

November 2026

EVERY WEEK

MONDAY Noon–8 p.m.	TUESDAY Noon–8 p.m.	WEDNESDAY Noon–8 p.m.	THURSDAY Noon–8 p.m.	FRIDAY Noon–5 p.m.
Computer Lab* noon–6 p.m. Meditation at BioPark* 12:15–12:45 p.m.	Computer Lab* noon–6 p.m. Benefits Screenings noon–4:30 p.m. Health Suite Appointments noon–5 p.m. JustAdvice* 3:15–5:15 p.m. Line Dancing 6–7 p.m.	Computer Lab* noon–6 p.m. Benefits Screenings noon–4:30 p.m. Health Suite Appointments noon–5 p.m. Workforce Wednesday 2–5 p.m. Yoga at BioPark* 5:15–6:15 p.m.	Computer Lab* noon–6 p.m. Health Suite Appointments noon–5 p.m. Open Build 1–5 p.m. Yoga 5–6 p.m. Zumba 6–7 p.m.	Computer Lab* noon–5 p.m. Health Suite Appointments noon–5 p.m. Senior Art 12:30–2 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ideas to Impact Session 6–7:15 p.m.	3 Party at the Polls noon–2 p.m. Caregiver and Me 1–2 p.m. Entrepreneurship Series 6–7:30 p.m. Smartphone Photography 6–8 p.m.	4	5 Dementia Info Session 12:30–1:30 p.m. Smartphone Photography 6–8 p.m.	6 Altering Clothes Series 1–4 p.m.	7
8	9	10 IT, Automation and Administrative Session 4–6 p.m. Sewing Essentials Training 5:30–8 p.m.	11	12	13 Altering Clothes Series 1–4 p.m.	14
15	16	17 Making College Affordable Info Session 6–7:30 p.m.	18 Fanny Pack Training 12:30–3:30 p.m. Grocery Giveaway 1:30–2:30 p.m.	19	20 Altering Clothes Series 1–4 p.m.	21
22	23	24 Entrepreneurship Series 6–7:30 p.m. 3D Printing Training <i>Key Chain</i> 5:30–8 p.m.	25	26	27	28
29	30					

*Computer lab services available until 5 p.m. BioPark classes are off-site. Last JustAdvice: Nov. 10; resumes Jan. 19.

Learn more and register for our free opportunities

umaryland.edu/occe/center/opportunities



REGISTRATION NOTICE

Programs and services require registration unless otherwise noted. For questions or assistance with registration, call 410-706-8260 or email community@umaryland.edu.

HEALTH AND WELLNESS

Dementia Info Session: Learn about the GUIDE Program and the support available to individuals living with dementia and their caregivers. Register: bit.ly/cecdementiacare.

Health Suite: Receive free health screenings, blood pressure checks, and general support. To schedule an appointment, visit bit.ly/cechealth.

Grocery Giveaway: Pick up fresh produce or a meal kit on a first-come, first-served basis and connect with health care professionals. No registration required.

Fitness Classes: Stay active with yoga, line dancing, and Zumba. Register: bit.ly/cecfitness.

Wellness at the BioPark: Unwind and restore with yoga and meditation classes. Register: bit.ly/bioparkwell.

For more information on Health and Wellness offerings, call 410-706-8260 or email community@umaryland.edu.

WORKFORCE AND FINANCIAL WELLNESS

Benefits Screenings: Get assistance with food, phone, medication, and energy costs. To schedule an appointment, visit bit.ly/cecfinancialwellness. For questions, call 410-541-5086 or email cec@cashmd.org.

Provided by the CASH Campaign of Maryland and funded by a grant from the West Baltimore Renaissance Foundation.

Entrepreneurship Series: Explore financial, entrepreneurial, and wellness topics and gain practical strategies and support. Register: bit.ly/cecentrepreneurship.

Ideas to Impact Session: Learn to identify opportunities, explore community needs, and evaluate business ideas. Register: bit.ly/cecideastoimpact.

IT, Automation, and Administrative Session: Explore free career training programs and participate in interactive workshops. Register: bit.ly/cectrain2work.

Making College Affordable Info Session: Learn about state resources for college and receive assistance completing the 2027–28 FAFSA form. Register: bit.ly/ceccollegeaffordability.

Workforce Wednesday: Get support with job searching, finding training resources, and building your résumé. Drop in any Wednesday from 2–5 p.m. or join the virtual job seeker support sessions on Tuesdays from noon–1 p.m. at bit.ly/cecjobstues.

For questions about Workforce Initiatives, call 410-706-1931 or email workforce@umaryland.edu.

MAKER PROGRAM

3D Printing: Learn the basics of 3D printing, from creating and preparing models to troubleshooting prints, and make your own key chain. Register: bit.ly/cecmakertraining.

Altering Clothes Series: Learn basic alteration techniques using a sewing machine to customize your clothes. Register: bit.ly/cecalteringseries.

Caregiver and Me: Hands-on art, movement, storytelling, and imaginative play for little artists and their caregivers. Register: bit.ly/cecrisefamily.

Fanny Pack: Learn to sew your own stylish and practical fanny pack. Register: bit.ly/cecmakertraining.

Makerspace Open Build: After completing safety trainings, use maker equipment to work independently on projects. Register: bit.ly/cecopenbuild.

Senior Art: Explore new art techniques and get creative. Register: bit.ly/cecartclasses.

Sewing Essentials: Learn sewing basics and safely operate machines. Register: bit.ly/cecmakertraining.

Smartphone Photography: Learn techniques to improve your photos, make them stand out, and avoid common mistakes. Register: bit.ly/cecphotography.

For questions about Maker programming, call 410-706-5620 or email community@umaryland.edu.

COMMUNITY CONNECTION

Party at the Polls: Learn about the voting process and connect with community organizations and resources. Register: bit.ly/umbpartyatthepolls.

For questions about voter education programming, call 410-706-8260 or email ebony.nicholson@umaryland.edu.

COMMUNITY RESOURCES AND SUPPORTS

Housing and Resource Navigation: Connect with United Way 211 to get help finding resources and services. For assistance, call 410-895-1319 or visit uwcm.org/CEC211.

JustAdvice: Meet with a lawyer to discuss your questions and receive brief legal advice. To schedule an appointment, call 410-929-4809 or email justadviceclinic@gmail.com.

COMPUTER SERVICES

Computer Lab: Free printing, scanning, and faxing are available until 5 p.m. Computers are available until 6 p.m. Walk-ins are welcome. Call ahead to confirm availability at 410-706-8260.

SUSTAINABILITY

Community Composting: Drop off your compost at the bin behind the CEC on Booth Street. Visit bit.ly/UMBcompostQuiz for the code.



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