



UMB Community Engagement Center

Week of July 25, 2022

The UMB Community Engagement Center 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](#)

Summer Sewing Circle

Monday, July 25
5:30- 7:30 p.m.

The University of Maryland, Baltimore Community Engagement Center (CEC) is offering a free sewing circle on the last Monday of the month for summer 2022!

Bring your own fabric or sewing projects and connect with other sewers in a fun and supportive co-learning environment. Join us every session or once in a while. Participation is free, but registration is required.

Please note, this is not a formal class and instruction will not be provided. Basic sewing supplies will be available for use.

Adults only.

Register [here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

Make & Take: Candles and Conversation

Thursday, July 28
5:30- 7 p.m. (FULL)

Back by popular demand, Candles and Conversation will now be monthly series at the CEC!

Join us on the second Tuesday of every month for an intimate candle making workshop where we bring the lit to you!



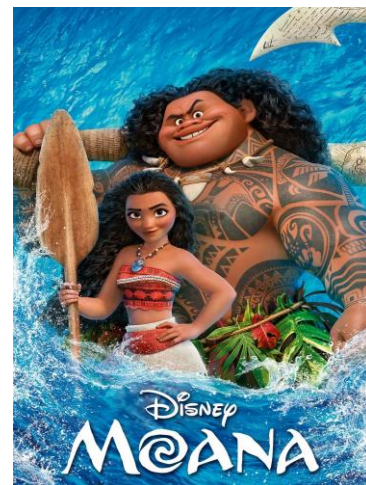
PerfectlyLit Candle Company will lead you through a 90 minute workshop where you will learn to make one 5.5oz hand-crafted candle, while enjoying light refreshments, stimulating conversation and a good ol 'time.

Adults only.

Candles and Conversation on July 28 is currently FULL. To register for the waiting list or sign up for our upcoming August workshop, please [click here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

Family Movie Night



Friday, July 29 6- 8 p.m. (FULL)

The University of Maryland, Baltimore Community Engagement Center (CEC) invites families to join us on Friday, July 29 at 6 p.m. for a family-friendly screening of "Moana".

Pizza and snacks will be served.

Family Movie Night is currently FULL. To register for the waiting list, please click [here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

Upcoming Programming

Train to Work Resource Fair

Wednesday, August 3 2-3 p.m.

Interested in starting a new career?
Need more credentials so you can earn more money?

Check out our FREE career training providers in the following industries:

- Automotive Mechanic
- Biotechnology/Lab Science
- Construction
- Culinary Science
- Computer/IT
- Patient Care Tech
- Welding/Computer-aided Manufacturing



Please click [here](#) to RSVP.

Family Science Show-Rocket Reba Spark Attack!

Friday, August 5 at 6 p.m.

The University of Maryland, Baltimore (UMB) Community Engagement Center invites you to join us for a family-friendly “Spark Attack!” show. Meet Rocket Reba, the wacky scientist from Team Eric Energy, and learn about circuits, sound waves, and different kinds of light while participating in an interactive science presentation.



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

Please note this show does include flashing lights.

[Register here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

FREE Summer Enrichment Program

August 8 - August 12
10 a.m. - 3 p.m.

In partnership with Moving History, the UMB Community Engagement Center is offering a summer dance program, featuring Baltimore Club, Step, Breakdance, Marching Band, and West African Dance and Drum. This program is free and open to youth entering grades 6 - 12.

Register [here](#)



For questions, please call or email Breai Mason-Campbell at 443-885-0329 or BreaiMC@guardianbaltimore.com

Community Chess Night

Friday, August 12
6- 8 p.m.

NEW date added for August!

Join us at The University of Maryland, Baltimore (UMB) Community Engagement Center for a family-friendly evening of community chess. Coaches from The Board Room-Chess will guide players at any level of play, whether you are learning for the first time or have been playing for years.



the
Board
Room
Chess

Family play, peer play, and mini-challenges will be available, as well as giveaways, handouts, and resources so you can continue to play at home!

This event is ideal for ages 5 and up. Youth must be accompanied by an adult at all times.

[Register here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

PATIENTS Day

Tuesday, August 14
9:30 a.m. - 2 p.m.

PATIENTS Day is a transformational learning opportunity for community residents, patients, researchers, trainees across the University of Maryland, Baltimore (UMB), advocates, and health care providers.

PATIENTS Day seeks to transform the way research is understood and talked about by community residents, patients, and UMB researchers and trainees. It promises to be a fun-filled day in West Baltimore, featuring a health fair and interactive panel sessions.

[Register here](#)

PATIENTS Day 2022
Your HEALTH...Your VOICE

UNIVERSITY of MARYLAND
SCHOOL OF PHARMACY

Join The **PATIENTS Program**
for interactive panels and
a health fair on
Tuesday, Aug. 16, 2022
9:30 a.m. - 2 p.m.
UMB Community Engagement Center
16 South Poppleton Street
Baltimore, MD 21201

10 years of 10 Steps

This Year's Theme is the Four Pillars of Health
Registration | 9:30 - 10 a.m.
Interactive Panels | 10 a.m. - Noon
Community Think Tank on Research
Four Pillars of Health
(Physical, Spiritual, Mental, Financial)
Health Fair | Noon - 2 p.m.

FREE PARKING

Raffle Prizes

Free Lunch

The **PATIENTS Program**
at the University of Maryland
School of Pharmacy

For more information and to register: Scan the QR code,
visit <https://bit.ly/patientsday2022> or Eventbrite or call 410-706-3839

Family Child Care Business Information Session, Southwest Baltimore

Thursday, August 4 5:30-7 p.m.

Interested in starting a home childcare business?

Join the Maryland Family Network and the Southwest Partnership here at the University of Maryland, Baltimore Community Engagement Center (CEC) for an information session to learn more about FREE training opportunities!

No RSVP required.

**The Family Tree
Baltimore City
Child Care
Resource Center**

**Family Child Care Business
Information Session,
Southwest Baltimore**

Thursday, August 4th

5:30pm-7:00pm
UMB Community Engagement Center
Basement Community Room
16 South Poppleton Street
Baltimore, MD 21201

Come learn how
GOFCC can help you
open a Family Child
Care Business!

The Family Tree

**MARYLAND
FAMILY
NETWORK**

Contact Us 667-950-8825 www.familytreeand.org/bccccc chortson@familytreeand.org

Volunteer Opportunities

Community Meal Volunteers Needed

We love having our Community Meals twice a month and are in need of volunteers. Volunteers help to serve food and sign people in. With setup and cleanup, the time commitment is less than 2 hours. Click [here](#) to volunteer.



Classes and Trainings

Senior Tec: Free Basic Computer Class

July 19 - August 30 (excluding Aug. 9)
Tuesdays 2 - 4 p.m.

The University of Maryland, Baltimore (UMB) Community Engagement Center, in partnership with the Enoch Pratt Free Library, brings you a six-week course on computer basics.

Join us for a fun-filled adventure as we discover the world of the computer! You will learn to create a Gmail account using Google, basic email functions, and basic word processing techniques.

This course is open to anyone over the age of 18.

[Register here](#)

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

Free Fitness Classes for Everyone



FREE FITNESS AT THE COMMUNITY ENGAGEMENT CENTER

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

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

Line Dancing: Tuesdays 6- 7 p.m.

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

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

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

Fresh Start Fitness: Saturdays 10-11 a.m.

Fresh Start Fitness has been moved to Saturdays! This class will provide

Senior Dance: Thursdays 10- 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.

you with high and low intensity interval training along with resistance band training,

All fitness classes are DROP-IN only. For your protection, classes are limited to 20 people.

Free Weekly Art Classes



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

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

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

Families: Fridays **6- 7 p.m.**

The classes are available to everyone of all levels!

Click [here](#) to register for a weekly art class. Please be sure to register early as space is limited.

For questions, please call or email Olivia Myers at 410-706-5620 or omyers@umaryland.edu

Free Community Resources

Financial Empowerment at the Community Engagement Center

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

Free Tax Preparation

- For households with an income of \$58,000 or less
- Returns and amendments prepared for tax years 2016 to 2021
- In-person appointments every Friday

Free Benefits Screening

- Fast, accurate, and confidential screening for 22 benefit programs
- Benefits include health insurance, food stamps, phones, energy assistance, and more
- In-person appointments every Tuesday

Free Financial Coaching & Planning

- Get support for reaching your short-term goals (e.g., budgeting, credit repair) or long-term goals (e.g., saving for retirement, college savings, and homeownership)
- Phone screenings by appointment every Monday

There are two ways to connect with us:

- Make an appointment [here](#), or call 410-541-5086.
- Stop in during walk-in hours from 2-5 p.m. every Wednesday.



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:** The big computer lab will be unavailable to the public from Tuesday, July 19 to Tuesday, August 30 from 2-4pm. During this time please use the small computer lab next door.
- **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 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



For Your Health

**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 **10 a.m. – 2 p.m.**
2. You can stop in during walk- in hours from **2 - 3 p.m.**

Community Asthma Program

Home visiting (virtual and in-person) for children with asthma. This program provides education, supplies to decrease asthma triggers, and case management.

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

For questions or referrals, please call 410-396-3848, or email asthma@baltimorecity.gov

COVID 19 Support at the CEC

CEC Covid-19 Support

Free Covid- 19 support is offered every **Tuesday, Wednesday, and Friday from May 17 to Aug 31, 9 a.m. - 5 p.m.**

- Obtain information about vaccine/booster
- Get questions/concerns addressed regarding vaccination
- Reducing barriers around vaccination
- Post vaccine care package (\$25 wellness gift card)

Call (410-299-4645) with questions and concerns.

Interested in Getting a 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.

Want to Share an Event?

Do you know of an event or program that is open to your community? We are taking submissions to this weekly newsletter. Please fill out the form in the link below and we will add your event, if relevant.

Click here to send a submission
