

# THE CSF MONTHLY AT CENTRAL GARDENS I

Official Newsletter of Community Services Foundation



The programs at Central Gardens I Community Center are provided in partnership with Community Services Foundation (CSF), Hudson Valley Property Group (HVP), Envolve LLC, Capital Area Food Bank (CAFB), and SHABACHI Ministries, and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.



**Community Manager**  
Cheryl Mason



**Site Coordinator**  
Curtiss Moore

**E-Mail:** [centralgardensc@csfnd.org](mailto:centralgardensc@csfnd.org) | **Phone:** 301-336-7885

## Letter from the Program Director

Written by John Mensah



"Of all the months of the year there is not a month...so welcome to the young, or so full of happy associations, as the last month of the year." — Charles Dickens.

As we enter this festive season, be assured that Community Services Foundation, through our partnership with your apartment community, is focused on ensuring we provide services that will enhance the lives of all residents.

We have made a firm commitment to helping our youth and teen learners academically and socially through our wonderful and exciting After-School Program. Be sure your child participates in our Native American and Indigenous People presentation that is scheduled for December 6th at 4:15pm. Thanks to a generous donor, every child enrolled will receive a gift this month! With limited spaces available, now is the time to enroll your child to avoid the waiting list.

We will also work to ensure our Adults and Seniors receive enriching online and in-person programs designed to promote personal growth and well-being. From career and job readiness workshops to financial literacy and health and wellness classes, these programs are designed with you in mind. Whether you're joining us at the community center or participating from the comfort of your home, our team is ready to assist you with resources, guidance, and information.

Thanks to our partnership with your apartment community, all of our programs are free of charge. We aim to make the community center your go-to resource for enhancing your quality of life. Your ideas are welcome—reach out to us through your community center site coordinator or call our main office at 301-925-4251. You can also email us at [programs@csfnd.org](mailto:programs@csfnd.org) with your questions and inquiries.

## Table of Contents

- Letter from the Program Director **PAGE 01**
- Community Updates **PAGE 02**
- Adult & Senior Education Updates **PAGE 03**
- Youth & Teen Education Updates **PAGE 04**
- Wellness Reminder **PAGE 05**
- Youth Calendar **PAGE 06**
- Adult & Senior Calendar **PAGE 07**

# DECEMBER EVENTS AT A GLANCE

- Center Closed:** December 25 & January 1
- Open Rec from 11 AM - 6 PM:** December 20, 23, 26-27, & 30; January 2-3
- Open Rec from 11 AM - 2 PM:** December 24
- Open Rec from 11 AM - 3 PM:** December 31
- Parent Meeting:** December 18 at 6:15 PM
- Native American and Indigenous People Presentation:** December 6 at 4:15 PM

## Community Manager Message

Dear Residents,

Thank you for your continued residency and cooperation as we close out 2024. It is our hope that you and your family will have the happiest of holiday seasons.

We ask that you report any needed repairs as quickly as possible. Promptly notifying the rental office of repairs will allow us to quickly address the concern and ensure that you are able to enjoy the remainder of the holiday season.

We also ask that you dispose of your trash as quickly as you can. December is a month when we often have more garbage than usual and this will help with our trash collection efforts.

Finally, as we approach the conclusion of 2024, we look forward to ushering in a new month and year with zeal and excitement! We are grateful for the opportunity to serve you in 2024 and look forward to serving you in 2025.



### November HIGHLIGHTS



# Adult & Senior Education Updates

Written by Tiffani Grier

Our adult education classes remain a vital resource, empowering community members with new skills and knowledge through flexible daytime and evening sessions. Please join us for extra guidance during this holiday season.

Whether you're looking to learn a new skill, stay fit, or simply connect with others, we have something for everyone. These classes are a great way to meet fellow residents, learn something new, and have fun from the comfort of your home! Feel free to invite friends and family members to join us in these exciting opportunities.



**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**

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# Youth & Teen Education Updates

Written by Tiffani Grier

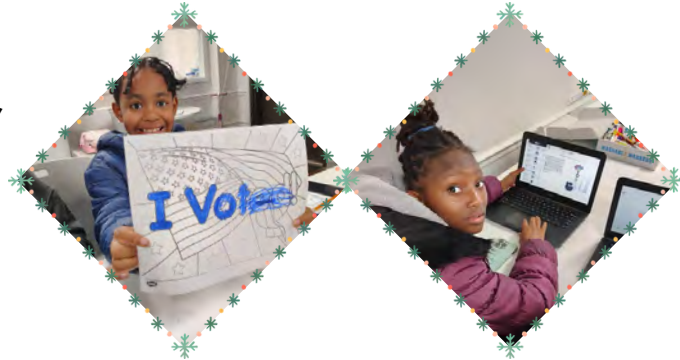
As we enter December, Community Services Foundation's (CSF) Learning Lab continues to thrive, providing impactful academic enrichment and project-based learning opportunities Monday through Thursday.

This fall, we've expanded our reach by including middle school students, whose participation and enthusiasm for S.T.E.A.M. (Science, Technology, Engineering, Arts, and Mathematics) projects have grown each week. These hands-on activities have fostered creativity, teamwork, and critical thinking skills across all grade levels, while our Targeted Instruction and Curriculum Team supports individual growth through tailored IXL assignments, certified teacher-led homework help, and innovative weekly themes like Artistic Creations, Environmental Science, and Space Discovery.

November brought inspiring milestones, including our Vibrant Voices Hispanic Heritage Month celebration, where students shared cultural insights through presentations and crafts, and the continuation of Native American Heritage Month studies, which will culminate in a celebration honoring Native contributions during the first week of December.



**Learning Lab**  
Microsoft Teams  
Meeting ID:  
**217 270 189 626**  
Passcode:  
**uc8kow**



**Learning Lab focused on Showing Gratitude and Native American History Month in November**



## 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 December 18**  
at 6:15 PM.



# Health & Wellness

Written by Janel Patrice, BS, MA

The Month of December is identified as the most difficult time of the year for mental health challenges. December is also designated as “Seasonal Affective Disorder” Awareness Month. Reduced daylight and cold weather impacts moods and well-being.

This month is inclusive of the holidays, and the loss of family members and friends, can be overwhelming emotionally. For many people, the holidays lead to a massive disruption in day-to-day routines. But maintaining healthy habits like talking with friends, family, and even being open to therapy, getting proper sleep, and exercising, are critical to keeping your mental health on track. The following are things you can do:

1. Accept Your Feelings
2. Maintain Healthy Habits
3. Set Boundaries
4. Make Time to Connect

Enjoy the Holidays! Connect with a friend! Stay in prayer and in peace!

Happy Holidays from the Mental Health Support Staff at Community Services Foundation



**SHOW CARE FOR YOUR MENTAL HEALTH**



DECEMBER

2024

# Youth & Teen Calendar

MONDAY

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



TUESDAY

**3**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM



WEDNESDAY

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

THURSDAY

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

FRIDAY

**6**  
Afterschool Club  
2-6 PM  
Native American and Indigenous People Presentation  
4:15 PM



**9**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM

**10**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM



**11**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM

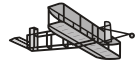
**12**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM



**13**  
Afterschool Club  
2-6 PM

**16**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM

**17**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM



**18**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM

PARENTS MEETING  
6:15 PM

**19**  
Afterschool Club  
2-6 PM  
Learning Lab  
4-5 PM



**20**  
OPEN REC  
11 AM - 6 PM

**23**  
OPEN REC  
11 AM - 6 PM

**24** OPEN REC  
11 AM - 2 PM  
Holiday Celebration  
CLOSING AT 2 PM



**26**  
OPEN REC  
11 AM - 6 PM



**27**  
OPEN REC  
11 AM - 6 PM



**30**  
OPEN REC  
11 AM - 6 PM

**31** OPEN REC  
11 AM - 3 PM  
CLOSING AT 3 PM



HAPPY NEW YEAR  
2025  
CLOSED



DECEMBER

2024

# Adult & Senior Calendar

**MONDAY**

**2**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

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



**TUESDAY**

**3**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



**WEDNESDAY**

**4**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

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

**THURSDAY**

**5**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM

**FRIDAY**

**6**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM



**9**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

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

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

Virtual Class  
Learning  
7-8 PM



**11**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

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

**12**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



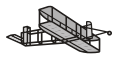
**13**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

**16**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

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

**17**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



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

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

**19**  
In-Person  
Adult &  
Senior Time  
10 AM-1 PM

Virtual Class  
Learning  
7-8 PM



**20**  
**CLOSED  
FOR  
ADULTS**

**23**  
**CLOSED  
FOR  
ADULTS**

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

**24**  
In-Person  
Adult &  
Senior Time  
10-11 AM

**Holiday  
Celebration**

**25**  
**CLOSED**



**26**  
**CLOSED  
FOR  
ADULTS**

Virtual Class  
Learning  
7-8 PM



**27**  
**CLOSED  
FOR  
ADULTS**



**30**  
**CLOSED  
FOR  
ADULTS**

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

**31**  
**CLOSED  
FOR  
ADULTS**



**HAPPY  
NEW YEAR  
2025  
CLOSED**



## HOW TO APPLY

Please Call Lisa Jenkins at  
**(301)265-8462**

Or Write:

**Foster Grandparent Program**  
**Department of Family Services**  
**Aging and Disabilities Services Division**  
6420 Allentown Road  
Camp Springs, MD 20748



*Enroll Today!*

## CONTACT US

Prince George's County  
Department of Family Services  
Aging & Disabilities Services Division

## Foster Grandparents Program



Prince George's County  
Department of Family Services  
Aging and Disability Services Division  
Foster Grandparents Program



6420 Allentown Road  
Camp Springs, MD 207048



(301) 265-8462

**6420 Allentown Road**  
**Camp Springs, MD 20748**  
**(301) 265-8462**



*“Make a difference in a child’s life.”*





## Where and Whom do Foster Grandparents Serve?

In schools (public and private), residential institutions, day care centers, and hospitals. They help children who are:

Mentally/Physically Challenged

Victims of Abuse and Neglect

Academically At-Risk

Troubled Teens/Young Mothers

With Special or Exceptional Needs

## What do Foster Grandparents Do?

- Serve children with special or exceptional needs, 15 hours per week.
- Give loving care, guidance, understanding, and assistance on a one-to-one basis.
- Listen, teach simple tasks and self-care skills, play games, help with therapy and engage children in a variety of developmental activities.

## What Benefits do Foster Grandparents Receive?

- Tax-Exempt Hourly Stipend
- Transportation Allowance
- Yearly Physical Examination
- Training
- Paid Leave
- Free Accident Insurance

## WHO ARE FOSTER GRANDPARENTS?

Caring men and women from all walks of life who meet the following program requirements:

- 55 Years of Age or Over
- Income Eligible
- Good Health
- Concerned about Children
- Time and Love to Give
- Resident of Prince George's County





Central Gardens 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!**

☎ (301) 336-7885

✉ [centralgardensc@csfnd.org](mailto:centralgardensc@csfnd.org)

📍 6804 Cindy Lane,  
Capitol Heights, MD  
20743



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 Century 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.





# 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>
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THURSDAY			<b>Health &amp; Wellness</b>



[bit.ly/csfAdultEd](https://bit.ly/csfAdultEd)

Monday - Friday  
**Zoom**

Meeting ID: 815 157 8441

Passcode: 760960



Contact us if you need information:

✉ [programs@csfnd.org](mailto:programs@csfnd.org) ☎ (301) 925-4251

