



UMB Community Engagement Center

Week of October 2, 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

Spookapalooza:
A Week of Halloween with the CEC!
is BACK for 2023!

Watch out for the orange Spookapalooza headings in this newsletter all this month, and join us for all of our fabulous SPOOKY events!

FRIDAY, OCT. 20-FRIDAY, OCT. 27

 UNIVERSITY of MARYLAND
BALTIMORE
Community Engagement Center

Now Registering

UMB Police Athletic/Activities League

Begins October 2

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!



This Week at the CEC

Chat n' Paint

Monday, October 2 6-7:30 p.m.

The CEC invites you to join us on the first Monday of every month for **Chat n' Paint!**

Paint along with an instructor while you enjoy some delicious (non-alcoholic) beverages. No art experience is needed.

Adults only.

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

Register [here](#).



Makerspace Programming

Tuesday, October 3 (Bead Loom) 6-7 p.m.

Learn to safely operate Makerspace tools in our weekly **introductory trainings**.

Adults only.

For questions, please email [Sarah Porter](#) or call 410-706-2311.

Makerspace programs are drop-in only. View the full calendar of October offerings [here](#).



Community Lunch

Wednesday, October 4 Noon-1 p.m.

The CEC invites you to join us for a **free community lunch!** Join us on the first Wednesday of every month to catch up with neighbors, make new friends, and learn about resources at the CEC.

All community meals will be seated and served buffet-style.



Mental Health Lunch and Learn

Wednesday, October 4 Noon-1 p.m.

In partnership with representatives from the UMB Department of Psychiatry Diversity, Equity, Inclusion, and Accessibility Subcommittee for Department Initiatives, the CEC Health Suite is offering a **Mental Health Lunch and Learn**.



During this session we will share mental health treatment resources, as well as provide practical stress-management and wellness tips for caregivers. Come ready to participate in an interactive session, where we will be busting myths, engaging in lively conversations, and using our creativity to set goals for a healthier lifestyle! Lunch will be provided.

For questions, please email [Kelly Doran](mailto:kelly.doran@umb.edu) or call 410-706-5628.

Register [here](#).

Free Food Boxes

Wednesday, October 4 1-3p.m.

In partnership with Chase Brexton, the CEC Health Suite will be offering a **free food give away**. 200 boxes of food, including fresh produce from Hungry Harvest, will be provided. Non-perishable items will also be available. If possible, please bring a bag to carry the food. One box per family.



No appointment is needed, but please note that boxes are first come first serve.

For questions, please email [Kelly Doran](mailto:kelly.doran@umb.edu) or call 410-706-5628.

Spooky Family Science Show

Friday, October 6
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!

For October, enjoy a **SPOOKY Science Show**, where kids can see melting styrofoam, become long-chained molecules, and touch ooey gooey slime.

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@cecc.edu) or call 410-706-5620.

Register [here](#).



Upcoming Programming

Family Art

Monday, October 9
6-7 p.m.

The CEC invites you to join us for **Family Art!**

Follow along with an instructor to explore a new art medium every month. No art experience is needed.

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

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

Register [here](#).



Candles and Conversations

Tuesday, October 10
6-7:30 p.m.

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 time.



Adults only.

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

Register [here](#).

Community Chess

Friday, October 13
6-8 p.m.

Join us at the CEC for a family-friendly evening of chess.



Coaches from **The Board Room Chess** will guide players at all levels of play, whether it's your first time or you've been playing for years.

Suitable for ages 5+. Youth must be accompanied by an adult at all times.

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

Register [here](#).

Beginner Quilting

Mondays 5:30-7:30 p.m.
October 16, 23, and 30

Learn the fundamentals of quilting and create a basic quilted item in this 3-week course led by Christa Gilliam of **Sew Inspired Baltimore**.



Adults only; registration required.

For questions, please email [Sarah Porter](mailto:Sarah.Porter@sewinspired.com) or call 410-706-2311.

Register [here](#).

Haunted Family Movie Night

Friday, October 20
5:30-8 p.m.

Join us for a special screening of Disney's "**Haunted Mansion (2023)**" as we kick off our Spookapalooza celebrations with Haunted Family Movie Night!



Ghosts and ghouls of all ages who come in costume will get a special treat, with an extra special prize for the family who comes in the best group costume. Enjoy festive candy, fresh popcorn, crafts, games, and more!

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

Register [here](#).

Opportunities

Job Opportunity at the CEC

The CEC is looking to hire a local high school student or recent high school graduate (age 16-18) to serve as a **Community Outreach Worker** from October 2023-June 2024. The Community Outreach Worker will support community engagement programming in West Baltimore Communities. Training will be provided.

The role will be paid \$13.25 per hour for ten hours per week.

Requirements

- Must be a current high school student or 2023 high school graduate (age 16-18).
- Must be able to work 10 hours per week (after school).

If interested, please contact Brian Sturdivant at bsturdivant@umaryland.edu.

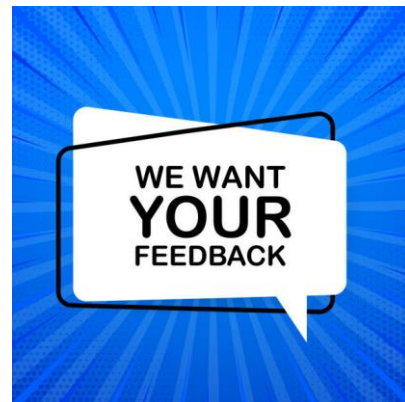


CEC Renovation Survey

The UMB Community Engagement Center (CEC) is going to be **renovated this fall** to better reflect the values and spirit of our West Baltimore communities. Murals, photos, and other types of art will all be incorporated into the building's interior. We will work with designers to create the final products, and then we'll host an event to unveil the newly renovated areas.

Please help us understand the types of images and words that best reflect you as a member of our community by taking our short [survey](#).

For questions, please email [Bill Joyner](#) or call 410-706-7823.



Job Opportunity at the CEC

The University of Maryland, Baltimore (UMB), Community Engagement Center (CEC) is seeking a **Registered Nurse (RN)** 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](#).



Every Week

Free Blood Pressure Checks at the CEC

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



Community Composting Pilot

Every Wednesday 2:30-5:30 p.m.

The University of Maryland Baltimore is starting a **community compost drop-off pilot** this month!

What to collect:

- Fruit and vegetable scraps (cores, rinds, pits)
- Tea leaves and coffee grinds
- Egg shells
- Grass clippings, weeds, flowers/herbs



When and where:

- **UMB Community Engagement Center** (16 S. Poppleton St.)
Wednesdays from 2:30-5:30p.m.

- **SMC Campus Center** (621 W. Lombard St.)
Thursdays from 11a.m.-2p.m.

Learn more about the composting pilot and other UMB Office of Sustainability initiatives [here](#).

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

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.

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 breaking a sweat in this exciting class.

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](#).

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](#) or call 410-706-5620.

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
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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

JustAdvice



The JustAdvice® Project

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

Have a legal problem? If so, sit down with a lawyer from **The JustAdvice® Project** to discuss your legal questions and receive brief advice, free of charge.

Advice sessions will be held every Tuesday, **3:15 to 5:15 p.m** from

- **September 5, 2023 to November 21, 2023**
- **January 9, 2024 to March 19, 2024**
- **March 26, 2024 to April 5, 2024**

September 5th and January 9th, the clinic will be open from 3:15 to 4:15 p.m.

To make an appointment, call 410-929-4809 or [email](#). We highly encourage appointments; however, walk-ins are also welcome (walk-ins must arrive by 4:15 p.m. to be seen).

To ensure confidentiality, please wait to discuss your legal issue with a JustAdvice® Project Attorney, do not include information with your appointment. Be sure to bring any relevant documents to the session.

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.

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.



