Another old-timer, contemporarily speaking, among the ventures into the new is the Kitchen Center for Video and Music, 484 Broome Street, at Wooster (925-3615). The Kitchen, so-called because it was established in what had been the kitchen of the building that housed the long-gone Mercer Arts Center, almost always has something new to say in its second-floor space in SoHo.

Today, the Kitchen starts its fourth "Filmworks" series, which, through Thursday, will emphasize avant-garde movies made by more than 29 film makers, movies that have not been shown in New York or that made their debuts in the last year. Amy Taubin is curator of the presentation, which was conceived and organized originally by Leandro Katz. The series includes 16 mm. and Super 8 films.

There are showings, each entirely different, at 8:30 and 10:30 o'clock nightly. Four short films make up the first program tonight, and "September Wheat," a feature-length documentary about wheat by Peter Krieg, goes on at 10:30.

Tomorrow, there is a special additional showing of something very old at midnight: Cecil B. De Mille's "Broken Blossoms," a classic silent film melodrama made in 1919, with Lillian Gish, Richard Barthelmess and Donald Crisp.

Admission: $4 a program; $6 for both 8:30 and 10:30 shows; $4 for "Broken Blossoms."