



## UMB Community Engagement Center

*Week of May 15, 2023*

The University of Maryland, Baltimore (UMB) Community Engagement Center (CEC) offers a wide variety of weekly programming! To view and register for all our opportunities, including our weekly art and fitness classes, please click [here](#).

Please note, all Maker programming is on hiatus for the month of May and will return in June. Call 410-706-5211 for more information.

### 50+ Job & Resource Fair

**Thursday, May 18**  
**10-11:30 a.m.**

UMB Workforce Initiatives is hosting a **job and resource fair for job seekers who are 50 years old and older!** Join us for a day of networking, learning about job opportunities, and career growth as we connect jobseekers with resources and employers in the area.



*Expungement services, provided by The Maryland Legal Aid Bureau, have now been added to this event!*

Vendors include:

- Groundwork Kitchen
- Culinary Training
- Housing Authority of Baltimore City
- Reserve Inc.
- Paul's Place Outreach Center
- Public Justice Center
- West Baltimore RICH Program
- University of Maryland Medical Center
- Byte Back Computer Training

For questions, please email [UMB Workforce](#) or call Lisa Rawlings at 410-706-1931.

Register [here](#).

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## Family Movie Night

**Friday, May 19**  
**6-8 p.m.**

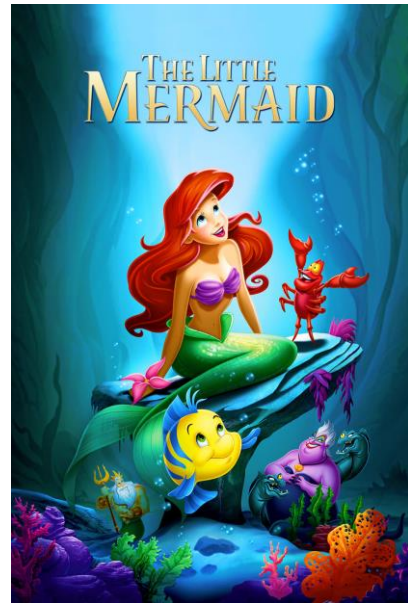
The CEC invites families to join us for a family-friendly screening of Disney's 1989 classic "**The Little Mermaid**", as we get ready to celebrate the release of the new, live-action film!

Popcorn and movie snacks will be served.

Suitable for all ages. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Alanis Myers](#) or call 410-706-5620.

Register [here](#).



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***Now Registering***

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**PAL (Police Athletic/Activities League)**

## Summer Field Trip Series (June-August)

The **UMB PAL Program** provides free mentoring and enrichment for youth in rising grades 3 to 8 with mentors from the UMB Police Department. The program provides participants with opportunities to learn and play through games and fun activities. Youth also build relationships with UMB police and security officers and gain a better understanding of what it takes to serve the community.



For questions, please email [Liv Alanis Myers](mailto:Liv.Alanis.Myers@umb.edu) or call 410-706-5620.

Complete the interest form [here](#) to be contacted by a member of staff.

## Upcoming Programming

### Family Science Show

**Friday, June 2**  
**6-7:30 p.m.**

Meet "Rocket Reba," the wacky scientist from **Team Eric Energy**, who will show you just how FUN learning can be. The whole family can enjoy participating in an interactive science presentation where you'll get to experience science with all of your senses!

This show is ideal for ages 4 to 15. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Alanis Myers](mailto:Liv.Alanis.Myers@umb.edu) or call 410-706-5620.

Register [here](#).



## Every Week

### Free Fitness Classes



**Yoga: Mondays 6-7 p.m.**

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

**Line Dancing: Tuesdays 6-7 p.m.**

Learn high energy dance like the Wobble and the Cupid Shuffle while breaking a sweat in this exciting class.

**Community Walk: Wednesdays 12:15-1 p.m.**

Join our friends from St. Peter's Adult Learning Center for a 30-minute loop around the neighborhood. Wear comfortable shoes; rain or shine.

**Senior Dance: Thursdays 10-11 a.m.**

Get your groove on in this low-impact session for many levels of mobility. Crafted for seniors, but all adults are welcome.

**Zumba: Thursdays 6-7 p.m.**

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

**All fitness classes are DROP-IN only.**

### Free Weekly Art Classes



## Free Weekly Art Classes

UMB's 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:**

Adults (18+) Chat 'n Paint: First Mondays **6-7:30 p.m.**

Adults (18+): Wednesdays **5:30-7 p.m.**

Seniors (55+): Fridays **Noon-1:30 p.m.**

Families: 2nd Mondays **6-7 p.m.**

All levels welcome!

For questions, please email [Liv Alanis Myers](mailto:Liv.Alanis.Myers@umb.edu) or call 410-706-5620.

**Please be sure to register early as space is limited.**

Register [here](#).

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Financial Empowerment at the Community  
Engagement Center

The CASH Campaign is offering the following free services at UMB's CEC:

- **Free Benefits Screening**
  - Fast, accurate, and confidential screening for 22 benefit programs
  - Benefits include help with food, phones, medication, energy assistance, and more
- **Free Financial Coaching**
  - Ongoing support by phone or video
  - Achieve short-term goals – budgeting, building credit, and paying off debt
- **Free Financial Planning**
  - One private session with a Certified Financial Planner®
  - Achieve long-term goals – retirement, college savings, and homeownership



*Creating Assets, Savings and Hope*

**Appointments only:**

- Make an appointment [here](#) or call 410-541-5086

## Community Computer Lab Open Daily



## Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

- **Lab Hours:** Monday through Friday, 9 a.m. to 5 p.m. Please call ahead to ensure availability
- **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.
- **Contact:** Call 410-706-8260 or [email](#) for more information

## Workforce Wednesdays: Employment Help, Walk-Ins Welcome!

# 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: use appointment link [here](#)**

UMB's CEC

16 S. Poppleton St.

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

## 211 Maryland United Way Helpline



If you live in one of these neighborhoods and would like to be contacted by a **211 Community Resource Specialist** located in UMB's CEC, follow the directions below:

- Barre Circle
- Franklin Square
- Hollins Roundhouse
- Mount Clare
- Pigtown
- Poppleton
- Union Square

### DIAL 211

Please listen for the prompt "If you live in Southwest Baltimore ..."

OR VISIT [uwcm.org/CEC211](http://uwcm.org/CEC211)



## *For Your Health*

Visit the CEC Health Suite on Wednesdays for Health Care Support



## **Community Engagement Center Health Suite**

**The CEC Health Suite supports 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 three ways to connect with us:

1. Click [here](#) to schedule your appointment with the CEC Health Suite. Appointments can be made between **10 a.m.-2 p.m.**

2. You can stop in during walk-in hours on Wednesdays from **2-3 p.m.**
3. Call us at 410-706-1971.

## Community Asthma Program

**Mondays through Fridays**  
**8:30 a.m.-4:30 p.m.**

The **Community Asthma Program** provides education, supplies to decrease asthma triggers, and case management. Home visits (virtual and in-person) are available for children with asthma.



For questions or referrals, please call 410-396-3848 or email [asthma@baltimorecity.gov](mailto:asthma@baltimorecity.gov).

## Interested in Getting a COVID-19 Vaccine?



**END COVID-19**

*Everyone's Health Depends On It.*

**[GetTheVaccineBaltimore.org](https://www.getthevaccinebaltimore.org)**

For Baltimore City residents who qualify and who still need their second COVID-19 vaccine appointment, please visit: [getthevaccinebaltimore.org](https://getthevaccinebaltimore.org).

A list of other vaccination sites and resources are available as well.

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