

MLK Community Programs September 2026

Live from the Loading Dock - Parkside:

LFTLDP (Summer Concerts)

Kids' Wonder Lab:

 Mondays:
9:15 a.m. - 10:30 p.m., 11 a.m. - 12:15 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



20 Dr. Marcus Wheatland Blvd.
Newport RI, 02840



www.MLKCCenter.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02 LIHEAP Tabling in Lobby 10 a.m. - 12 p.m. Senior Lunch & Learn 12 - 1 p.m. 	03 Time 2 Chime 2 - 2:45 p.m. LivFit 5 p.m. 	04 Tai Chi / Qi Gong 9 a.m. 	05
07 We are closed for Labor Day	08 Yoga 8:30 a.m. Rinse & Renew 8 a.m. - 1 p.m.  RIDOH in Lobby 10 a.m. - 2 p.m. Mah Jongg 4 - 6 p.m.  LivFit 5 p.m. 	09	10 LivFit 5 p.m. 	11 Tai Chi / Qi Gong 9 a.m. 	12
14 Kids' Wonder Lab 9:15 - 10:30 a.m.  Kids' Wonder Lab 11 a.m. - 12:15 p.m.	15 Yoga 8:30 a.m.  Rinse & Renew 8 a.m. - 1p.m.  Mah Jongg 4 - 6 p.m.  LivFit 5 p.m. 	16 ArtLink 10 a.m.  Newport Mental Health in Lobby 10 a.m. - 2 p.m. Senior Lunch & Learn 12 - 1 p.m. LFTLDP: Camelia Latin Dance Band 5:30 - 7 p.m. 	17 LivFit 5 p.m. 	18 Tai Chi / Qi Gong 9 a.m. 	19
21 Kids' Wonder Lab 9:15 - 10:30 a.m.  Kids' Wonder Lab 11 a.m. - 12:15 p.m.	22 Yoga 8:30 a.m.  Rinse & Renew 8 a.m. - 1p.m.  Mah Jongg 4 - 6 p.m.  LivFit 5 p.m. 	23 ArtLink 10 a.m.  Community Health Network RI in Lobby 11 a.m. - 1 p.m.	24 LivFit 5 p.m. 	25 Tai Chi / Qi Gong 9 a.m. 	26
28 Kids' Wonder Lab 9:15 - 10:30 a.m.  Kids' Wonder Lab 11 a.m. - 12:15 p.m.	29 Yoga 8:30 a.m.  Rinse & Renew 8 a.m. - 1p.m.  Mah Jongg 4 - 6 p.m.  LivFit 5 p.m. 	30 ArtLink 10 a.m.  MLK Friends Dinner 5:30 - 6:30 p.m.	Calendar is subject to change. Please check in with the front desk for updated information.		



MLK Community Program Information

All Programs are free of charge, except childhood education.

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.**

Rinse & Renew: Free, weekly showers at the MLK with toiletries, towels, and fresh underwear, socks, and t-shirts provided. Haircuts can be scheduled by appointment. For more info. **Call Erin at 401.846.4828 x124 or email epatel@mlkccenter.org.**

Daily Programs:

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** or **epatel@mlkccenter.org**.

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 and activities 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 or email epatel@mlkccenter.org.**

Register for Community Programs:



Appointment Based Programs:

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.**

Santa's Workshop: Newport County families can register for the opportunity to choose holiday gifts and toys for their children under 18. To learn more, **Call Erin at 401.846.4828 x124 or email epatel@mlkccenter.org.**