



THE CSF MONTHLY AT SHADY GROVE

Official Newsletter of Community Services Foundation



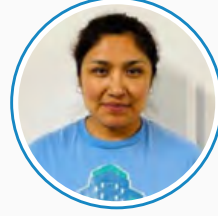
The programs at Shady Grove Community Center are provided in partnership with Community Services Foundation (CSF), Housing Opportunities Commission (HOC), Pratum Companies, So What Else Inc, and Manna Food Center.

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Community Manager
Tomoko Ishibashi



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.

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 29**
- 🎆 **Parent Meeting: January 15 at 6:15 PM**

Community Manager Message

Dear Residents,

On behalf of the staff and myself, I would like to THANK YOU for remembering us in this special season, and for the beautiful cards and gifts. We are very grateful. Our staff is more committed than ever to ensure that you receive the service and attention you deserve as a resident of Shady Grove. Your management team is here to work with you to achieve a comfortable, safe and beautiful community. Please don't hesitate to contact us with any questions or concerns. We are here to help!



Wishing all the residents a lot of happiness and health.

Let's make this year another prosperous and wonderful year together!



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

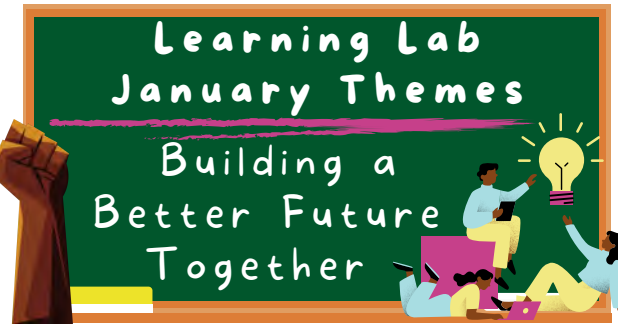
Written by Tiffani Grier

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.



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
So What Else
4-5:30 PM



6

Afterschool Club
2-6 PM
Reading Tutoring



7

Afterschool Club
2-6 PM
Reading Tutoring

8

Afterschool Club
2-6 PM

9

Afterschool Club
2-6 PM

10

Afterschool Club
2-6 PM
So What Else
4-5:30 PM



13

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



14

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

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
4-5:30 PM

20



CLOSED

21

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



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
4-5:30 PM



27

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



28

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

29

OPEN REC
11 AM - 6 PM
Learning Lab
4-5 PM



30

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

31

Afterschool Club
2-6 PM
So What Else
4-5:30 PM

JANUARY 2024

Adult & Senior Calendar

MONDAY

30



TUESDAY

31



WEDNESDAY



THURSDAY

2

**In-Center
Bingo & Prizes**
10 AM - 1 PM

FRIDAY

3

**In-Center
Arts & Crafts**
10 AM - 1 PM



6

**In-Center
Table Games**
10 AM - 1 PM



7

**In-Center
Bingo & Prizes**
10 AM - 1 PM

8

**In-Center
Arts & Crafts**
10 AM - 1 PM

**Food
Distribution**
1-2 PM

9

**In-Center
Bingo & Prizes**
10 AM - 1 PM

10

**In-Center
Arts & Crafts**
10 AM - 1 PM



**13 In-Center
Table Games**
10 AM - 1 PM

**Brown Bag
Food
Distribution**
11 AM - 2 PM

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



14

**In-Center
Bingo & Prizes**
10 AM - 1 PM

**Virtual Class
Learning**
7-8 PM

**15 In-Center
Arts & Crafts**
10 AM - 1 PM

**Food
Distribution**
1-2 PM

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

16

**In-Center
Bingo & Prizes**
10 AM - 1 PM

**Virtual Class
Learning**



17

**In-Center
Arts & Crafts**
10 AM - 1 PM

20



CLOSED

21

**In-Center
Bingo & Prizes**
10 AM - 1 PM
**Virtual Class
Learning**
7-8 PM



**22 In-Center
Arts & Crafts**
10 AM - 1 PM

**Food
Distribution**
1-2 PM

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

23

**In-Center
Bingo & Prizes**
10 AM - 1 PM

**Virtual Class
Learning**
7-8 PM

24

**In-Center
Arts & Crafts**
10 AM - 1 PM



27

**In-Center
Table Games**
10 AM - 1 PM



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

28

**In-Center
Bingo & Prizes**
10 AM - 1 PM

**Virtual Class
Learning**
7-8 PM

29

**Food
Distribution**
1-2 PM

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



30

**In-Center
Bingo & Prizes**
10 AM - 1 PM

**Virtual Class
Learning**
7-8 PM

31

**In-Center
Arts & Crafts**
10 AM - 1 PM



Shady Grove 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) 948-3341

✉ shadygrovesc@csfnd.org

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Derwood, MD
20855



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.

