



In partnership with:



# Antioch First 5 Center October 2023 Calendar

300 H St. Suite F, Antioch, Ca. 94509 • (925) 301-4052 • first5coco.org Facebook: Antioch First 5 Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Jump Bunch (3-5 yrs)</b> <b>11:30-12:30</b>	<b>3</b> <b>Virtual Growing Great Kids Series (Adults)</b> <b>10:00-11:30</b> <b>Jump Bunch (2-3 yrs)</b> <b>12:00-1:00</b>	<b>4</b> <i>Drop In Art! (All ages)</i> <i>9:30-10:30</i> <b>Help Me Grow</b> (By Invite) <b>11:00-12:00</b> <b>Virtual Make Parenting a Pleasure Eng. (Adults)</b> <b>4:00-5:30</b>	<b>5</b> <b>Zumbini (1-2yrs)</b> <b>9:00-10:00</b> <b>Zumbini (3yrs)</b> <b>10:00-11:00</b>	<b>6</b> <b>Baby Signs (6-12mos)</b> <b>10:00-11:00</b> <b>Fine Motor Skills (4-5 yrs)</b> <b>11:30-12:30</b>	<b>7</b> 
<b>9</b> <b>Jump Bunch (3-5 yrs)</b> <b>11:30-12:30</b>	<b>10</b> <b>Virtual Growing Great Kids Series (Adults)</b> <b>10:00-11:30</b> <b>Jump Bunch (2-3 yrs)</b> <b>12:00-1:00</b> <b>Count &amp; Match with Ms. Bernice (3-5yrs)</b> <b>4:30-5:30</b>	<b>11</b> <i>Drop In Art! (All ages)</i> <i>9:30-10:30</i> <b>Help Me Grow</b> (By Invite) <b>11:00-12:00</b> <b>Virtual Make Parenting a Pleasure Eng. (Adults)</b> <b>4:00-5:30</b>	<b>12</b> <b>Zumbini (1-2yrs)</b> <b>9:00-10:00</b> <b>Zumbini (3yrs)</b> <b>10:00-11:00</b>	<b>13</b> <b>Baby Signs (6-12mos)</b> <b>10:00-11:00</b> <b>Fine Motor Skills (4-5 yrs)</b> <b>11:30-12:30</b>	<b>14</b> <b>Session Ends</b>
<b>16</b> <b>Jump Bunch (3-5 yrs)</b> <b>11:30-12:30</b>	<b>17</b> <b>Enrollment Begins</b> <i>Drop In STEM with CC Libraries (All ages)</i> <i>11:00-12:00</i> <b>Count &amp; Match with Ms. Bernice (3-5yrs)</b> <b>4:30-5:30</b>	<b>18</b> <b>Help Me Grow</b> (By Invite) <b>11:00-12:00</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>23</b>	<b>24</b>	<b>25</b> <b>Help Me Grow</b> (By Invite) <b>11:00-12:00</b>	<b>26</b> <i>National Pumpkin Day (Event)</i> <b>10:00-12:00</b>	<b>27</b> <b>Virtual Potty Training Workshop (Adults)</b> <b>10:30-11:30</b>	<b>28</b>
<b>30</b> 	<b>31</b>		<b>KEY:</b> Parent Classes are Blue Children Classes are Green Drop In or Events are purple		

**Hours of Operation**  
 Monday (Closed)  
 Monday-Thursday 9:00-1:00 & 2:00-5:00  
 Friday-9:00-1:00

**Free Play Hours**  
 Monday & Wednesday  
 10:00-12:00 & 2:30-4:00  
 Thursday 10:00-12:30



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## Antioch First 5 Center In Person and Virtual Programming Class and Event Descriptions September/October 2023

### **Baby Signs- Fridays**

*(In Person) 1 yr olds*

An interactive play group that will help parents and children learn useful signs, songs, and games. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin signing right away.

### **Drop In Art!- Wednesdays**

*(In Person) All Ages*

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

### **Drop In STEM with CC Library- Tuesdays**

*(In Person) All ages*

Come explore the world of STEM (science, technology, engineering, and mathematics with the Contra Costa Libraries through fun educational activities).

### **Fine Motor Skills- Fridays**

*(In Person) 4-5 yr olds*

Learn new ways to integrate fine motor activities into your daily routine. Children will experience new and exciting fine motor activities you can practice at home.

### **Free Play Drop In- See Calendar**

***(In Person) All Ages***

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child. No pre-registration required.

\*\*Capacities are limited.

### **Help Me Grow- Wednesdays**

***(In Person) By Referral***

This developmental play group is designed to assist children who have been identified as needing additional support through their ASQ (Ages & Stages Questionnaire). Individuals will be contacted by the Center and offered opportunities to participate in this play group. If you have further questions please contact a Community Resource Specialist.

### **Jump Bunch- Tuesdays**

***(In Person) 2-3 yr olds***

Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

### **Let's Count & Match with Ms. Bernice- Tuesdays**

***(In Person) 3 yr olds***

Parents and caretakers will explore and engage with their children in a fundamental way of learning and matching numbers and colors. Through this class children will enhance their memory skills through using everyday materials.

### **Making Parenting a Pleasure- Wednesdays**

***(Virtual) Adults***

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

### **National Pumpkin day Event- Thursday**

***(In Person) All Ages***

Join us for some fun, pumpkin themed activities and food. Bring the whole family.

### **Potty Training Workshop- Fridays**

***(Virtual) Adults***

Come learn about this transitional time in families' lives. Ideas and tips will be shared about how to navigate the growth of going from diapers to independently bathroom use.

### **Virtual Growing Great Kids Spanish Series- Tuesdays**

***(Virtual) Adults***

In this class families will have the opportunity to learn about ways to support the development of their child's growth physically, socially and emotionally for a positive relationship and outcome for the future.

### **Zumbini- Thursdays**

***(In Person) 2-3 yr olds***

This class includes dancing, signing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.