

THE CSF MONTHLY AT QUEENSTOWN

Official Newsletter of Community Services Foundation



The programs are provided in partnership with MidCity Development, Edgewood Management Corporation, Community Services Foundation, and through a partnership with Prince George's County Department of Family Services.

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Letter from the Program Director

Written by Shenita Vanish

Don't you love this time of the year?

The weather begins to warm up, flowers begin to bloom, and the sunlight lingers longer in the evening. It's only fitting that April recognizes Earth Day by celebrating the beauty that it holds.

Your community center staff members will use this month to celebrate all of the beauty that the earth holds. Through the youth, teen, and adult programs, we will focus on increasing awareness of environmental issues like pollution, deforestation while acknowledging the impact of human actions that influences significant national policies or impacts the earth. In April, the Learning Lab lessons will center around the Amazon due to its diverse range of biomes and wildlife.

Community Services Foundation's Summer Enrichment Program is just around the corner! Be one of the first to register your child for 6 weeks of fun, creativity, innovative thinking, exciting field trips and reinforcement of the skills they are learning now in school! The summer enrichment program will begin on Monday, June 24th through Friday, August 2nd. Don't delay – space fills up fast! Come to the Community Center today to reserve a space for your child! Programs are free for residents!

Finally, do you have a program idea or a question about your community center program? If so, we would love to hear from you. Please call the Community Services Foundation office at 301-925-4251. It's our pleasure to serve you!



APRIL EVENTS AT A GLANCE

- 🌸 **Open Rec from 11 AM - 6 PM:** April 1, 5, 10, & 23
- 🌸 **Parent Meeting:** April 17 at 6:15 PM
- 🌸 **Steering Committee Meeting:** April 25 at 1:00 PM

Community Manager Message

Written by Pamela Cromartie

Dear Residents,

Happy Spring! Just a reminder that as the weather gets warmer, small critters and bugs begin to come with that, too. Please make sure trash is disposed of properly and cleaned up both within the home and around the outdoor areas.

We have many fun and educational events planned for April, so make sure to check out our calendars at the end of this newsletter for when and where.

Please report any suspicious activity to the police and if there is any lights out in the area, please contact the Management Office.



Adult & Senior Education Updates

Written by Dr. Alison Burroughs

Please join us for our adult education classes, we have classes on Financial Literacy, Health & Wellness, Career Readiness, Technology, and ESOL,

Please let us know what classes you're interested in by taking the survey below:



English Survey



Spanish Survey



Amharic Survey

Monday - Thursday

Zoom

Meeting ID:

815 157 8441

Passcode:

760960

CSF'S ADULT ED SCHEDULE



| | 10 A.M. - 11 A.M | 11 A.M. - 12 P.M. | 12 P.M. - 1 P.M. | | 7 P.M. - 8 P.M. |
|-----------|--------------------------------|------------------------|------------------------|--|--------------------------------|
| MONDAY | Financial Literacy & Budgeting | Career & Job Readiness | Health & Wellness | | ESOL |
| TUESDAY | Health & Wellness | Technology | Career & Job Readiness | | Financial Literacy & Budgeting |
| WEDNESDAY | Financial Literacy & Budgeting | Career & Job Readiness | Health & Wellness | | ESOL |
| THURSDAY | Health & Wellness | Technology | Career & Job Readiness | | Financial Literacy & Budgeting |
| FRIDAY | | | | | |



Youth & Teen Education Updates

Written by Dr. Alison Burroughs

Studying the accomplishments of women in history holds significant importance for various reasons.

Here's why:

- It broadens children's perspectives, demonstrating that history isn't solely male-dominated but is also influenced by women's contributions.
- By showcasing women's achievements, we inspire young minds, especially girls, to pursue their dreams without boundaries.
- Exploring women's history nurtures empathy and understanding, prompting children to value the diverse experiences and challenges of different societal groups.
- Recognizing and celebrating women's successes empowers youth to challenge stereotypes, advocate for gender equality, and contribute to a more inclusive future. Thank you for supporting our mission to offer a well-rounded education that recognizes the valuable contributions of all individuals.

Contact Alison Burroughs or Tiffani Grier if you have questions about special services in your school. The Education Director, Dr. Burroughs is aburroughs@csfnd.org and Ms. Grier, the Special Services Coordinator is tgrier@csfnd.org.



Learning Lab
 Zoom Meeting ID:
861 8216 5188
 Passcode:
760960



**Learning Lab focused
 on Women's History &
 Theater in March**



Steering Committee

Zoom

Meeting ID:
950 5836 7726
 Passcode:
286334

Steering Committee

Come and meet the Program and Site Staff at many of our sites, hear from guest speakers, and learn about the grants that make our programs possible!

Our next meeting is
Thursday April 25
 at 1:00 PM.

Parent Meeting

Come hear about updates to our programming, activities, and nutritional health tips that every family can enjoy. It's virtual and only lasts 30 minutes. You can also win a free prize!

Our next meeting is
Wednesday April 17
 at 6:15 PM.

Parent Meeting

Zoom

Meeting ID:
823 4503 1637
 Passcode:
244606



Health & Wellness

Written by Janel Patrice, BS, MA

Not having the ability to openly communicate about hurt feelings or disappointments are challenges we face in everyday life. Whether it's at our jobs, homes, friends or family, challenges and conflict arise. Internalizing hurt feelings and pain can result in depression. There are ways to handle these feelings.

There are four (4) actions that you can take to demonstrate healthy expression and communication: "Pause, ponder, pray, proceed." When situations arise that make you upset or can trigger you to be in a negative space, pause, before you respond. Never respond in anger or out of emotion to a situation. When you do so, you allow the target of your frustration to know how to hurt or impact you in a negative way. Instead, always try to remain professional and respectful. Always treat others the way you want to be treated. Think, or ponder, about the outcome of the situation and how to approach the situation for a healthy resolution. If you are spiritual and are a believer in a higher power, pray about it first, and ponder over ways to turn the negative into a positive. Proceed after you have taken time to remove any negative emotions. And at times, this may take an extended period of time for you to do.

If you're struggling with sadness, hopelessness or feeling helpless, just know that your situation is temporary. Nothing is permanent, and EVERYTHING happens on purpose for a PURPOSE. We all have seasons and at times, some seasons are filled with rain and storms, and some are sunny and amazing. Altogether, there are good and not so good lessons to learn from each season in life. Change begins with you! If you need help, never hesitate to ask someone! What is the worst that can happen? The response would be yes, no, or maybe.













At Community Services Foundation, we are always here to help! If we don't have the resources to help you with your challenges, we will find others who do. Our existence is to help you and in turn, that's how we win! That's what makes us a community, and that's what makes us grow together!

If you are having a Mental Health Crisis, and in need of help, the Crisis Mental Health System helps individuals and are available 24/7: (410) 931-2214. They offer services in the area that specialize in providing services for children and older adults. If you need to just talk and need someone to listen, you can always reach out to the CSF Mental Health Specialist, Janel Patrice, Monday-Friday at (321) 236-1518.

Never stay silent, and always ask for help when in need.

APRIL 2024

Youth & Teen Calendar


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>1 OPEN REC 11 AM - 6 PM</p> <p>Writing: Write about what Earth Day means to you!</p>  | <p>2 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Math: I spy game adding fractions</p> | <p>3 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Social Focus: Learning about Earth</p> | <p>4 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Read along with Brain Pop (Earth Day)</p>  | <p>5 OPEN REC 11 AM - 6 PM</p> <p>Create/Color your own Recycle Box 30 Minute Yoga</p> |
| <p>8 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>History: Video of how earth changes</p> | <p>9 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Math: Count & Color Worksheet</p>  | <p>10 OPEN REC 11 AM - 6 PM</p> <p>Social Focus: Learning about Spring</p> | <p>11 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Reading: Open Group Reading</p> | <p>12 Afterschool Club 2-6 PM</p> <p>Arts & Crafts: Create Your Spring Art 30 Minute Workout</p>  |
| <p>15 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>History: Learn about the human body and nerve system</p>  | <p>16 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Math: Language Bytes</p> | <p>17 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Social Focus: Staying Calm & Handling Emotions PARENTS MEETING 6:15 PM</p> | <p>18 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Open Group Sharing from our Social Focus</p> | <p>19 Afterschool Club 2-6 PM</p> <p>Create your wheel of expressions Show & Tell</p> |
| <p>22 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>History: Discovery Video</p>  | <p>23 OPEN REC 11 AM - 6 PM</p> <p>Math: Language Bytes Subtract the Frogs</p>  | <p>24 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Social Focus: Frog Life Cycle</p> | <p>25 STEERING COMMITTEE MEETING 1 PM</p> <p>Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Reading: Frog and Toad Together</p> | <p>26 Afterschool Club 2-6 PM</p> <p>Create your own frog Hopscotch</p>  |
| <p>29 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Writing: Write a thank you note to April Bunny</p>  | <p>30 Afterschool Club 2-6 PM Learning Lab 4-5 PM</p> <p>Math: Math Games</p> | <p>1</p>  | <p>2</p>  | <p>3</p> |

APRIL 2024

Adult & Senior Calendar


MONDAY

1
**IN-PERSON
 CLOSED
 FOR
 ADULTS**
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM




8
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Bingo
 Monday**
 10 AM - 1 PM


15
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Bingo Monday**
 10 AM - 1 PM



22
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Make your
 own art piece**
 10 AM - 1 PM




29
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Bingo
 Monday**
 10 AM -
 1 PM



TUESDAY


2
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Puzzle Mania**
 10 AM - 1 PM

9
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Nature Walk**
 10 AM - 1 PM



16
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Jeopardy**
 10 AM - 1 PM

23 **IN-PERSON
 CLOSED FOR
 ADULTS**
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM



30
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Meditation
 Time**
 10 AM -1 PM

WEDNESDAY


3
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Yoga
 Workout**
 10 AM - 1 PM

10 **IN-PERSON
 CLOSED
 FOR
 ADULTS**
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM

17
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Movie Day**
 10 AM - 1 PM
PARENTS MEETING
 6:15 PM


24
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Virtual Trip to
 Cherry Blossom
 Season**
 10 AM - 1 PM

1




THURSDAY

4
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Movie Day**
 10 AM -
 1 PM



11
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Create your
 own art piece**
 10 AM - 1 PM



18
 Virtual Class
 Learning
 10 AM -1 pm,
 7-8 PM
**In-Center
 Lego
 Challenge**
 10 AM - 1 PM

25 **STEERING
 COMMITTEE
 MEETING**
 1 PM
 Virtual Class Learning
 10 AM -1 pm, 7-8 PM
**In-Center
 Create your
 own jewelry**
 10 AM - 1 PM

2




FRIDAY

5
**CLOSED
 FOR
 ADULTS**

12
**In-Center
 Puzzle Mania**
 10 AM - 1 PM

19
**In-Center
 Earth Day**
 10 AM - 1 PM

26
**In-Center
 Zumba**
 10 AM - 1 PM



3