


## Delta First 5 Center September 2023 Calendar

760 1st. Brentwood, CA 94513 • (925) 516-3880 • [first5coco.org](http://first5coco.org) Facebook: Delta First 5 Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>KEY: Parent Classes are Blue Children Classes are Green Drop In &amp; Events are Purple</b>			<b>1</b>	<b>2</b>
<b>4</b> <b>Closed Labor Day</b> 	<b>5</b> <b>Session Begins</b> Baby Signs (6-12mos) <b>10:30-11:30</b> Wiggly Ones (1yrs) <b>3:00-4:00</b> Nurturing Parents Sp. (Adults) <b>5:30-8:00</b>	<b>6</b> <i>EBRP Naturalist Event</i> <b>10:00-11:00 (All Ages)</b> Bridge to Kindergarten (4-5yrs) <b>11:00-12:30</b> Road Map to Kinder (Adults) <b>11:00-12:30</b> <i>Drop In Sensory Art</i> (All ages) <b>3:00-4:00</b>	<b>7</b> <b>Bright &amp; Beyond</b> (1-2yrs) <b>9:30-10:30</b> <b>Ready for Learning</b> (3yrs) <b>11:00-12:00</b> <b>Terrific Toddlers</b> (2yrs) <b>3:00-4:00</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>8</b> <i>Fun Friday Drop In</i> (All Ages) <b>10:30-11:30</b>	<b>9</b> <b>Count &amp; Match with Ms. Bernice (3-5yrs)</b> <b>9:30-10:30</b> <i>Drop in Art (All ages)</i> <b>11:00-12:00</b>
<b>11</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>9:00-10:00</b> <b>Terrific Toddlers</b> (2yrs) <b>9:30-10:30</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>10:30-11:30</b> <b>Ready for Learning</b> (3yrs) <b>3:00-4:00</b>	<b>12</b> Baby Signs (6-12mos) <b>10:30-11:30</b> Wiggly Ones (1yrs) <b>3:00-4:00</b> Nurturing Parents Sp. (Adults) <b>5:30-8:00</b>	<b>13</b> <b>Story Time Plus</b> (3-5yrs) <b>9:30-10:30</b> Bridge to Kindergarten (4-5yrs) <b>11:00-12:30</b> Road Map to Kinder (Adults) <b>11:00-12:30</b> <i>Drop In Sensory Art</i> (All ages) <b>3:00-4:00</b>	<b>14</b> <b>Bright &amp; Beyond</b> (1-2yrs) <b>9:30-10:30</b> <b>Ready for Learning</b> (3yrs) <b>11:00-12:00</b> <b>Terrific Toddlers</b> (2yrs) <b>3:00-4:00</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>15</b> <i>Drop In STEM with CC Libraries</i> (All ages) <b>10:30-11:30</b>	<b>16</b> <i>Drop In Dad &amp; Me Time</i> (All ages) <b>9:30-11:00</b>
<b>18</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>9:00-10:00</b> <b>Terrific Toddlers</b> (2yrs) <b>9:30-10:30</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>10:30-11:30</b> <b>Delta Literacy Partners Mtg. 3:00pm</b> <b>Ready for Learning</b> (3yrs) <b>3:00-4:00</b>	<b>19</b> Baby Signs (6-12mos) <b>10:30-11:30</b> Wiggly Ones (1yrs) <b>3:00-4:00</b> Nurturing Parents Sp. (Adults) <b>5:30-8:00</b>	<b>20</b> <b>Story Time Plus</b> (3-5yrs) <b>9:30-10:30</b> Bridge to Kindergarten (4-5yrs) <b>11:00-12:30</b> Road Map to Kinder (Adults) <b>11:00-12:30</b> <i>Drop In Sensory Art</i> (All ages) <b>3:00-4:00</b>	<b>21</b> <b>Bright &amp; Beyond</b> (1-2yrs) <b>9:30-10:30</b> <b>Ready for Learning</b> (3yrs) <b>11:00-12:00</b> <b>Terrific Toddlers</b> (2yrs) <b>3:00-4:00</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>22</b> <i>Fun Friday Drop In</i> (All Ages) <b>10:30-11:30</b> 	<b>23</b> <b>Count &amp; Match with Ms. Bernice (3-5yrs)</b> <b>9:30-10:30</b> <i>Drop in Art (All ages)</i> <b>11:00-12:00</b>
<b>25</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>9:00-10:00</b> <b>Terrific Toddlers</b> (2yrs) <b>9:30-10:30</b> <b>Ready for Learning at Vintage</b> (By Invite) <b>10:30-11:30</b> <b>Ready for Learning</b> (3yrs) <b>3:00-4:00</b>	<b>26</b> Baby Signs (6-12mos) <b>10:30-11:30</b> Wiggly Ones (1yrs) <b>3:00-4:00</b> Nurturing Parents Sp. (Adults) <b>5:30-8:00</b>	<b>27</b> <b>Story Time Plus</b> (3-5yrs) <b>9:30-10:30</b> Bridge to Kindergarten (4-5yrs) <b>11:00-12:30</b> Road Map to Kinder (Adults) <b>11:00-12:30</b> <i>Drop In Sensory Art</i> (All ages) <b>3:00-4:00</b>	<b>28</b> <b>Bright &amp; Beyond</b> (1-2yrs) <b>9:30-10:30</b> <b>Ready for Learning</b> (3yrs) <b>11:00-12:00</b> <b>Terrific Toddlers</b> (2yrs) <b>3:00-4:00</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>29</b> <i>Fun Friday Drop In</i> (All Ages) <b>10:30-11:30</b> <b>Virtual Potty Training Workshop</b> (Adults) <b>10:30-11:30</b>	<b>30</b> <i>Drop In Dad &amp; Me Time</i> (All ages) <b>9:30-11:00</b>

**Hours of Operation**  
Monday-Thursday 9:00-1:00 & 2:00-5:00  
Friday-Saturday 9:00-1:00

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



In partnership with:



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

### **Baby Signs- Tuesdays**

***(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.

### **Bridge to Kindergarten- Wednesdays**

***(In Person) 4-5 yr olds***

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten.

### **Bright & Beyond- Thursday**

***(In Person) 1-2 yrs old***

This class will demonstrate how to use the Bright & Beyond activity cards at home with your child. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and child activities. The cards provide intriguing, age specific activities that promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

### **Delta Literacy Partners- Mondays**

***(In Person & Virtual) Adults***

This is a parent leadership group that meets once a month to help plan and interact with the center around literacy. Contact Staff for more information.

### **Drop In Art!- Saturdays**

*(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 Dad and Me Time- Saturdays**

*(In Person) All Ages*

Children have the opportunity to spend quality time with the special male figure in their life. This class will include special projects, breakfast and an unforgettable bonding time.

### **Drop In Sensory Art- Wednesdays**

*(In Person) All Ages*

Kids will explore the world through their senses. We will focus on the process, not the product, as children discover colors, textures and sounds through art.

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

*(In Person) All ages*

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

### **EBRP Naturalist Event- Wednesday**

*(In Person) All Ages*

This is a one time event with East Bay Regional Parks. Naturalists will bring some fun and engaging activities for the family to engage in.

### **Fall Fest Event- Friday**

*(In Person) All Ages*

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

### **Fitness & Nutrition- Thursdays**

*(In Person) Adults*

In this class we will be discussing the importance of good health. The adults will be introduced to different forms of exercise activities and learn about highlighted nutritional foods.

### **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.

### **Fun Fridays Drop In- Fridays**

*(In Person) All Ages*

Join us for some surprise activities on Fridays. Each week will be something different hosted by our staff.

### **Help Me Grow- Tuesdays**

*(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.

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

*(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.

### **Nurturing Parents- Tuesdays**

*(In Person) Adults*

This is a 18 weeks group based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self concept.

### **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.

### **Ready for Learning- Mondays & Thursdays**

*(In Person) 3 yr olds*

Children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

### **Ready for Learning at Vintage- Mondays**

*(In Person) 3-5 yr olds*

This program takes place at Vintage Parkway Elementary School. Children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

### **Road Map to Kindergarten- Wednesdays**

*(In Person) Adults*

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness.

### **Story Time Plus- Wednesdays**

*(In Person) 3-5 yrs old*

This Storytime class will be combined with a book borrowing component in partnership with Tandem's Storycycles. Families will listen to stories, do some activities and take home a bag of books to borrow.

### **Terrific Toddlers- Mondays & Thursdays**

*(In Person) 2 yr olds*

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

### **Wiggly Ones- Tuesdays**

*(In Person) 1 yr olds*

This art and movement program will help your child 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.

