

# Rock Creek Terrace 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

[rockcreeksd@csfnd.org](mailto:rockcreeksd@csfnd.org)

### TELEPHONE

301 - 946 - 0911



JUANA PALMER  
Site Coordinator



HANSY SALAZAR  
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 Mid City Development, Edgewood Management Corporation, Community Services Foundation, and Maryland State Department of Education.



Community Services Foundation is a CORES certified organization.



## OUR COMMUNITY MANAGER'S MESSAGE



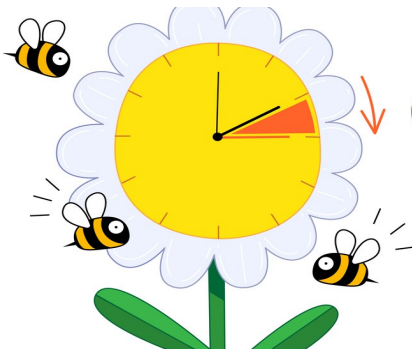
Gwen Newberry  
Community Manager

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**



**CHANGE YOUR CLOCKS**

**SPRING FORWARD**

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.

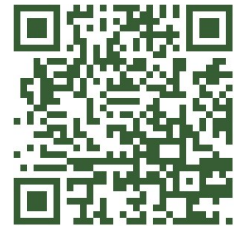
<https://www.montgomerycountymd.gov/covid19/testing.html>

## PARENTS MEETINGS

**Looking For A Job?  
Want More Professional  
Clothing?**

We invite you to join us on  
Wednesday, March 15<sup>th</sup>  
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 23<sup>rd</sup>. 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

Thursdays

### TIME

10:00 - 11:00AM

### SITE

Rock Creek  
Classroom A  
Parent Education

### MEETING ID & ACCESS CODE

Rock Creek – Classroom A – Parent Ed  
<https://www.gotomeet.me/CharlesBrown2/rock-creek-a>  
United States: +1 (224) 501-3412  
Access Code: 984-613-333

## YOUTH & TEEN UPDATES

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

**Please email us or call us: 301 - 946 - 0911  
AFTERSCHOOL CLUB ACTIVITY SCHEDULE  
Monday-Friday: 2:00 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 3, March 15, and March 31**

**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**

**2:00 - 2:30 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**

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



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## Dress for Success

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**DONATION**

#### Donate Your Unused Professional Clothing!

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