



UMB Community Engagement Center

Week of December 25, 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](#).

Announcements



In addition to UMB's winter break, our department will be engaging in strategic planning offsite. We look forward to returning on January 16, ready for 2024 and beyond!

Senior Dance is Moving to Mondays

Beginning in January, our weekly Senior Dance class will be hosted on Monday mornings from 10-11 a.m. Join Ms. Gwen every week to get your groove on, no matter your age, experience, or mobility level.

Registration is strongly encouraged. Click [here](#) to save your spot in our next class on January 22 or contact [Jermaine Glover](#) at 410-706-5522.



Now Registering

UMB Police Athletic/Activities League

The **UMB Police Athletic/Activities League (PAL) Program** provides free mentoring and enrichment through activities, games and field trips for youth in grades 3 through 8.

PAL field trips and activities will be held monthly on select school holidays, early release days, or weekend days. Get lost in a corn maze, fly through the sky in a ropes course, meet rescued horses, let your creativity flow through art, build teamwork through sports, and much more!



Complete the interest form [here](#) to start registration!

Now Hiring

Registered Nurse

The Office of Community Engagement (OCE) is seeking a **Registered Nurse (RN)** at the Community Engagement Center (CEC) to engage neighbors in wellness activities and health promotion. This position is up to 40 hours per week and the schedule can be flexible; occasional evening and weekend events may occur.

Learn more and apply [here](#).



Program Coordinator or Specialist

The Office of Community Engagement (OCE) is seeking a **Program Coordinator or Specialist** at the Community Engagement Center. The Program Coordinator or Specialist markets, educates, and engages UMB employees and neighbors about CEC programs and services; engages Southwest and West Baltimore organizations to identify community needs and connect them to resources; and manages multiple programs.

Learn more and apply [here](#).



Every Week

Free Blood Pressure Checks at the CEC

Every Wednesday 10:30-11:30 a.m.

In partnership with the West Baltimore RICH Collaborative, the CEC Health Suite will now be offering **FREE drop in blood pressure checks**. Each week the first five people that arrive can get a free blood pressure machine and follow-up phone calls to check your blood pressure. The team can show you how to take your blood pressure at home and answer your blood pressure questions.

No appointment necessary.

For questions, please contact [Kelly Doran](#) or call 410-706-5628.



Free Fitness Classes



Yoga: Mondays 6-7 p.m.

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

Community Walk: Tuesdays 12:15-1 p.m.

Join our friends from St. Peter's Adult Learning Center for a 45-minute loop around the neighborhood. Wear comfortable shoes; rain or shine.

Line Dancing: Tuesdays 6-7 p.m.

Learn high energy dance like the Wobble and the Cupid Shuffle while

Senior Dance: Mondays 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.

A select number of drop-ins will be admitted, but registration is preferred. Register [here](#).

breaking a sweat in this exciting class.

For questions, please email community@umaryland.edu or call 410-706-5522.

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 community@umaryland.edu or call 410-706-5522.

A select number of drop-ins will be admitted, but registration is preferred. Register [here](#).

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

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 community@umaryland.edu 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 Office Hours: Tuesday Noon-1 p.m. Register [here](#).

UMB Community Engagement Center
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

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.

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.
- Free blood pressure checks (Wednesday from 10:30-11:30a.m. ONLY)

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.
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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.

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://www.getthevaccinebaltimore.org).

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

