



# THE CSF MONTHLY AT FREDERICK DOUGLASS

Official Newsletter of Community Services Foundation



The programs at Frederick Douglass Community Center are provided in partnership with Community Services Foundation (CSF), Midcity, Horning, DC Central Kitchen (DCKK), Capital Area Food Bank (CAFB), and Frederick Douglass Housing Corporation, and funded, in part, by a Learn24 grant.

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**Site Coordinator**  
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## Letter from the Program Director

Written by John Mensah



"January is the month of rejuvenation and renewal—let it inspire your spirit and energize your aspirations." – Naide P. Obiang

As we step into this promising new year, Community Service, in partnership with your apartment community, reaffirms its commitment to enhancing the lives of all residents. Together, we embark on this journey with fresh opportunities, new beginnings, and a shared focus on growth and well-being.

For our youth and teen learners, we are excited to continue offering our engaging After-School Program—a safe and nurturing space that fosters academic success and social development. Participants will be taken through both instructions and project-based STEAM learning.

For adults and seniors, we are proud to provide a variety of enriching programs tailored to support your personal and professional goals. From career readiness workshops and financial literacy classes to health and wellness programs, our resources are designed to meet your needs. Whether you join us in-person at the community center or participate virtually from the comfort of your home, our dedicated team is here to guide and support you every step of the way.

Finally, for the families as a unit, we will be embarking on field trips, nutritional sessions as well as grocery and food commodity giveaways. Thanks to our partnership with your apartment community, all of our programs are offered free of charge. Your community center is here to serve as a vital hub for resources, growth, and connection throughout the year. We value your input and ideas—please don't hesitate to connect with your site coordinator, call our main office at 301-925-4251, or email us at [programs@csfnd.org](mailto:programs@csfnd.org).

Let's embrace this new year with optimism and purpose. Together, we can make this a year of transformation, opportunity, and success for all.

# JANUARY

## EVENTS AT A GLANCE

- 🎆 **Center Closed:** January 1 & 20
- 🎆 **Open Rec from 11 AM - 6 PM:** January 17
- 🎆 **Parent Meeting:** January 15 at 6:15 PM

### Community Manager Message

Dear Residents,

We have some important reminders for January 2025!

- Please remember to keep common areas tidy and dispose of trash properly to maintain a clean environment.
- Parking permits must be displayed at all times. If you need a new permit, please contact the office.
- Residents are reminded to keep noise levels down during late hours to ensure everyone has a peaceful living environment.



Thank you for being a part of our community, and we wish you all a Happy New Year!





# Adult & Senior Education Updates

Written by Tiffani Grier

Our adult education classes continue to serve as an essential resource for community residents. With convenient daytime and evening options, these classes provide community members with opportunities to enhance your skills and further your education. We encourage residents to take advantage of these sessions, which are thoughtfully designed to promote both personal and professional growth.

In addition to our core offerings, we also provide specialized workshops that focus on various areas such as technology, business management, and creative arts. These workshops are tailored to meet the diverse interests and needs of our community members.



**Monday - Thursday**

**Zoom**

Meeting ID:

**815 157 8441**

Passcode: **760960**

## CSF'S ADULT & SENIOR EDUCATION SCHEDULE

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	<b>Financial Literacy</b>	<b>Health &amp; Wellness</b>	<b>ESOL</b>
TUESDAY			<b>Health &amp; Wellness</b>
WEDNESDAY	<b>Career &amp; Job Readiness</b>	<b>Health &amp; Wellness</b>	<b>ESOL</b>
THURSDAY			<b>Health &amp; Wellness</b>



**Monday - Thursday**

**Zoom**

Meeting ID: **815 157 8441**

Passcode: **760960**

# Youth & Teen Education Updates

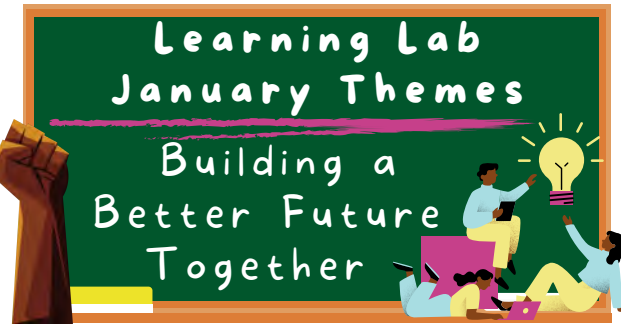
Written by Tiffani Grier

In December, our Learning Lab embraced a month of cultural exploration and holiday cheer. We began with Native American Celebrations, where students showcased their knowledge through presentations on famous Native Americans, their rich cultures, and their lasting contributions to society. The students' enthusiasm and effort were truly commendable as they shared what they learned.

As the month progressed, students embarked on a journey to explore holidays around the world, gaining a deeper appreciation for diverse traditions. During the final weeks, students engaged in open recreation activities, including a Winter S.T.E.M. challenge, creative handwriting exercises, and other festive, fun-filled projects. These activities not only sparked curiosity but also nurtured teamwork and creativity, making December a memorable month of learning and joy.

Weekly S.T.E.A.M. Themes for January

- Week One: New Year, New Goals: Growth Mindset and Personal Development
- Week Two: Innovations That Changed the World
- Week Three: Martin Luther King Jr.: Dreaming of Equality



**Learning Lab**  
Microsoft Teams  
Meeting ID:  
**277 760 376 456**  
Passcode:  
**F7qukS**



**Learning Lab**  
focused on **Holidays**  
Around the World in  
**December**



## Parent Meeting

Come hear about updates to our programming, activities, and nutritional health tips that every family can enjoy. It's virtual and only lasts 30 minutes.

You can also win a prize for attending!

Our next meeting is  
**Wednesday January 15**  
at 6:15 PM.



**Parent Meeting**  
**Microsoft Teams**

Meeting ID:  
**254 631 323 657**  
Passcode:  
**X4k5zk3a**





# Health & Wellness

Written by Janel Patrice

Happy Holidays and  
Happy New Year!

As we embark on a  
New Year, January  
is designated as  
Mental Wellness  
Month, which is  
meant to reinforce  
the importance of  
maintaining your

mental health and well-being, and breaking the stigma associated with  
mental illness, and spreading awareness.

There are ways to prioritize your health! As you transition from the festive  
season into the new year, shift your focus inward after the rush of the  
holidays can have great benefits. This month can provide you with an  
opportunity to consciously reflect, reassess, and recalibrate your mental  
health strategies. This time of year, should not be focused on survival or  
getting through these winter months, but proactively emphasizing mental  
health awareness and self-care.

I challenge you this month to  
establish healthy habits and  
fortify your mental health for  
the year ahead. Here are a few  
ways to make a positive  
difference. Embracing mental  
wellness topics and adopting  
healthier coping strategies  
may assist you with significant  
changes in your life. Also  
fostering resilience, happiness  
and overall well-being. Utilize  
the tools that you have within  
CSF HR as it relates to your EAP  
and make this year better than  
the last!



# JANUARY 2024

## Youth & Teen Calendar

**MONDAY**

30



**TUESDAY**

31



**WEDNESDAY**

1



**THURSDAY**

2

**Afterschool Club**  
2-6 PM

**FRIDAY**

3

**Afterschool Club**  
2-6 PM



6

**Afterschool Club**  
2-6 PM



7

**Afterschool Club**  
2-6 PM

8

**Afterschool Club**  
2-6 PM

9

**Afterschool Club**  
2-6 PM

10

**Afterschool Club**  
2-6 PM



13

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



14

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

15

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**PARENTS MEETING**  
6:15 PM

16

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



17

**OPEN REC**  
11 AM - 6 PM

20



21

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



22

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



23

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

24

**Afterschool Club**  
2-6 PM



27

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



28

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

29

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



30

**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

31

**Afterschool Club**  
2-6 PM

# JANUARY 2024

## Adult & Senior Calendar

**MONDAY**

30



**TUESDAY**

31



**WEDNESDAY**

1



**THURSDAY**

2

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

**FRIDAY**

3

In-Person  
Adult &  
Senior Time  
10 AM-1 PM



6

In-Person  
Adult &  
Senior Time  
10 AM-1 PM



7

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

8

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

9

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

10

In-Person  
Adult &  
Senior Time  
10 AM-1 PM



13 In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
10 AM -  
12 PM,  
7-8 PM



14

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM

15

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class Learning  
10 AM - 12 PM, 7-8 PM  
PARENTS MEETING  
6:15 PM

16

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



17

**IN-PERSON  
CLOSED  
FOR  
ADULTS**

20



**CLOSED**

21

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



22

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
10 AM - 12 PM,  
7-8 PM

23

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM

24

In-Person  
Adult &  
Senior Time  
10 AM-1 PM



27

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
10 AM - 12 PM,  
7-8 PM



28

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM

29

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
10 AM -  
12 PM,  
7-8 PM



30

In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM

31

In-Person  
Adult &  
Senior Time  
10 AM-1 PM





Frederick Douglass Community Center

# After School Club

Grades  
K-8

## Included for FREE:

- ✓ Fun STEAM Activities
- ✓ Homework Help
- ✓ Snack and/or Meal
- ✓ Digital Literacy
- ✓ Health & Wellness
- ✓ Hands-On Learning
- ✓ Character Development
- ✓ Virtual Games & Trivia
- ✓ Holiday & Days Off School Open Rec

Begins on  
August 26,  
the first day of  
school!

Register Now!

☎ (202) 889-3850

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The programs are provided in partnership with Community Services Foundation, Mid City Development, Urban Atlantic, Edgewood Management Corporation, Maryland State Department of Education, Housing Opportunities Commission, Brentwood Associates Limited Partnership, Pratum Companies, Forest Heights Elementary School, St. Mark AME Church, Prince George's County Department of Family Services, MMS Group, FCP, Gates Hudson, and Langdon Park Capital. It is funded, in part, by the Office of the State Superintendent of Education (OSSE) and Nita B. Lowery 21st Center Community Learning Centers (CCLC). Grants provided by the Prince George's County Department of Family Services, a grant made possible through a partnership with Prince George's County Department of Family Services and Maryland State Department of Education, a generous grant provided by the District of Columbia, and a grant from Learn 24 provided by the District of Columbia.

