



Congress Park 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!

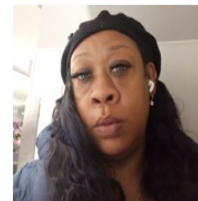
Please consider volunteering and assisting your Community Services team members in providing the best possible services in 2023!

EMAIL

congressparksd@csfndn.org

TELEPHONE

202-563-2406



APRIL JONES
Site Coordinator

Sean West
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 Urban Atlantic and Community Services Foundation, and funded, in part, by a generous OSSE & Learn24 grants provided by the District of Columbia



Community Services Foundation is a CORES certified organization.



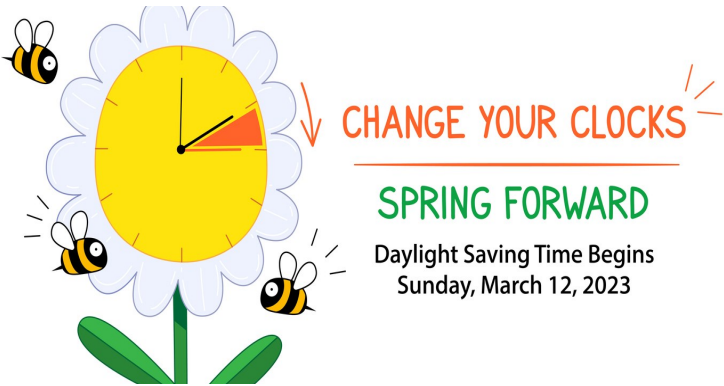


OUR COMMUNITY MANAGER'S MESSAGE

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.



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://coronavirus.dc.gov/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



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



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.

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

A WEE BIT OF IRELAND

"May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside!"

~

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

ADULT EDUCATION

The Congress Park Community Center offers adult education classes to parents of youth who attend the after school and summer programs. Please stop by the center to learn about our free GED prep, job readiness opportunities, Digital Literacy, and Health and Wellness classes.

Class schedules will be flexible, so give us a call and let us know what days and times work best for you. You can attend some classes virtually!

SMILE

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

~

A man asks a woman: "when is your birthday?". To which the girl replies: "March 1st."

The man immediately starts marching around the room and, after a few minutes, asks, "Can you tell me now?"



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

YOUTH UPDATES

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

**Please email us or call us: 202 - 563 - 2406
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

**DC schools are closed
March 9 and March 10**

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

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

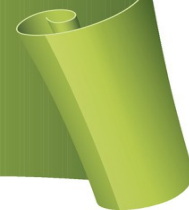
Q: Why shouldn't you iron a four-leaf clover?

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 Afterschool Club 3:00 - 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 DC Schools Closed	10 Open Rec Adult & Seniors 10:00 - 1:00 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 Adult & Seniors 10:00 - 1:00 PM Parents Meeting Afterschool Club 3:00 - 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 <i>Spring</i> 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 Afterschool Club 3:00 - 6:00 PM	



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



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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

