - 1 p.m.

ArtLink:

Wednesdays:
10 a.m. - 11 a.m.

Senior Lunch & Learn:

1st and 3rd Wednesday:
12 p.m. - 1 p.m.

Tai Chi / Qi Gong:

Fridays:
9 a.m. - 10 a.m.



401.846.4828



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01
03 PACE in Lobby 10 a.m. - 12 p.m. Kids' Wonder Lab 10 - 11:15 a.m. Soil Contamination Awareness 5 - 6 p.m.	04 Yoga 8:30 a.m. Rinse & Renew 8 a.m. - 1 p.m. LivFit 5 p.m.	05 ArtLink 10 a.m. LIHEAP Tabling in Lobby 10 a.m. - 12 p.m. Senior Lunch & Learn 12 - 1 p.m.	06 LivFit 5 p.m.	07 Tai Chi / Qi Gong 9 a.m.	08
10 We are closed for Victory Day	11 Yoga 8:30 a.m. Rinse & Renew 8 a.m. - 1 p.m. Engage NPT Tabling in Lobby 10 a.m. - 12 p.m. LivFit 5 p.m.	12 ArtLink 10 a.m. Aquidneck Resilience Tabling in Lobby 10 a.m. - 12 p.m.	13 LivFit 5 p.m.	14 Tai Chi / Qi Gong 9 a.m.	15
17 Kids' Wonder Lab 10 - 11:15 a.m. ROOTS2EMPOWER in Lobby 10 a.m. - 12 p.m.	18 Yoga 8:30 a.m. Rinse & Renew 8 a.m. - 1 p.m. LivFit 5 p.m.	19 ArtLink 10 a.m. Newport Mental Health in Lobby 10 a.m. - 2 p.m. Senior Lunch & Learn 12 - 1 p.m. LFTLDP: The Ravers 5:30 - 7 p.m.	20 LivFit 5 p.m.	21 Tai Chi / Qi Gong 9 a.m.	22
24 Kids' Wonder Lab 10 - 11:15 a.m.	25 Yoga 8:30 a.m. Rinse & Renew 8 a.m. - 1 p.m. LivFit 5 p.m.	26 ArtLink 10 a.m. Community Health Network RI in Lobby 11 a.m. - 1 p.m. MLK Friends Dinner 5:30 - 6:30 p.m.	27 LivFit 5 p.m.	28 Tai Chi / Qi Gong 9 a.m.	29
31 Kids' Wonder Lab 10 - 11:15 a.m.	Calendar is subject to change. Please check in with the front desk for updated information.				

Tell us what you think!

Beep! Beep! Here Comes the Mobile Food Pantry!



MOBILE FOOD PANTRY TRACKER



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

The Mobile Food Pantry is coming your way! Here are next week's Mobile Food Pantry Locations:

Tuesday 8/04/2026:

- Tiverton Housing Authority, 99 Hancock St. Tiverton RI 12:00 p.m. – 1:00 p.m.
- Hancock Estates, 345 Hancock St. Tiverton RI 1:30 p.m. – 2:30 p.m.

Thursday 8/06/2026:

- Pemberton Apartments, 45 Pemberton St. Jamestown RI 12:00 p.m. – 1:00 p.m.
- Bayside Village, 143 Third St. Newport RI 1:30 p.m. – 2:30 p.m.

All are welcome. You do not need to reside in the neighborhood to use the Mobile Food Pantry, unless otherwise advised. Please remember to bring your reusable bags.

Download Our Monthly Calendars

[Download August Community Programs Calendar in English](#)

[Descargar Calendario de Programas Comunitarios de Agosto en Español](#)

[Download August Hunger Relief Calendar in English](#)

[Descargar Calendario de Combatir Del Hambre de Agosto en Español](#)



Our Contact Information

{{Organization Name}}

{{Organization Address}}

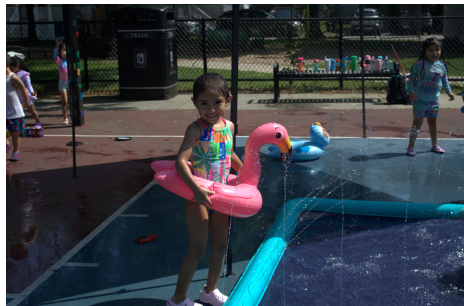
{{Organization Phone}}

{{Organization Website}}

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Volunteer

Give



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