



DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER

August 14, 2026

**The Kids' Clothing Giveaway event is TODAY
at the MLK**

KIDS' CLOTHING GIVEAWAY

Thanks to our friends at the **Four Hearts Foundation** for helping us collect new or gently worn clothing for children of all ages in Newport County!



***Join us at the Center to choose clothes donated through the drive!
Please use the Edward St. Entrance.***



Dr. Martin Luther King, Jr. Community Center
20 Marcus Wheatland Blvd. Newport RI



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

Thanks to our great friends at the **Four Hearts Foundation** and community members who donated at their drive last Sunday, **we have a wide variety of clothing for kids of all ages and sizes to give away this afternoon at the Center from 3:00 p.m. – 6:00 p.m.**

Please make sure to use the Edward St. entrance and bring your own bags to take your new closet staples home! Kids are permitted to join their parents to choose their own pieces as well. We can't wait to see you there!

SORTEO DE ROPA INFANTIL

¡Gracias a nuestros amigos de la **Four Hearts Foundation** por ayudarnos a recoger ropa nueva y ropa en buenas condiciones para niños de todas las edades en el condado de Newport!



Viernes, 14 de Agosto
3:00 p.m. - 6:00 p.m.



¡Únete a nosotros en el Centro para elegir ropa donada durante la campaña! Por favor, usen la entrada de Edward St.



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20 Marcus Wheatland Blvd. Newport RI



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Join us for free fitness programs at the MLK

Have you ever heard the phrase movement is the best medicine? It's so important for us to move our bodies. **At the MLK, we offer weekly fitness programs, such as Yoga, to our community free of charge.** Make sure you download our Community Programs calendar at the bottom of this newsletter for our schedule and use the button below to sign up.

Register for Yoga and other fitness programs



**The Ravers are here NEXT WEEK
Wednesday, August 19**

We are pumped for this month's Live from the Loading Dock – Parkside performers: **The Ravers!**

The classic Newport favorite will play reggae jams, and we will provide Jamaican food to add to the island vibes.

Just bring your favorite blankets and chairs and enjoy a summer evening with us.

Thank you to our presenting sponsor **Teri Degnan Real Estate & Consulting, LTD** for making this series possible.

The poster features a central photograph of the band 'The Ravers', consisting of seven men with various instruments including saxophone, trumpet, and guitar. Above the photo, the band's name 'the RAVERS' is written in a stylized font. To the right of the photo, a red box contains the text 'WED. AUGUST 19' and '5:30 - 7:00 P.M.'. Below the photo, there are two logos: 'Presented by' with a large 'D' logo for 'TERI DEGNAN Real Estate & Consulting', and the 'MLK CENTER' logo featuring a profile of Martin Luther King Jr. with the text 'LIVE FROM THE LOADING DOCK... PARKSIDE'. At the bottom, a red banner displays the website 'mlkccenter.org', the phone number '401.846.4828', and the social media handle '@NewportMLK'. The background of the poster includes silhouettes of people dancing and playing instruments, and a grassy field at the bottom.

the
RAVERS

WED. AUGUST 19
5:30 - 7:00 P.M.

Presented by

TERI DEGNAN
Real Estate & Consulting

MLK CENTER
LIVE FROM THE
LOADING DOCK...
PARKSIDE

mlkccenter.org | 401.846.4828 | @NewportMLK



the RAVERS

MIE. AGOSTO 19
5:30 - 7:00 P.M.

Presented by



TERI DEGNAN
Real Estate & Consulting



**LIVE FROM THE
LOADING DOCK...
PARKSIDE**

mlkccenter.org | 401.846.4828 | @NewportMLK

Karate, MLK Restaurant, and more in Summer Camp

Weekly karate lessons for our Summer Campers are 'Powered by Prince' through a grant from the **Frederick Henry Prince Memorial Fund at Newport Hospital.**

Financial barriers can often dissuade parents from enrolling their kids in sports, and this support gives our kids the opportunity to participate in organized athletics. Through martial arts, kids build social-emotional skills such as confidence, self-control, focus, resilience, and situational awareness, as well as physical activity.

We are grateful to the Frederick Henry Prince Memorial Fund at Newport Hospital for making it possible for our campers to work with **Newport Martial Arts** this summer. They loved it!



Our staff asked our campers about the life skills they want to build upon as they get older. To our surprise, **learning how to do laundry and understanding how a restaurant works** were among some of the skills they asked to learn!

We turned this into a service learning opportunity. They learned how the washing machine and dryer work, the settings, how to add detergent, and how to set a timer so they know when to check on the cycle. **The kids helped wash and dry the towels used in the Center's Rinse & Renew program.** We are so proud of them for asking to learn how to do this task and for engaging with the Center in ways they never have before.

To help them learn how front- and back-of-house hospitality roles work, we set up a mock restaurant with our Kitchen Manager, Alicia. Each camper received a menu with choices for their lunch entree, dessert, and drink. Volunteer servers took their orders and delivered their choices, just like in a real restaurant. The kids even had play money to pay for their meals and leave a gratuity. We explained that restaurants are often rated by stars and asked the kids how many stars they'd give the "MLK Camp Restaurant". Two of our favorite responses "*A million!*" and "*Infinity!*"

Support MLK Summer Camp



Capturing priceless memories



We were thrilled to welcome Alyce Weeden to our Preschool program this summer. Alyce is a [College Unbound](#) student studying Arts, Leadership, and Change. She worked on a project where she photographed our littlest learners and provided the images to our education families at no cost.

Photos of our children at this age are so cherished, and we are grateful she chose the MLK for this project to give back to our community.



Strengthening Newport County thanks to our neighbors in Portsmouth

The MLK Community Center provides Hunger Relief programs to all of Newport County, including our neighbors in Portsmouth.

We are grateful to receive civic support from the **Town of Portsmouth** so we can continue providing Hunger Relief programs like our Mobile Food Pantry. This program brings fresh produce, meat, nonperishables, toiletries, pet food, and household products to neighborhoods like Anthony House (featured in the photo) in Portsmouth and 16 other locations throughout Newport County.

Everyone should have access to these essentials, and **we are proud to continue strengthening Newport County thanks to support from funders like the Town of Portsmouth.**



Empowering healthy communities with Roots2Empower

The MLK Community Center is hosting a free workshop led by [**Roots2Empower**](#).

There are many lead-related exposure risks that people may not be aware of. For example, did you know that if you work in construction or gardening, you could be bringing lead home on your clothes, shoes, or tools?

On Monday, August 24, from 4:00 p.m. – 5:00 p.m., you can learn more about soil contamination and how to keep your family safe through essential health knowledge and resources. We hope you join us!

Empowering Healthy Communities

Soil Contamination Awareness



FREE WORKSHOP

Monday, August 24, 2026
4:00 pm - 5:00 pm

Dr. Martin Luther King, Jr.
Community Center
20 Dr. Marcus Wheatland Blvd. |
Newport, RI 02840

Learn practical prevention strategies today!

Unaware of lead exposure risks? Join us and empower your family with essential health knowledge and resources.

Contact for details:

Lola Herrera-Ximenez
lola@roots2empower.org
401.662.6036

@roots2empower
roots2empower.org
Newport, RI

PARTICIPATING ORGANIZATIONS



Empoderando Comunidades Saludables

Concienciación sobre la Contaminación del Suelo



TALLER GRATUITO

Lunes, 24 de agosto, 2026
4:00 pm - 5:00 pm

Dr. Martin Luther King, Jr.
Community Center
20 Dr. Marcus Wheatland Blvd. |
Newport, RI 02840

¡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.

Contacta para detalles:

Lola Herrera-Ximenez
lola@roots2empower.org
401.662.6036

@roots2empower
roots2empower.org
Newport, RI

ORGANIZACIONES PARTICIPANTES



Rinse & Renew made possible by friends of the Center

A poster for the 'Rinse & Renew' program. At the top left is the logo for Dr. Martin Luther King, Jr. Community Center, featuring a stylized flame above an open book. To the right of the logo, the text 'Rinse & Renew' is written in a large, bold, blue font. Below this, in a smaller blue font, is 'Free Showers at the MLK'. A central photograph shows a smiling man with short grey hair and a grey t-shirt, standing outdoors in front of a white building with a wooden ramp. The photo is framed by a thick yellow border. Below the photo, the text 'Every Tuesday 8:00 a.m. - 1:00 p.m. April - October' is written in bold. This is followed by 'Private Mobile Shower Unit behind MLK Community Center' and '20 Dr. Marcus Wheatland Blvd. Newport RI'. Then, in italics, 'Fresh towels, toiletries, underwear, socks, and t-shirts will be provided.' and 'Free and Open to all: First come, first served.' At the bottom, it says 'The August 18 session is sponsored anonymous friends of the Center'. The background of the poster is light grey with a pattern of small blue raindrops and a cluster of blue bubbles in the top right corner.

 **Rinse & Renew**
Free Showers at the MLK

Every Tuesday 8:00 a.m. - 1:00 p.m. April - October
Private Mobile Shower Unit behind MLK Community Center
20 Dr. Marcus Wheatland Blvd. Newport RI

Fresh towels, toiletries, underwear, socks, and t-shirts will be provided.
Free and Open to all: First come, first served.

The August 18 session is sponsored anonymous friends of the Center

We remain grateful for the community support that allows us to offer this program to our most vulnerable friends and neighbors in Newport County.

Anonymous friends of the Center are sponsoring next week's session on Tuesday, August 18, from 8:30 a.m. – 1:00 p.m.

Every week, more than 30 people in our community take advantage of this program, and we can't thank our supporters enough.



Rinse & Renew

Free Showers at the MLK



Todos los Martes 8:00 a.m. - 1:00 p.m. Abril - Octubre

Unidad de Duchas Móviles Privada detrás del MLK Community Center
20 Dr. Marcus Wheatland Blvd. Newport RI

Se proporcionarán toallas limpias, artículos de aseo, ropa interior, calcetines y camisetas.

Gratis y abierto a todos: Por orden de llegada.

La sesión del 18 de agosto está patrocinada por amigos anónimos del Centro

We need gluten free-options in our Pantry

We know certain dietary restrictions can become fads or health crazes, but if you or anyone you know has celiac disease, a gluten allergy, or an intolerance, you know how important it is to have options that work for your diet.

Many of our clients request gluten-free options in our pantry, and they are donated very infrequently.

If you are looking for a way to make a difference, you can give with the button below or drop off gluten-free items to our loading dock Monday – Friday, from 8:30 a.m. – 5:00 p.m.

Give to our Food Pantry and help us fight hunger

DONATIONS NEEDED

MLK FOOD PANTRY



GLUTEN FREE OPTIONS



DR. MARTIN LUTHER KING, JR.
COMMUNITY CENTER

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 8/18/2026:

- Apple Creek Apartments, 700 Windwood Dr. Tiverton RI 12:00 p.m. – 1:00 p.m.
- Bourne Mills, 1 Mill St. Tiverton RI 1:30 p.m. – 2:30 p.m.

Thursday 8/20/2026:

- Festival Field, 90 Girard Ave. Newport RI 12:00 p.m. – 1:00 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}}

{{Unsubscribe}}

Volunteer

Give



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