

THE CSF MONTHLY AT GLENARDEN WOODS

Official Newsletter of Community Services Foundation



The programs at Glenarden Woods Community Center are provided in partnership with Community Services Foundation (CSF), National Foundation for Affordable Housing Solutions (NFHAS), MMS Group, and Capital Area Food Bank (CAFB), and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.

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Community Manager
Jewel Morgan



Site Coordinator
Ra'Khari Watkins

E-Mail: glenardensc@csfnd.org | **Phone:** 301-388-6227

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 with your questions and inquiries.

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

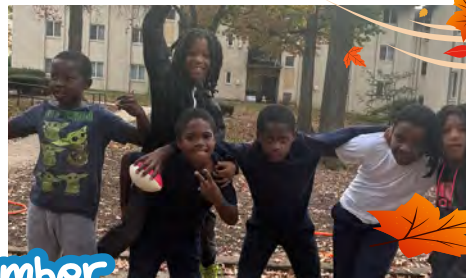
Community Manager Message

Dear Residents,

As December begins, it's important to prepare for the changing weather. Please remember take precaution to prevent frozen pipes as temperatures drop. Keep your thermostat set to a minimum of 65 degrees and let your faucets drip during particularly cold night.

Additionally, it's a good time to check your heating system & replace any filters to ensure optimal performance throughout the season. If you have outdoor plants or decorations, consider bringing them inside or providing adequate protection from the cold.

Thanks for your attention to these important reminders. We appreciate your cooperation & look forward to a wonder December together!



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



Monday - Thursday

Zoom

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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.



Parent Meeting
Microsoft Teams
Meeting ID:
213 292 635 294
Passcode:
Rt7HJ6P4

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 - 6 PM
CLOSING AT 2 PM

25

CLOSED



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



TUESDAY

3
Virtual Class Learning
7-8 PM



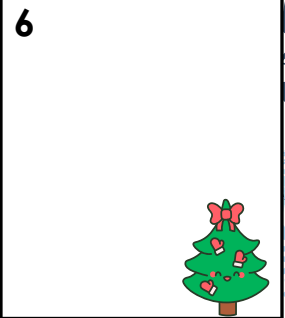
WEDNESDAY

4
Virtual Class Learning
10 AM-12 PM,
7-8 PM

THURSDAY

5
Virtual Class Learning
7-8 PM

FRIDAY



9
Virtual Class Learning
10 AM-12 PM,
7-8 PM

10
Virtual Class Learning
7-8 PM



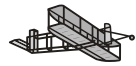
11
Virtual Class Learning
10 AM-12 PM,
7-8 PM

12
Virtual Class Learning
7-8 PM



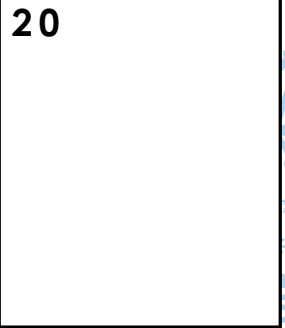
16
Virtual Class Learning
10 AM-12 PM,
7-8 PM

17
Virtual Class Learning
7-8 PM



18
Virtual Class Learning
10 AM-12 PM,
7-8 PM

19
Virtual Class Learning
7-8 PM



23
Virtual Class Learning
10 AM-12 PM,
7-8 PM

24
NO CLASSES



26
Virtual Class Learning
7-8 PM



30
Virtual Class Learning
10 AM-12 PM,
7-8 PM

31
NO CLASSES





Glenarden Woods 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) 388-6227

✉ glenardensc@csfnd.org

📍 7941 Johnson Avenue
Glenarden, MD
20706



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.





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THURSDAY			Health & Wellness



bit.ly/csfAdultEd

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Contact us if you need information:

✉ programs@csfnd.org ☎ (301) 925-4251

