

Central Gardens II Community Center Newsletter

March 2023

Our Site Coordinator's Message

Let's kick off March and the beautiful spring season by continuing to work towards getting healthier this year! Take small steps in watching what you eat and drink. Most importantly, ensure you take time and purposefully get enough rest. And whenever possible and allowed by your doctor, throw in a bit of exercise.

Join us this month as we celebrate Women's History Month! Participants will learn and explore the accolades of academic achievement, inventions and innovations, explorations and discoveries made by women worldwide. Additionally, program participants can engage in STEAM, educational enrichment, and service-learning projects.

Please visit the community center to learn more about the above and other activities. Also, contact us if you or a household member needs assistance with services.

We also ask that you review the flyers attached to this newsletter. See which ones are "Just What You Were Looking For"! They offer opportunities for jobs, training, and even dressing for success!

Please consider volunteering and assisting your Community Services team members in providing the best possible services in 2023!

EMAIL

centralgardensd@csfnd.org

TELEPHONE

301-336-7885



Denico Settles
Site Coordinator



Ra'khari Watkins
Assistant Site
Coordinator

Due to the current COVID Pandemic, the rental office and the community center will operate on a schedule compliant with CDC and state health and safety recommendations.

The programs are provided in partnership with Enterprise and a grant made possible through a partnership with Prince George's County Department of Family Services and Maryland State Department of Education.



Community Services Foundation is a CORES certified organization.



OUR COMMUNITY MANAGER'S MESSAGE



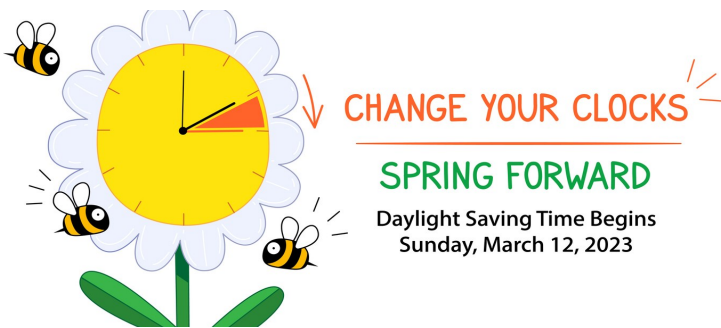
DEVI KANE
Community Manager

March signals the end of one season and the beginning of another. Oh, how happy most people are in Spring when the flowers peek out from their winter hibernation. Monday, March 20, is the first day of Spring in 2023, so let's take in all the beauty that this season offers.

Please read all correspondence that your Management Team delivers to your home. These notices are critical and informative. If you ever receive a notification that isn't entirely clear to you, don't hesitate to contact the Office, and we will be glad to answer any questions you may have.

Please be considerate and do not wait until you pay your rent to tell the Office about any maintenance issues or concerns. It is a very busy time-sensitive period for us. More importantly, it would help if you never waited to report a problem or a concern. Thank you.

Adult & Senior Activities Monday - Friday 10:00 AM - 1:00 PM



Daylight Saving Time Begins
Sunday, March 12, 2023

STAY SAFE & HEALTHY

Please remember to get tested if you think you may have been exposed to COVID or have symptoms associated with COVID. Please click on the following link or type it into your browser to find a testing site near you.

<https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>

PARENTS MEETINGS

Looking For A Job?
Want More
Professional Clothing?

We invite you to join us on
Wednesday, March 15th
at 6:16 PM to receive
information on these items
and more.

Please Click on the
following link or use QR Code
to join the Zoom Meeting
<https://us06web.zoom.us/j/82876252359>
Meeting ID is 828 7625 2359



SMILE

If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other.



STEERING COMMITTEE

Parents, please join us for our Steering Committee Meetings held on the fourth Thursday of each month at 1:00 pm. This month we will meet on Thursday, March 23rd. We want to hear from you. You will also get a chance to share ideas for upcoming classes for parents. Your feedback is needed! Please click on the following link to join the Zoom Meeting.

<https://us06web.zoom.us/j/95058367726?pwd=ek1SNEFpTkppOGNYNm5EYnJiZzRGZz09>

Meeting ID: 950 5836 7726

Meeting Passcode: 286334



ADULT EDUCATION

Community Services Foundation partnered with Healthy Families GROW and is pleased to offer you Parent Engagement Virtual Courses to support the growth and development of the whole family. Choose from an array of courses that you can explore with your community, including:

- * Career and Employment
- * Family Development
- * Health & Wellness
- * ESOL*
- * Digital Literacy *



RESOURCES

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for COVID – 19 at

<https://findhelp.org/>

When you log on, insert your zip code to search for services and benefits in your area. You can also ask your Site Director for additional resources.

A WEE BIT OF IRELAND

“Always end your day with a positive thought. No matter how bad things are, tomorrow is another chance to make things better!”



Have a Happy
St. Patrick's Day
on March 17th

DAY

Tuesdays

TIME

12:00 - 1:00PM

SITE

Central Gardens
Classroom A
Parent Education

MEETING ID & ACCESS CODE

Central Gardens - Classroom A - Parent Education

<https://www.gotomeet.me/CharlesBrown2/central-gardens-a>

United States: +1 (312) 757-3121

Access Code: 724-433-293

YOUTH UPDATES

**LET'S CONTINUE TO MAKE OUR SCHOOL YEAR GREAT!
JOIN OUR AFTERSCHOOL CLUB!**

**Please email us or call us: 301 - 336 - 7885
AFTERSCHOOL CLUB ACTIVITY SCHEDULE
Monday-Friday: 3:00 PM - 6:00 PM
Group and Individual session will focus on:**

- ◆ Fun STEAM Activities
- ◆ At-Home Lesson Plans and Experiments
- ◆ Virtual Field Trips
- ◆ Hands-On Learning Instruction
- ◆ Digital Literacy
- ◆ Character Development
- ◆ Virtual Games and Trivia
- ◆ Health & Wellness
- ◆ Weekly Refreshers
- ◆ Reflection Time

**Open Rec Dates for March
2 Hour Early School Dismissal
March 6 and March 31**

**Virtual Class Link Below
or Use The QR Code**

**[https://us06web.zoom.us/j/83192351995?](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)
[pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09](#)**

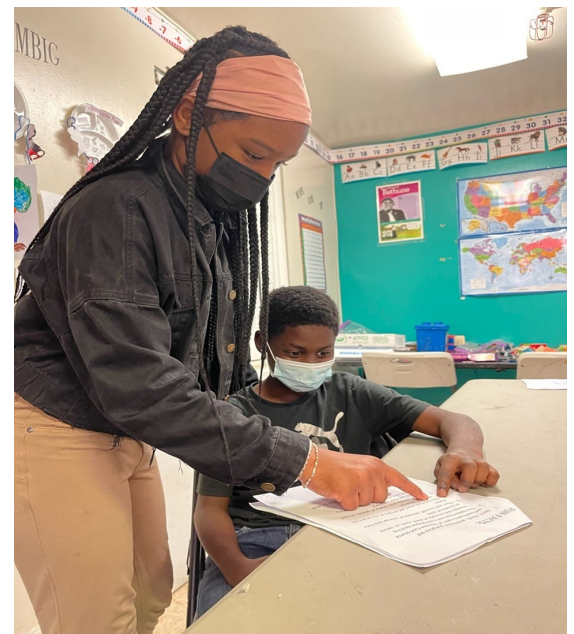
Meeting ID: 831 9235 1995 Passcode: 643171



Community Services Foundation is committed to providing the best learning environment for the community, whether in-person or virtually.

Thank you for your flexibility and understanding as we adapt our programs and services to minimize any health concerns.

Please stay up to date regarding the Center's operations through correspondence from our team, posted notices, or simply call the Center if you are ever unsure. Again, thank you!



Virtual Class link below :

[https://us06web.zoom.us/j/83192351995?](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)

[pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09](https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09)

Meeting ID: 831 9235 1995 Passcode: 643171



Monday - Math

Tuesday - Reading

Wednesday - Spelling and Vocabulary

Thursday - Reading

Friday – Weekly Review of Monday - Thursday Activities

3:00 - 3:30 PM Arrival/Sign In

3:30 - 4:00 PM Snack

4:00 - 5:00 PM Youth Activity/Power Hour

5:00 - 5:45 PM Supper

5:45 - 5:55 PM Clean Up

6:00 PM Dismissal

SMILE

Q: Why was the sports fan acting so crazy?

A: He had March madness!

Q: What do you call a fake diamond in Ireland?

A: A sham-rock

Q: What kind of spells do leprechauns use?

A: Lucky Charms!

Q: Why shouldn't you iron a four-leaf clover?

A: You might press your luck!







March 2023



Sun Mon Tue Wed Thu Fri Sat

			1 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	2 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	3 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	4
5	6 Adult & Seniors 10:00 - 1:00 PM Open Rec 12:00 - 6:00 PM	7 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	8 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	9 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	10 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	11
12 	13 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	14 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	15 Parents Meeting Adult & Seniors 10:00 - 1:00 PM Open Rec 12:00 - 6:00 PM	16 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	17 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	18
19	20  Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	21 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	22 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	23 Adult & Seniors 10:00 - 1:00 PM Steering Committee 1:00 PM Afterschool Club 3:00 - 6:00 PM	24 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	25
26	27 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	28 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	29 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	30 Adult & Seniors 10:00 - 1:00 PM Afterschool Club 3:00 - 6:00 PM	31 Adult & Seniors 10:00 - 1:00 PM Open Rec 12:00 - 6:00 PM	



Prince George's County 7th District Youth Leadership Program

"Throughout the Youth Leadership Program (YLP) I have learned so many great lessons and skills to prepare me to be a better leader, and to overall prepare me for the future ahead. Being a part of YLP really helped me personally get out of my comfort zone."

Nicholas, 2022 Graduate

Applications Open Spring Break

Must be a High School Student
Entering 10th Grade in Fall 2023



3-Year personal & professional
development program:

- Develop and enhance leadership skills;
- Develop and enhance planning and presentation skills;
- Assist with college and career planning;
- And much more.

The Youth Leadership Program is facilitated by The Training Source, Inc. and funded by Prince George's County Council and Maryland National Capital Park & Planning Commission.



The mission of The Training Source, Inc. is to provide education, training and services that promote positive economic mobility.

We Train Job Seekers to
Acquire New Skills and
Certifications for New
Careers

We Train Workers for
Business Growth and
Success

We Prepare Youth for
College and Careers

We Provide Assistance
for Food and Other
Social Services

Visit Us
59 Yost Place
Seat Pleasant, MD 20743



The Training Source, Inc.
"We develop people, not just skills!"

Call Us! We Can Help!
301-499-8872

Our Vision is "Economic Mobilty for All"
www.thetrainingsource.org





Dress for Success

Professional Clothing Closet for Men and Women



The Training Source, Inc.
"We develop people, not just skills!"



DONATION

Donate Your Unused Professional Clothing!

Bring your tax-deductible donations of new or gently used, clean professional attire, shoes, brief cases or other accessories.

Your donations provide clothing to job seekers in need at no cost to them.

Donations can be dropped off at our office Monday - Friday from 8:30AM to 5:00PM:

59 Yost Place
Seat Pleasant, MD 20743

Are you a job seeker in need of professional attire?

Call Us Today to Schedule an Appointment

301-499-8872

We collect and keep only the best attire for you to choose from at no cost to you. You'll never have to pull out your wallet and will be sure to walk away happy and ready to dress for success!

www.thetrainingsource.org

