



THE CSF MONTHLY AT THE WILLOWS

Official Newsletter of Community Services Foundation



The programs at The Willows Community Center are provided in partnership with Community Services Foundation (CSF), Housing Opportunities Commission (HOC), Pratum Companies, Montgomery County Public Schools (MCPS), and So What Else Inc.



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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.

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

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JANUARY

EVENTS AT A GLANCE

- 🎆 **Center Closed:** January 1 & 20
- 🎆 **Open Rec from 11 AM - 6 PM:** January 29
- 🎆 **Parent Meeting:** January 15 at 6:15 PM

Community Manager Message

Dear Residents,

It has been a pleasure serving you throughout the year and we are looking forward to serving you in the upcoming year.

We wish each and every one of you a Happy and Healthy New Year!

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.



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	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



Monday - Thursday

Zoom

Meeting ID: **815 157 8441**

Passcode: **760960**

Youth & Teen Education Updates

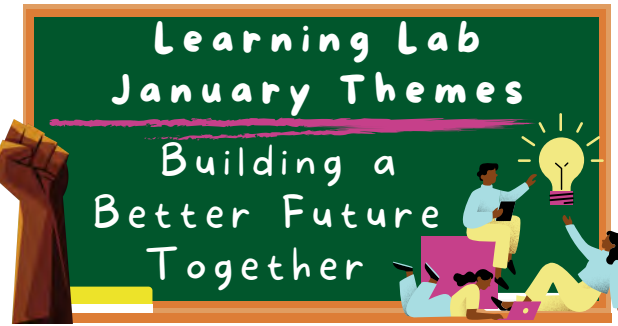
Written by Tiffani Grier

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.



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
Fun, Fit & Fly



6

Afterschool Club
2-6 PM
So What Else - Homework Help



7

Afterschool Club
2-6 PM

8

Afterschool Club
2-6 PM

9

Afterschool Club
2-6 PM

10

Afterschool Club
2-6 PM
So What Else - Fitness Games



13

Afterschool Club
2-6 PM
Learning Lab
4-5 PM
So What Else - Homework Help



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

Afterschool Club
2-6 PM
So What Else - Fitness Games

20



CLOSED

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
So What Else - Fitness Games



27

Afterschool Club
2-6 PM
Learning Lab
4-5 PM
So What Else - Homework Help



28

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

29

OPEN REC
11 AM - 6 PM
BINGO
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-Center Bingo
10 AM - 12 PM

FRIDAY

3

In-Center Resident's Food Distribution
10 AM - 12 PM



6

In-Center Morning Walk
10 AM - 12 PM



7

In-Center Resident's Services
10 AM - 12 PM

8

In-Center Morning Walk
10 AM - 12 PM

9

In-Center Resident's Services & Coffee
10 AM - 12 PM

10

In-Center Resident's Food Distribution
10 AM - 12 PM



13

In-Center Morning Walk
10 AM - 12 PM
Virtual Class Learning
10 AM - 12 PM, 7-8 PM



14

In-Center Coffee Talk
10 AM - 12 PM
Virtual Class Learning
7-8 PM

15

In-Center Morning Walk
10 AM - 12 PM
In-Center Senior Brown Bag Distribution
10 AM - 12 PM
Virtual Class Learning
10 AM - 12 PM, 7-8 PM
PARENTS MEETING
6:15 PM

16

In-Center Bingo
10 AM - 12 PM
Virtual Class Learning
7-8 PM



17

In-Center Resident's Food Distribution
10 AM - 12 PM

20



CLOSED

21

In-Center Resident's Services
10 AM - 12 PM
Virtual Class Learning
7-8 PM



22

In-Center Morning Walk
10 AM - 12 PM
Virtual Class Learning
10 AM - 12 PM, 7-8 PM

23

In-Center Resident's Services & Coffee
10 AM - 12 PM
Virtual Class Learning
7-8 PM

24

In-Center Resident's Food Distribution
10 AM - 12 PM



27

In-Center Morning Walk
10 AM - 12 PM
Virtual Class Learning
10 AM - 12 PM, 7-8 PM



28

In-Center Coffee Talk
10 AM - 12 PM
Virtual Class Learning
7-8 PM

29

IN-PERSON CLOSED FOR ADULTS
Virtual Class Learning
10 AM - 12 PM, 7-8 PM



30

In-Center Bingo
10 AM - 12 PM
Virtual Class Learning
7-8 PM

31

In-Center Resident's Food Distribution
10 AM - 12 PM



The Willows 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!

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