

November 2022

FOREST HEIGHTS COMMUNITY CENTER NEWSLETTER

EMAIL
forestheightsd@csfnd.org

TELEPHONE
301 - 925 - 4251

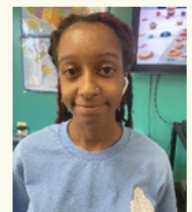
OUR SITE COORDINATOR'S MESSAGE

Community Services Foundation (CSF) is honoring the history and culture of Indigenous People for November. As we celebrate Indigenous People Month, we will learn more about their history, cultural beliefs, systems, and traditions. Our youth and teens will continue to receive academic support from our educators and have the opportunity for one-on-one tutoring.

Counseling opportunities are available to youth who are in need of a safe space to talk. We also have staff members who can help parents/guardians understand their child's IEP (individualized Educational Plan) and work with their local school personnel. Please contact your Community Center Site Coordinator for more information.

Our adult and senior programs will continue to offer special guests, educational classes, exercise opportunities, games, and special events. Please reach out to someone in your community center to learn more about our adult classes. Stop by to volunteer with the center or share with us additional programs and services that you want.

We are here to serve you!



RA'KAHARI WATKINS
Site Coordinator

WE'RE HIRING!
Assistant
Site Coordinator
Send your resume
to HR@csfnd.org

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.

This program is provided in partnership with Community Services Foundation, the Maryland State Department of Education, Forest Heights Elementary School and Prince George's County Department of Family Services.



Community Services Foundation is a CORES certified organization



ADULTS UPDATES



FROM THE OFFICE
OF THE PRINCIPAL

"It's Important to Get Out and Vote"

~ Dr. Thompson



**Please Join the Forest Heights Elementary School Community
for a fun and educational Cultural Night Event**

on

November 17, 2022, at 4:30 pm

ADULT EDUCATION

Did you know that Forest Heights Community Center receives a grant from the Maryland State Department of Education that provides adult education classes? Our goal is to offer courses that meet your needs with this funding. Please stop by the center to learn about our free GED prep, job readiness opportunities, Digital Literacy, and Health and Wellness classes. Class schedules are flexible, so give us a call and let us know what days and times work best for you. You can also attend some classes virtually!

REMINDER PARENTS MEETINGS

ARE HELD ON THE THIRD
WEDNESDAY OF EACH MONTH.

THIS MONTH WE WILL MEET ON

NOVEMBER 16, 6:15 PM

PLEASE CLICK ON LINK
TO JOIN ZOOM MEETING

<https://us06web.zoom.us/j/82876252359>



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



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>

Reflections:

“This is a wonderful day. I have never seen this one before.” ~ Maya Angelou

“When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.” ~ Tecumseh

YOUTH UPDATES

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

Please email us or call us: 301 - 925 - 4251

AFTERSCHOOL CLUB ACTIVITY SCHEDULE

Monday - Friday: 2:00 PM to 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



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?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09>

Meeting ID: 831 9235 1995 Passcode: 64317

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SMILE: "Knock knock!" "Who's there?" "Annie."
"Annie who?" "Annie body seen the turkey?"
"Knock knock!" "Who's there?" "Arthur." "Arthur who?" "Arthur any leftovers?"

DAILY SCHEDULE

Virtual Class link below :

<https://us06web.zoom.us/j/83192351995?pwd=R05ZUnQ0V3E5c1RTRFk1VjVQUy9GUT09>

Meeting ID: 831 9235 1995 Passcode: 64317

Monday - Math

Tuesday - Reading

Wednesday - Spelling and Vocabulary

Thursday - Reading

Friday – Weekly Review of Monday - Thursday activities

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

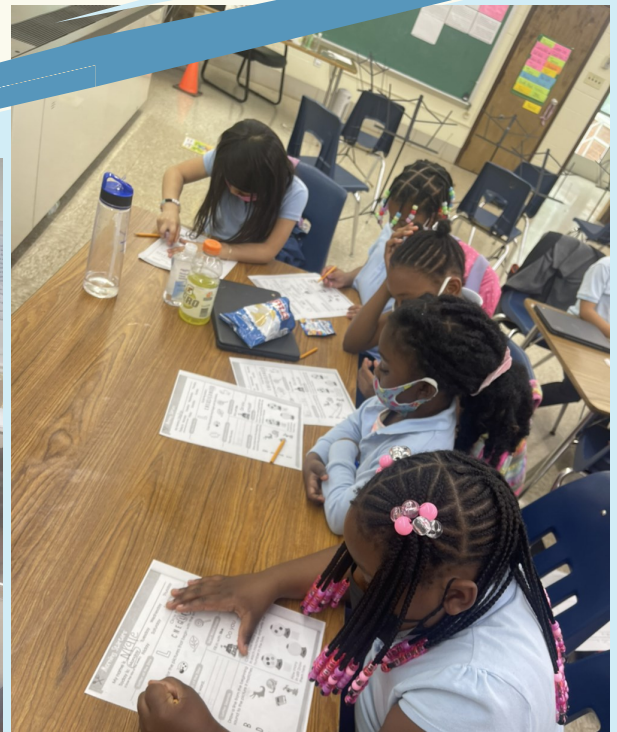
3:30 - 4:00pm Snack

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

5:00 - 5:45pm Supper

5:45 - 5:55pm Clean Up

6:00pm Dismissal





November 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|--|-----|
| | | 1 Afterschool Club 2:00 - 6:00 PM | 2 Afterschool Club 2:00 - 6:00 PM | 3 Afterschool Club 2:00 - 6:00 PM | 4 Afterschool Club 2:00 - 6:00 PM | 5 |
| 6 | 7 Afterschool Club 2:00 - 6:00 PM | 8 Afterschool Club 2:00 - 6:00 PM | 9 Afterschool Club 2:00 - 6:00 PM | 10 Afterschool Club 2:00 - 6:00 PM | 11 Afterschool Club 2:00 - 6:00 PM | 12 |
| 13 | 14 Afterschool Club 2:00 - 6:00 PM | 15 Afterschool Club 2:00 - 6:00 PM | 16 Parents Meeting Afterschool Club 2:00 - 6:00 PM | 17 Afterschool Club 2:00 - 6:00 PM | 18 Afterschool Club 2:00 - 6:00 PM | 19 |
| 20 | 21 Afterschool Club 2:00 - 6:00 PM | 22 Afterschool Club 2:00 - 6:00 PM | 23 Afterschool Club 2:00 - 6:00 PM | 24  All Centers Closed | 25 | 26 |
| 27 | 28 Afterschool Club 2:00 - 6:00 PM | 29 Afterschool Club 2:00 - 6:00 PM | 30 Afterschool Club 2:00 - 6:00 PM | | | |