



UMB Community and Civic Engagement

## *Week of Jan. 27, 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*

### Schedule Reminder

#### **Week of Jan. 27**

To help you plan, please be advised of the following schedule updates:

- No Open Build sessions on **Tuesday, January 28**, and **Thursday, January 30**.
- No Make & Take: Vinyl Cutting session on **Thursday, January 30**.

We look forward to seeing you at upcoming programming. Click [here](#) to view programs and services. Email [community@umaryland.edu](mailto:community@umaryland.edu) or call 410-706-5522 for



questions.

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## 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, along with steps to help you and your loved ones reduce the risk of stroke. 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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## 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.

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## Sit n' Sew

**Monday, Jan. 27**  
**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.

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

## *Around the Community*

## The Life and Legacy of Thurgood Marshall

**Sunday, Feb. 16**  
**2-3:30 p.m.**

Join this lecture and discussion with **Reverend Alvin C. Hathaway Sr.**, former pastor of Union Baptist Church and President and CEO of Beloved Community Services, as he explores Thurgood Marshall's life, B&O connection, Supreme Court career, and the Thurgood Marshall Amenity Center. Light refreshments will be served. The event takes place at the **B&O Railroad Museum** (901 W. Pratt St.), with free museum admission from 1-4 p.m.



Click [here](#) to learn more. Call 410-752-2490 for questions.

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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.

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### 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 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.

**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.**

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

## Free Tax Preparation

**Tuesdays through 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<sup>®</sup> 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<sup>®</sup> 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.

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](mailto:community@umaryland.edu) for more information.

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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](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 Empowerment at the CEC

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.

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



*Creating Assets, Savings and Hope*

