



UMB Community and Civic Engagement

## *Week of Feb. 10, 2025*

The University of Maryland, Baltimore (UMB) Office of Community and Civic Engagement's (OCCE) newsletter features a wide variety of free programs and services. Programming takes place at the UMB Community Engagement Center (CEC), an initiative of the OCCE, unless otherwise noted. Visit [umaryland.edu/occe/center](http://umaryland.edu/occe/center)

## *Announcements*

### Healthy Eating and Shopping Workshop

**Wednesday, Feb. 26**  
**1-2:30 p.m.**

Join us for an engaging session to learn how to determine the right portion sizes, understand food labels, and discover healthy substitutions for diets related to conditions like high blood pressure, diabetes, and chronic kidney disease. Put your knowledge into action with a guided trip to Hollins Market, complete with a personal shopper and a shopping



voucher. Limited to eight participants. Please do not register if you have previously attended this program.

Click [here](#) to register. Email [Meg White](#) or call 410-706-5625 for questions.

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## Fall Prevention and Home Safety

**Friday, Feb. 28**  
**3:30-4:30 p.m.**

In partnership with the **UMB Health Alliance**, this session focuses on fall prevention and safety at home and in the community. Faculty from the **University of Maryland Physical Therapy program** and students will lead engaging activities to assess different aspects of fall prevention such as balance and strength. Light refreshments will be provided.



Click [here](#) to register. Email [Meg White](#) or call 410-706-5625 for questions.

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## *This Week*

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## Sit n' Sew

**Monday, Feb. 10**  
**5:30-7:30 p.m.**

Stop by the Makerspace to work on your personal sewing project with support from our instructor and fellow makers. We provide sewing machines, a selection of fabrics, and all the necessary tools. Adults only.



Click [here](#) to register. Email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522 for questions.

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## Candles & Convos: Heart-Shaped Candle

**Tuesday, Feb. 11**

## 6:30-8 p.m.

Create your own 5.5oz hand-crafted candle in a charming heart-shaped jar. Enjoy light refreshments, engaging conversations, and a delightful experience. Adults only.



Click [here](#) to register. Email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522 for questions.

## Chair Yoga Classes

### Second Wednesdays 11:30 a.m.-12:30 p.m.

Join us for chair yoga as we guide you through gentle seated stretches and poses that you can add into your daily routine. No experience needed. Adults only. All classes are from 11:30 a.m.-12:30 p.m. Upcoming dates include:

- Wednesday, Feb. 12
- Wednesday, March 12
- Wednesday, April 9
- Wednesday, May 14
- Wednesday, June 11



Click [here](#) to register. Email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522 for questions.

## Strokes and Mini-Strokes Education Session

### Thursday, Feb. 13 1:30-2:30 p.m.

In partnership with the **UMB Health Alliance**, this session will provide valuable information on strokes and mini-strokes. You will learn about their symptoms, risk factors, treatment options, and prevention strategies to help you and your loved ones reduce the risk of stroke. Light refreshments will be provided.



Click [here](#) to register. Email [Meg White](mailto:Meg.White) or call 410-706-5625 for questions.

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## Make & Take: Papercut Valentine's Day Card

**Thursday, Feb. 13**  
**2-4 p.m.**

Join papercut artist **Annie Howe** in our Makerspace to learn basic papercutting techniques and craft your own Valentine's Day card using a designed template. Drop-in only. Adults only.



Email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522 for questions.

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## Community Chess

**Friday, Feb. 14**  
**6-8 p.m.**

Gather for a family-friendly evening of chess with **The Board Room Chess**. Coaches will be available to guide players of every skill level, from beginners to experts. Suitable for ages five and up. Children must be accompanied by an adult at all times.



Click here to [register](#). For questions, email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522.

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***Every Week***

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## Art Classes



## Free Weekly Art Classes

Participate in art classes at the CEC with **Art with a Heart**. Each week, you will be guided through a new visual art project while exploring a variety of artists and techniques. All levels welcome.

### **Class Times:**

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

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

To register, click [here](#). For questions, email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522.

## Fitness Classes



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

Join us for this relaxing session designed to enhance your strength and balance.

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

Walk around the neighborhood with

### **Chair Yoga: Second Wednesdays 11:30 a.m.-12:30 p.m.**

Practice gentle seated stretches and poses that you can add into your daily routine.

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

Experience this supportive dance

our friends from **St. Peter's Adult Learning Center**. Rain or shine.

**Line Dancing: Tuesdays 6-7 p.m.**  
Learn line dances like the Wobble and Cupid Shuffle, while breaking a sweat.

**Pilates: Wednesdays 6-7 p.m.**  
Enhance your core strength, posture, balance, and flexibility. Suitable for all fitness levels.

class and move at your own pace.

Register [here](#). For questions, please email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522.

## Free Tax Preparation

**Tuesdays-Fridays 9:30 a.m.-3 p.m.**  
**Saturdays 9:30 a.m.-2 p.m.**

In partnership with the **CASH Campaign of Maryland**, free tax preparation returns to the CEC. Eligibility is limited to individuals or families earning \$67,000 or less. You can schedule an appointment in one of two ways:

- By phone: Call 410-234-8008, Monday through Friday, between 9 a.m. and 2 p.m.
- Online: Visit [bmorefreetaxes.org](http://bmorefreetaxes.org)



Appointments are required. Walk-ins will be asked to use the above methods to schedule an appointment.

## JustAdvice



## The JustAdvice® Project

Every Tuesday at your Community Engagement Center for a limited time.

**Every Tuesday**  
**3:15-5:15 p.m.**

Have a legal problem? If so, meet with a lawyer from **The JustAdvice® Project** to discuss your legal questions and receive brief advice, free of charge. Advice sessions will be held at the CEC on Tuesdays through April 8. There will be no sessions on Feb. 4 and March 18. Appointments are highly encouraged. Walk-ins must arrive by 4:15 p.m. to be seen.

Click [here](#) for more information. Email [justadviceclinic@gmail.com](mailto:justadviceclinic@gmail.com) or call 410-929-4809 to schedule an appointment. Please do not include information about a legal issue when scheduling an appointment.

**Workforce Wednesdays**

# 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: Tuesdays Noon-1 p.m.**

**Walk-ins Welcome**

Advance your career today. Connect with the Workforce team for help in crafting or refining your resume, discovering job openings, and enrolling in free GED classes and local career training.

Register [here](#) or stop by during Workforce Wednesdays walk-in hours for questions or assistance.

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## Community Computer Lab



## Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

**Mondays-Fridays**  
**9 a.m.-5 p.m.**

Visit the lab to access public computers, software, Wi-Fi, as well as printing and faxing services. The daily print limit for black and white copies is 25. Minors aged 17 and under must be accompanied by an adult. Please call ahead to ensure availability.

Contact 410-706-8260 or [community@umaryland.edu](mailto:community@umaryland.edu) for more information.

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CEC Health Suite



## Community Engagement Center Health Suite

**Appointments: Mondays-Thursdays 10 a.m.-4 p.m.**  
**Walk-in Hours: Wednesdays 2-3 p.m.**

The Health Suite assists community members with health assessments and screenings, guidance and coordination of health care, along with health education and coaching.

Click [here](#) to schedule your appointment with the CEC Health Suite. Call 410-706-1971 for questions.

### Blood Pressure Checks

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

Need a blood pressure check? The CEC Health Suite, in collaboration with the **West Baltimore RICH Collaborative**, provides free drop-in blood pressure screenings and guidance on home monitoring. The first five attendees will be given a free blood pressure machine and receive follow-up calls to track their blood pressure. No appointment is required.



Email [Kelly Doran](#) or call 410-706-5628 for questions.

### Community Composting

Drop off your food scraps at any time and scan the QR code on the top of the bin or visit [bit.ly/UMBcompostQuiz](https://bit.ly/UMBcompostQuiz) to take a brief quiz. You will receive the lock combination to gain continued access to the bin. You will only take a quiz the first time you drop off food scraps. For repeat visits, you would only enter in your demographic information. Community composting is made possible by the **UMB Office of Sustainability**.



**Locations:**

- Community Engagement Center (16 S. Poppleton St.). The bin is located along Booth Street next to the green fence.
- Southern Management Corporation (SMC) Campus Center (621 W. Lombard St.). The bin is located in the courtyard between the SMC Campus Center and School of Nursing.

Click [here](#) to learn more. Email [sustainability@umaryland.edu](mailto:sustainability@umaryland.edu) or call 410-706-3478 for questions.

## Financial Wellness at the CEC

**Mondays-Fridays**  
**10 a.m.-4 p.m.**

Contact the **CASH Campaign of Maryland** at the CEC to receive a fast, accurate, and confidential screening for 22 benefit programs. These benefits include assistance with food, phones, medication, energy assistance, and more. Appointments only.



*Creating Assets, Savings and Hope*

To schedule your free benefits screening, call 410-541-5086.

