



UMB Community Engagement Center

Free Community Lunch Grab and Go Meals!

Join us for a grab and go Community lunch catered by Zella's Pizzeria! Catch up with neighbors and grab fliers about our upcoming opportunities.

Wednesday, January 5th
12:00 p.m. to 1:00 p.m.

UMB Community Engagement Center (pickup will be indoors)
16 S Poppleton Street

Masks covering the nose and mouth required.

Tested Positive for COVID-19? Treatment Available

Monoclonal Antibody (mAb) Therapy for COVID-19

for People at High Risk for Severe Illness



If you have tested positive for COVID-19 and are in need of treatment Monoclonal Antibody (mAb) Therapy is available. Please click [here](#) to learn more about mAb therapy and how you can schedule an appointment.

Community Computer Lab Open Daily



Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

The University of Maryland, Baltimore Community Engagement Center (CEC) offers a free computer lab open to the general public. Come on in!

- **Lab Hours:** Monday through Friday, 9 a.m. to 5 p.m. No appointment necessary
- **Printing:** Maximum of 25 black and white copies can be made during each visit
- **Open to all:** Youth 17 and younger must be accompanied by an adult
- **Mask Policy:** Masks must be worn covering the nose and mouth at all times
- **Contact:** Call 410-706-8260 or email community@umaryland.edu for more information

Free Fitness Classes for Everyone



FREE FITNESS AT THE COMMUNITY ENGAGEMENT CENTER

Fresh Start Fitness: Mondays 10 to 11 a.m.

We now have a daytime fitness class! This class will provide you with high and low intensity interval training along with resistance band training,

[RSVP here](#) for Fresh Start Fitness

Indoor Walking: Tuesdays 10 to 11 a.m.

Lace up your sneakers for a virtual “walk around the world!” This takes walking in place to a new level.

[RSVP here](#) for Indoor Walking

Line Dancing: Tuesdays 6 to 7 p.m.

Move and groove to high energy dances like the Wobble and Cupid Shuffle.

[RSVP here](#) for Line Dancing

Yoga: Mondays 5:45 to 6:45p.m.

Join us for a soothing session. Have your mat, towel, and water ready.

[RSVP here](#) for Yoga

Senior Dance: Thursdays 10 to 11 a.m.

Come out and enjoy our adult dance class! This exciting class is designed for older adults to improve health and physical mobility.

[RSVP here](#) for Senior Dance

Zumba: Thursdays 5:30 to 6:30 p.m.

Join this supportive dance class that cheers one another on while moving at their own pace.

[RSVP here](#) for Zumba

For your protection, classes are limited to 20 people and masks are required.

Exciting Youth & Adult Programs



Free Weekly Art Classes

The University of Maryland, Baltimore Community Engagement Center (CEC) is partnering with **Art With a Heart** to provide free weekly art classes. Each week, participants will be guided through a new visual art project while exploring a variety of artists and techniques.

Class Times are:

Adults (18+): Wednesdays 5:30pm - 7pm

Seniors (55+): Fridays 12pm - 1pm

Families: Fridays 6pm - 7pm

The classes are available to everyone of all levels!

Please be sure to register early as space is limited. Click [here](#) to register for a weekly art class. For more information contact community@maryland.edu or call 410-706-8260.



The University of Maryland, Baltimore Community Engagement Center (CEC) is offering free introductory digital illustration classes. Learn the basics of graphic design software and create your own images in a community-based learning environment.

The class runs each Monday from 5:30pm - 7pm through September 13th through December 13th. This class is for adults 18+ and it is helpful to have some basic computer skills, but it isn't necessary.

Learn how to:

- Convert a photograph into a cartoon style illustration
- Design your own logo
- Understand basic digital design principals like color palettes, scale and layout

Click [here](#) to register for the digital design and illustration class. To request more information, contact Barnard Smit at bsmit@umaryland.edu or call 410-706-5211.



Make & Take

The University of Maryland, Baltimore Community Engagement Center (CEC) invites you join us for free weekly technology workshops. Learn to use Makerspace tools to create personalized products like custom t-shirts, bags, 3D printed objects, and more.

This class is open to adults and seniors!

Weekly Schedule:

Mondays 1:30p.m. to 3:30p.m.

Custom design your own t-shirt, bag, mug, and more with vinyl

Wednesdays 10a.m. to 12p.m.

Use the 3D Printers to create a variety of objects

Click [here](#) to register for the digital design and illustration class. To request more information, contact Barnard Smit at bsmit@umaryland.edu or call 410-706-5211.

Ruth Kirk Fellowship: Now Hiring!



We're hiring youth interns! The Ruth Kirk Fellowship is a PAID after school internship program that provides up to four Southwest Baltimore residents ages 14-21 job readiness training through community organizing, community green space maintenance, and event planning. The program has a focus on helping student-employees build and apply literacy, communication, problem-solving, and critical thinking skills in a professional setting.

To read the position description and apply click [here](#).

**Contact the CEC Health Suite each Wednesday
for all health related questions.**



Community Engagement Center Health Suite

The Community Engagement Center health suite will offer programs to support neighbors with health and social needs.

SOME EXAMPLES OF INTERVENTIONS INCLUDE:

- Conducting health assessments and screenings to link neighbors to providers.
- Assisting neighbors with health care navigation and coordination.
- Increasing neighbors' knowledge of health conditions.
- Working with neighbors to create plans to manage their health.
- Providing health education and coaching.
- Connecting neighbors to resources that can assist with health and social needs.
- Reducing barriers to healthy living.

WE ARE OPEN ON WEDNESDAYS:

There are two ways to connect with us:

1. Click [here](#) to schedule your appointment with the CEC Health Suite. Appointments can be made between 10am – 2pm
2. You can stop in during walk- in hours from 2 p.m. to 3 p.m.

Interested in Getting the COVID Vaccine?



END COVID-19

Everyone's Health Depends On It.

GetTheVaccineBaltimore.org

For Baltimore City residents who qualify and who still need their second COVID-19 vaccine appointment, please visit: www.getthevaccinebaltimore.org. A list of other vaccination sites and resources are available as well.

**Workforce Wednesdays:
Employment Help, Walk-ins Welcomed!**

Looking for a job?

"Incredible! I've been trying to find a job for a year but working with UMB's Workforce Wednesdays I got connected to the right people. I had a mock interview within 3 weeks and now I've scored a great offer."

— SATISFIED "CUSTOMER"



WORKFORCE INITIATIVES

In-person Sessions: Wednesdays 2-5 p.m.

Virtual Sessions: See [appointment link](#)

UMB Community Engagement Center

16 S. Poppleton Street

- Get a resume or update your old one
- Learn about jobs at the University of Maryland Baltimore, University of Maryland Medical Center and more
- Sign-up for FREE GED classes and career training in the neighborhood

