



UMB Community and Civic Engagement

Week of Jan. 13, 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

Announcements

Free Tax Preparation

**Tuesday, Jan. 21-
Saturday, April 12**
9:30 a.m.-3 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. **Beginning**

Monday, Jan. 13, 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

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

JustAdvice Resumes

Jan. 21-April 8
Tuesdays, 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 or call 410-929-4809 to schedule an appointment. Please do not include information about a legal issue when scheduling an appointment.

Heart Disease and Heart Attack Info Session

Monday, Jan. 27
3-4 p.m.

In partnership with the **UMB Health Alliance**, join us for this information session on heart disease and heart attacks. You will learn about the symptoms and risk factors of heart disease and heart attacks, common tests, procedures and treatments, and practical and sustainable lifestyle changes to reduce your risk. Light refreshments will be served.



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

Healthy Eating and Shopping Workshop

Wednesday, Jan. 29
1:30-3 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 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.



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

Scholarships Available: Community Development Skills Workshops

Jan. 29-May 14
Wednesdays, 4:30-7 p.m.

In partnership with the **UMBC Shriver Center**, community members can participate in Community Development Skills Workshops. UMB is offering a limited number of full scholarships for community members. These workshops will help you enhance your community leadership skills, plan strategically, and bring valuable resources to your organization. All courses will be held in person on the UMB campus at 875 Hollins St.



To apply for a scholarship, first email [Brian Sturdivant](#) to receive a scholarship code and then click [here](#) to register. Call 410-706-1678 for questions.

This Week

Sit n' Sew

Monday, Jan. 13
5:30-7:30 p.m.

Love to sew? 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 or call 410-706-5522 for questions.

Make & Take: 3D Printing

Thursday, Jan. 16
2-4 p.m.

Get ready to bring your ideas to life. Join us in the Makerspace to learn 3D printing. A member of our Maker team will help you choose a design and guide you through the process. Drop-in only. Adults only.



Email community@umaryland.edu or call 410-706-5522 for questions.

Upcoming

Candles & Convos

Tuesday, Jan. 21
6:30-8 p.m.

Create your own 5.5oz hand-crafted candle, while enjoying light refreshments, engaging conversations, and a delightful experience. Adults only.



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

Make & Take: Jewelry Chain Making

Thursday, Jan. 23
2-4 p.m.

Join the **Baltimore Jewelry Center** in the Makerspace to learn how to make wire chain links. By the end, you will leave with a beautifully finished bracelet or necklace made by you. Drop-in only. Adults only.



Email community@umaryland.edu or call 410-706-5522 for questions.

Plant Care Workshop

Wednesday, Jan. 29
11:30 a.m.-1 p.m.

Explore the benefits of houseplants and learn tips to keep them thriving with **Victoria Meadows** of **UMB's Office of Enterprise Risk Management**. Each participant will pot a plant to take home. Adults only.



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

Every Week

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 or call 410-706-5522.

Fitness Classes



Yoga: Mondays 6-7 p.m.

Release the worries of the day during this soothing session. Have your mat, towel, and water ready.

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

Join our friends at **St. Peter's Adult**

Pilates: Wednesdays 6-7 p.m.

Discover the benefits of Pilates. This low-impact exercise enhances core strength, posture, balance, and flexibility. Suitable for all fitness levels.

Zumba: Thursdays 6-7 p.m.

Learning Center for a 45-minute loop around the neighborhood. Wear comfortable shoe. Rain or shine.

Line Dancing: Tuesdays 6-7 p.m. Learn high-energy and popular line dances like the Wobble and the Cupid Shuffle while breaking a sweat in this exciting class.

Participate in this supportive dance class and cheer one another on while moving at your own pace.

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

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.

Community Computer Lab



Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

Mondays through 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 for more information.

CEC Health Suite



Community Engagement Center Health Suite

Appointments: Mondays through 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 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 or call 410-706-3478 for questions.

Financial Empowerment at the CEC

Contact **CASH Campaign of Maryland** at the CEC to receive a screening of 22 benefits, including food, phones, medication, and energy assistance.

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



Creating Assets, Savings and Hope

