Dr. Martin Luther King, Jr. Community Center

MLK Community Programs November 2026

Holiday Help Registration:
Santa's Workshop Oct. 13 - Dec. 11
Monday - Friday 10 a.m. - 2 p.m.

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.

Laundry Love:
2nd and 4th Thursday:
3 p.m. - 6 p.m.

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

Senior Lunch & Learn:
2nd and 4th 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
02 PACE in the Lobby 10 a.m. - 12 p.m. Kids' Wonder Lab 9:15 - 10:30 a.m. Kids' Wonder Lab 11 a.m. - 12:15 p.m.	**03** LivFit 5 p.m.	**04** ArtLink 10 a.m.	**05** Time 2 Chime 2 - 2:45 p.m. LivFit 5 p.m.	**06** Tai Chi / Qi Gong 9 a.m.	**07**
09 Kids' Wonder Lab 9:15 - 10:30 a.m. Kids' Wonder Lab 11 a.m. - 12:15 p.m.	**10** Yoga 8:30 a.m. LivFit 5 p.m.	**11** *We are closed for Veteran's Day*	**12** Laundry Love 3 - 6 p.m. LivFit 5 p.m.	**13** Tai Chi / Qi Gong 9 a.m.	**14**
16 Kids' Wonder Lab 9:15 - 10:30 a.m. Kids' Wonder Lab 11 a.m. - 12:15 p.m.	**17** Yoga 8:30 a.m. LivFit 5 p.m.	**18** ArtLink 10 a.m.	**19** LivFit 5 p.m.	**20** Tai Chi / Qi Gong 9 a.m.	**21**
23 Laundry Love 3 - 6 p.m.	**24** Yoga 8:30 a.m. LivFit 5 p.m.	**25** ArtLink 10 a.m. Community Health Network RI in Lobby 10 a.m. - 1:00 p.m. Senior Lunch & Learn 12 - 1 p.m. MLK Friends' Dinner 5:30 - 6:30 p.m.	**26** *We are closed for Thanksgiving*	**27** *We are closed for Thanksgiving*	**28**
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Calendar is subject to change.
Please check in with the front desk for updated information.

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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: (April to November) 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 Patel at 401.846.4828 x124 or email epatel@mlkccenter.org.**

Laundry Love Newport: Laundry Love is a national program designed to partner with diverse groups and laundromats to offer free laundry services to those in need. This program is offered at Mid - Island Laundromat at 232 West Main Rd., Middletown, RI on the second and fourth Thursday of each month from 3:00 p.m. to 6:00 p.m. **Contact Lisa Kerr at 401.846.4828 x 104 or lkerr@mlkccenter.org.**

Register for Community Programs:

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.

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 second and fourth Wednesday. Enter through Edward Street. For more info, **contact Madison Dixon at 401.846.4828 x 122 or mdixon@mlkccenter.org.**

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 Patel at 401.846.4828 x124 or email epatel@mlkccenter.org.**

Time 2 Chime: Every first thursday of the month, trained professionals from List Academy of Music lead participants through musical sets with hand chimes. This wellness program supports wellness and cognitive function. For more info., **contact Madison Dixon at 401.846.4828 x 122 or mdixon@mlkccenter.org.**

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. *Registration is in person.* To learn more, **Call Erin at 401.846.4828 x124 or email epatel@mlkccenter.org.**

Looking for more? Reach out to us for info on other community resources at **401.846.4828** or **lkerr@mlkccenter.org.**