



The programs at Queenstown Community Center are provided in partnership with Community Services Foundation (CSF), Midcity, Donaldson, and SHABACHI Ministries, 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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VOL. 2 ISSUE 1 • JANUARY 2025

# THE CSF MONTHLY AT QUEENSTOWN

Official Newsletter of Community Services Foundation



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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 2-3 & 27



**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!



December  
HIGHLIGHTS





## 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

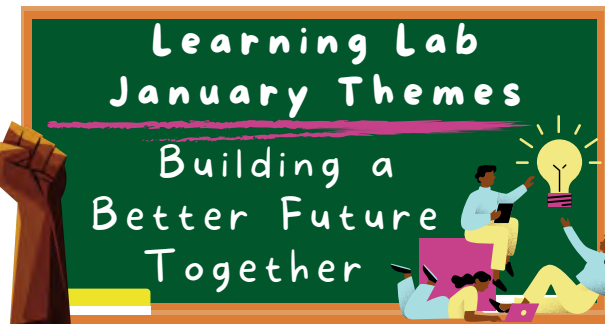
Written by Tiffani Grier

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



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

**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.



[bit.ly/4iVjbaK](https://bit.ly/4iVjbaK)

**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 head. 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



**6 Afterschool Club**  
2-6 PM

**Writing:**  
Story Writing  
**ABC's Game**



**13 Afterschool Club**  
2-6 PM

**Learning Lab**  
4-5 PM  
**Writing:**  
How to Write in Cursive



20



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

**Writing:**  
Introduce Yourself  
**Learning Lab**  
4-5 PM



**TUESDAY**

31



**7 Afterschool Club**  
2-6 PM

**Math:**  
Word Problems

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

**Math:**  
Color in the Answer & Math Game

**21 Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM  
**Math: Addition Work Problems**



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

**Math:**  
Complete the Patterns & Code

**WEDNESDAY**

1



**CLOSED**

**8 Afterschool Club**  
2-6 PM

**Science:**  
States of Matter & Worksheet

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

**Social Focus:**  
Comparing & Apologizing  
**Science:**  
Float or Magnet  
**PARENTS MEETING**  
6:15 PM

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

**Teen Science:**  
Balloon Rocket  
**Youth Art:**  
Dye Paper



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

**Science:**  
Weather Worksheet



**THURSDAY**

2

**OPEN REC**  
11 AM - 6 PM

**Reading:** Fill in the Blanks  
**Open Group Reading**

**9 Afterschool Club**  
2-6 PM

**Reading:**  
Poem Stories

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

**Reading:**  
Story Tag  
**Open Group Booklet**



**23 Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM  
**Reading:** Make your own story & share

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

**Reading:**  
Reading Comprehension

**FRIDAY**

3

**OPEN REC**  
11 AM - 6 PM

**Drawing Challenge:**  
Teens vs. Youth  
**30 Minute Yoga**



**10 Afterschool Club**  
2-6 PM

**Arts & Crafts:**  
Welcome 2025  
**Movie Day**  
**Park Time**



**17 Afterschool Club**  
2-6 PM

**Arts & Crafts:**  
Paper Dragon  
**MLK Jr. "I Have a Dream" Video**

**24 Afterschool Club**  
2-6 PM

**Arts & Crafts:**  
Tissue Paper Painting  
**30 Minute Yoga**



**31 Afterschool Club**  
2-6 PM

**Coloring Challenge:**  
Youth vs. Teens  
**Freeze Dance**  
**30 Minute Yoga**



# JANUARY 2024

## Adult & Senior Calendar

**MONDAY**

30



**TUESDAY**

31



**WEDNESDAY**

1



**THURSDAY**

2

**IN-PERSON  
CLOSED  
FOR  
ADULTS**

**FRIDAY**

3

**IN-PERSON  
CLOSED  
FOR  
ADULTS**



6

**In-Center  
Bingo  
Monday**  
10 AM - 1 PM



7

**In-Center  
Karaoke Time**  
10 AM - 1 PM

8

**In-Center  
Share Your  
Resolutions**  
10 AM - 1 PM

9

**In-Center  
Create your  
own art**  
10 AM - 1 PM

10

**In-Center  
Movie Day**  
10 AM - 1 PM



**13 In-Center  
Meditation  
Time**

10 AM - 1 PM

**Virtual Class  
Learning**

10 AM -  
12 PM,  
7-8 PM



14

**In-Center  
Puzzle Mania**  
10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM

15

**In-Center  
Zumba**  
10 AM - 1 PM

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

16

**In-Center  
Karaoke Time**  
10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM



17

**In-Center  
SHABACH!  
Ministries  
Food  
Delivery**  
10 AM - 1 PM

20



**21 In-Center  
BINGO  
Tuesday**

10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM



22

**In-Center  
Brown Bag  
Delivery**  
10 AM - 1 PM

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

23

**In-Center  
Movie Day**  
10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM

24

**In-Center  
Meditation  
Time**  
10 AM - 1 PM



27

**IN-PERSON  
CLOSED  
FOR  
ADULTS**

**Virtual Class  
Learning**

10 AM - 12 PM,  
7-8 PM



28

**In-Center  
Music Trivia**  
10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM

29

**In-Center  
Zumba**  
10 AM - 1 PM

**Virtual Class  
Learning**

10 AM -  
12 PM,  
7-8 PM



30

**In-Center  
Jeopardy**  
10 AM - 1 PM

**Virtual Class  
Learning**  
7-8 PM

31

**In-Center  
Puzzle Mania**  
10 AM - 1 PM

## 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 and Disability Services Division  
Foster Grandparents Program



6420 Allentown Road  
Camp Springs, MD 207048



(301) 265-8462

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

## Foster Grandparents Program



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



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





## 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**

## 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**

## 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







# Community Services Foundation

Queenstown 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) 927-9234

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

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20712

