



UMB Community Engagement Center

Introductory Sewing Program

**Every Wednesday, April 13 - June 15
5:30 p.m. to 7:30 p.m.**

The University of Maryland, Baltimore Community Engagement Center (CEC) is offering a free introductory sewing program. Join us every Wednesday evening to learn the basics of hand stitching while completing beginner level projects in a fun and supportive environment.

Please [register here](#) or call 410-706-2311.



Make & Take: Cricut Club

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

Make & Take is back! Join us in the CEC Makerspace to learn how to use a Cricut machine to design and create personalized products like tote bags, mugs, coasters, and more!

Please [register here](#) or call 410-706-2311.



Fresh Start Fitness Is Now On Saturdays!

**Every Saturday
10 - 11 a.m.**

This class will provide you with high and low intensity interval training along with resistance band training.

Please [register here](#) or call 410-706-8260.



GED Classes at the CEC



The University of Maryland, Baltimore Community Engagement Center is partnering with the South Baltimore Learning Center to bring GED classes to the neighborhood. If you need assistance getting to the South Baltimore Learning Center's testing site, please let us know.

Do you know someone who wants to get their high school diploma? Let us know! Registration is going on now! [Click here](#) to get started.

If we get enough students, classes will likely be in the evenings twice a week starting the second week of April.

For more information, please contact [Lisa Rawlings](#), or call 410-706-1931.

Chess at Hollins Market

Join us for a game of chess at Hollins Market **every Saturday from 10 a.m. to 12:30 p.m.**

Additional local chess opportunities for all ages are being developed in collaboration with Safe Alternatives Foundation for Education, Saint Luke's Youth Center, The Board Room Chess Inc., UMBC, and UMB Community Engagement Center.

Contact **Nate Tarter** if you are interested in getting involved with starting a chess club, connecting with existing clubs, adding chess to your program, or becoming a chess coach or mentor.



Job Opening: Program Support Assistant



The Program Support Assistant works under the direction of the Program Coordinator. This is a community-facing role responsible for ensuring neighbors feel welcomed and supported while participating in CEC programming. This position is responsible for maintaining program spaces, operating program equipment, and assisting participants in the development of

their projects and activities. This position will work on-site Monday through Friday with occasional Saturday hours.

For more information [click here](#).

To apply, please e-mail your resume to umbengage@gmail.com with "Program Support Assistant" in the subject line.

Free Math Tutoring for Adults

UMB Community Engagement Center

MATH TUTORING SERVICES

By Appointment only
<https://bit.ly/3pvI6rl>

For more information please
contact Lisa Rawlings
Lrawlings@umaryland.edu
16 S. Poppleton Street
Baltimore, MD 21201

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UNIVERSITY of MARYLAND
BALTIMORE
Community Engagement Center

Many workforce training programs require potential participants to meet certain reading and math benchmarks. For some, especially those who haven't used math in a while, the math assessments are really challenging.

The University of Maryland, Baltimore Community Engagement Center as part of our Workforce Initiatives programming is now offering FREE math tutoring for adults pursuing workforce training. People who are interested in tutoring must know which math areas/problems they need help with. Lisa Rawlings, who provides the tutoring, not only explains math concepts; she helps people find resources to support their own learning.

Here are some testimonials from someone who referred an applicant:

- "My client had failed the test previously. However, through the personal coaching received, she was able to retake and pass the test in a short turnaround."
- "The ease of getting a tutoring appointment for my client was exceptional. The Community Engagement Center will continue to be a jewel resource for those in need"

To make an appointment, choose "Math Tutoring" for the open sessions: [Book an appointment here.](#)

Community Asthma 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

Strengthening Family Coping Resources



Fun, food, sharing, and learning every week! What's it all about?

- Spending time with your family doing fun things
- Meeting and getting to know other families
- Exploring your family's roots
- Discovering your family's strengths

- Learning to cope with stress
- Celebrating your family
- Discussing new ideas about parenting
- Trying new ways of working together
- Making day-to-day family like special

If interested, please contact [Nicole Salen](#).

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 Monday March 7th through Friday March 18th from 9:00am to 3:30pm. It will also be unavailable from 9:00am to 12:00 noon on Wednesdays and Fridays from March 23rd through April 1st. 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
- **Mask Policy:** Masks must be worn covering the nose and mouth at all times

- **Contact:** Call 410-706-8260 or email community@umaryland.edu for more information

Free Fitness Classes for Everyone



FREE FITNESS AT THE COMMUNITY ENGAGEMENT CENTER

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

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

[RSVP here](#) for Yoga

Indoor Walking: Tuesdays 10 a.m. - 11 a.m.

Lace up your sneakers for a virtual “walk around the world!” This takes walking in place to a new level.

[RSVP here](#) for Indoor Walking

Line Dancing: Tuesdays 6 p.m. - 7 p.m.

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

[RSVP here](#) for Line Dancing

Senior Dance: Thursdays 10 a.m. - 11 a.m.

Come out and enjoy our adult dance

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

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

[RSVP here](#) for Zumba

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

Fresh Start Fitness has been moved to Saturdays! This class will provide you with high and low intensity interval training along with resistance band training,

[RSVP here](#) for Fresh Start Fitness

For your protection, classes are limited to 20 people and masks are required.

class! This exciting class is designed for older adults to improve health and physical mobility. [RSVP here](#) for Senior Dance

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+): Wednesdays 5:30 p.m. - 7 p.m.

Seniors (55+): Fridays 12 p.m. - 1 p.m.

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

The classes are available to everyone of all levels!

Please be sure to register early as space is limited. Click [here](#) to register for a weekly art class. For more information contact community@maryland.edu or call 410-706-8260.

**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 p.m. - 3 p.m.**
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Interested in Getting the 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.

**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



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](#)
