



THE CSF MONTHLY AT ROCK CREEK TERRACE

Official Newsletter of Community Services Foundation



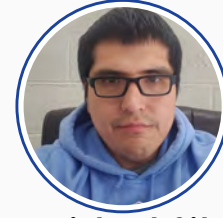
Community Services Foundation
The programs at Rock Creek Terrace/Ford Education Training Center are provided in partnership with Community Services Foundation (CSF), Hudson Valley Property Group (HVPG), Envolve LLC, Montgomery County Public Schools (MCPS), and Capital Area Food Bank (CAFB).



Community Manager
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Letter from the Program Director

Written by John Mensah

As we step into March and celebrate **Women's History Month**, we reflect on the powerful words of **Coretta Scott King**:
"The woman power of this nation can be the power which makes us whole and heals the rotten community, now so shattered by war and poverty and racism. I have great faith in the power of women who will dedicate themselves wholeheartedly to the task of remaking our society."

We reaffirm our commitment to uplifting and empowering every member of our community. We continue to stand for gender equality, ensuring that **women of all ages** have access to the **resources, education, and opportunities** they need to thrive—wherever life may take them!

As an organization, we remain committed to enriching the lives of residents in managed communities through impactful services and programs that foster growth and development. Our dedication to gender equality ensures that women of all ages can access the resources they need to thrive, no matter where life takes them.

This commitment shines through in our vibrant and engaging after-school program. With a strong focus on STEAM learning, our learning lab sessions blend direct instruction with hands-on, project-based learning. Designed to spark curiosity and creativity, these programs are guided by experienced educators who inspire and empower students every step of the way.

We prioritize delivering programs and services that cater to the unique needs of adults and seniors in our communities. From career readiness workshops and financial literacy classes to health and wellness initiatives, our offerings are designed to empower and support you. Whether you join us in person at the community center or participate virtually from home, our dedicated team will guide you every step of the way.

Thanks to the generosity of your apartment community, all our programs and services are provided free of charge, bringing valuable resources right to your doorstep. The community center is a vibrant hub for growth, connection, and support throughout the month and beyond. We welcome your ideas and feedback—feel free to reach out to your site coordinator, call our main office at 301-925-4251, or email us at programs@csfnd.org.

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March

EVENTS AT A GLANCE

 **Open Rec from 11 AM - 6 PM: March 31**

 **NO Parent Meeting this month!**

Community Manager Message

Dear Residents,

As we step into March, there are several exciting events and important reminders to keep in mind:

Important Property Reminders:

- Maintenance Requests: If you need any repairs or maintenance in your apartment, please submit your requests as soon as possible.
- Parking Regulations: Please remember to park only in designated areas. Illegally parked vehicles may be towed at the owner's expense.
- Quiet Hours: To ensure a peaceful environment for all residents, please observe quiet hours.

Thank you for being a part of our community. We look forward to a wonderful month ahead!



FEBRUARY HIGHLIGHTS



Adult & Senior Education Updates

Written by Tiffani Grier

This month's adult and senior program offers an array of engaging activities and events aimed at fostering social interaction, learning, and overall wellness.

- Financial Literacy class on Mondays to enhance financial understanding
- Health & Wellness classes centered on nutrition, fitness, and mental health
- ESOL classes to assist with basic language skills and document translation
- Career & Job Readiness class on Wednesdays focused on mastering job interviews and common questions

Don't forget to review the program schedule for specific dates and times of events, and sign up to participate in the fun!



NEW LINK!

Monday - Thursday

Microsoft Teams

Meeting ID:

288 855 419 201

Passcode: **9T2yn9WE**

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

Microsoft Teams

Meeting ID: **288 855 419 201**

Passcode: **9T2yn9WE**

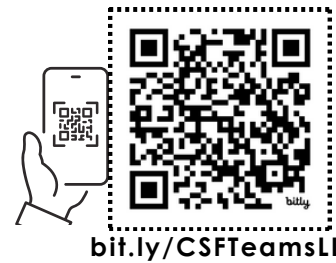
Youth & Teen Education Updates

Written by Tiffani Grier

As we transition into March, we honor Women's History Month with a focus on trailblazers in science, technology, engineering, arts, and math (S.T.E.A.M.).

March Themes:

- Week 1: Women Who Changed the World: Trailblazers in S.T.E.A.M.
 - Highlighting female inventors, scientists, & mathematicians
 - Exploring Women in the Arts & Media
 - Recognizing Black Women in S.T.E.A.M.
- Week 2: The Science of Storytelling: Theater, Animation, and Digital Art
 - Exploring the science behind stage lighting, sound, & storytelling
 - Learning about female directors, animators, & authors
 - Engaging in animation, digital storytelling, & coding activities
- Week 3: Mathematics in Motion: Patterns, Logic, and Everyday Problem-Solving
 - Exploring Pi Day (March 14) through geometry & real-world applications
 - Applying math in engineering & problem-solving activities
 - Recognizing women mathematicians like Katherine Johnson
- Week 4: Our Planet, Our Future: Sustainability, Nature, and the Environment
 - Learning about Earth & Environmental Science
 - Exploring the work of women environmental scientists
 - Investigating biodiversity through the study of insects & dinosaurs



Learning Lab
Microsoft Teams
Meeting ID:
277 760 376 456
Passcode:
F7qukS



Learning Lab focused on Empowering Voices: Celebrating Black Innovators and Changemakers in February



No Parent Meeting This Month!

Health & Wellness

Written by Janel Patrice

March is a significant month for mental health awareness! Several days within the month of March are dedicated to increasing understanding and breaking the stigma around mental health conditions. From self-injury to bipolar disorder, these observances provide opportunities for education, advocacy and support.



For this month, let's center our focus on our loved ones. Specifically, to our children who may be feeling sad and discouraged, and to our staff, who have gone silent and may be showing signs of hopelessness and worthlessness. A positive word goes a long way to those that may be longing for companionship or just to know that they are worthy of love and appreciation.

Today in the world, our children face increasing pressures from school, social media, and personal challenges. Let's encourage parents, teachers, and our own mentors to check in on their mental well-being. Mental health struggles are real, and support is available. For CSF staff, EAP is right at your fingertips and is a free resource for you that is confidential. Ask your HR representative for more information.



In conclusion, whether it's through social media campaigns, community events, or simple conversations, each of us has the power to make a difference. Let us use March as an opportunity to educate support and advocate mental health awareness.

March 2025

Youth & Teen Calendar

MONDAY

3

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

TUESDAY

4

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



WEDNESDAY

5

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

THURSDAY

6

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



FRIDAY

7

Afterschool Club
2-6 PM
Spring Fling - Movies, Games, & Outdoors

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
Learning Lab
4-5 PM
Themed Painting

14

Afterschool Club
2-6 PM
Spring Fling - Movies, Games, & Outdoors



17

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



18

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

19

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



20

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

21

Afterschool Club
2-6 PM
Spring Fling - Movies, Games, & Outdoors



27

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

25

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



26

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

27

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



28

Afterschool Club
2-6 PM
Spring Fling - Movies, Games, & Outdoors

31

OPEN REC
11 AM - 6 PM

Learning Lab
4-5 PM



1



2



3



March 2025

Adult & Senior Calendar

MONDAY

3 In-Person Virtual Health & Wellness Class
 10 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

10 In-Person Virtual Health & Wellness Class
 10 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

17 In-Person Virtual Health & Wellness Class
 10 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

27 In-Person Virtual Health & Wellness Class
 10 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

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

TUESDAY

4 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
 7-8 PM

18 In-Person Adult & Senior Time
 10 AM-1 PM
Virtual Class Learning
 7-8 PM

25 In-Person Adult & Senior Time
 10 AM-1 PM
Virtual Class Learning
 7-8 PM



WEDNESDAY

5 In-Person Painting & Games
 11 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

12 In-Person Painting & Games
 11 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

19 In-Person Painting & Games
 11 AM-1 PM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

26 Brown Bag Distribution
 11 AM
Virtual Class Learning
 10 AM - 12 PM, 7-8 PM

THURSDAY

6 In-Person Learn to Play Mahjong! Games & Lunch
 10 AM-12 PM
Virtual Class Learning
 7-8 PM

13 In-Person Learn to Play Mahjong! Games & Lunch
 10 AM-12 PM
Virtual Class Learning
 7-8 PM

20 In-Person Learn to Play Mahjong! Games & Lunch
 10 AM-12 PM
Virtual Class Learning
 7-8 PM

27 In-Person Learn to Play Mahjong! Games & Lunch
 10 AM-12 PM
Virtual Class Learning
 7-8 PM



FRIDAY

7 In-Person BINGO Friday
 10 AM - 1 PM

14 In-Person BINGO Friday
 10 AM - 1 PM

21 In-Person BINGO Friday
 10 AM - 1 PM

28 In-Person BINGO Friday
 10 AM - 1 PM



Community Services Foundation

We want to hear from you!

We have exciting activities for the whole community to enjoy & we need your input to help improve our services!



bit.ly/csfRS2025

We will randomly draw a resident who completed the survey AND provided their email address, with a \$100 gift card!

Contact us if you have additional suggestions:

 programs@csfnd.org  (301) 925-4251



ABOUT & SENIOR CLASSES

	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



bit.ly/CSFTeamsASE

Monday - Thursday
Microsoft Teams
Meeting ID: 288 855 419 201
Passcode: 9T2yn9WE

Contact us if you need information:

 programs@csfnd.org  **(301) 925-4251**

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES.

Let me
help you

find a plan to fit your health care needs.

Are you or a loved one enrolling in Medicare this year?

Are you thinking about retiring? No matter your situation, I can help you get answers to your Medicare plan questions like:

- What is Original Medicare and are there other health care options?
- What do Medicare Parts A, B, C and D mean?
- What are the differences between Medicare and other health coverage?
- Is Original Medicare enough health coverage for me?
- Are my prescriptions covered?
- How much will it cost?
- Do I have deadlines to enroll?

Contact me and get answers to your Medicare plan questions today

As your independent health care resource, I can offer you Medicare plans from several private insurance companies. I would be happy to talk with you over the phone or in person.

QUAN MARSHALL

Licensed Sales Agent

240-691-8911, TTY 711

QUANISHA.INSURANCE@GMAIL.COM

part
A

Hospital
Stays

part
B

Provider
Visits

part
C

Medicare
Advantage

part
D

Prescription
Drugs



Rock Creek Terrace 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) 946-0911

✉ rockcreeksc@csfnd.org

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Rockville, MD
20853



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.

