



# Antioch First 5 Center November 2023 Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY:</b> <b>Parent Classes are Blue</b> <b>Children Classes are Green</b> <b>Drop In or Events are purple</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		<b>Help Me Grow</b> (Invite only) <b>11:00-12:00</b>			<b>Drop In Daddy &amp; Me Time</b> (All ages) <b>10:00-11:00</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Session Begins</b> <b>Jump Bunch</b> (3-5yrs) <b>11:30-12:30</b> <b>Drop In Winter Time Art</b> (All ages) <b>2:30-3:30</b>	<b>Triple P Sp. (Adults)</b> <b>10:00-12:00</b> <b>Zumbini</b> (3yrs) <b>12:00-1:00</b> <b>Baby Zumbini</b> (1-2yrs) <b>1:00-2:00</b>	<b>Help Me Grow</b> (Invite only) <b>11:00-12:00</b> <b>Free Mental Health Counseling Workshop</b> (Adults) <b>2:00-3:00</b> <b>Drop In Sensory Art</b> (All Ages) <b>3:00-4:00</b>	<b>Baby Signs</b> (6-12mo) <b>10:00-11:00</b> <b>Story Time &amp; Art</b> (3-5yrs) <b>11:30-12:30</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>CLOSED</b>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Jump Bunch</b> (3-5yrs) <b>11:30-12:30</b> <b>Drop In Winter Time Art</b> (All ages) <b>2:30-3:30</b>	<b>Triple P Sp. (Adults)</b> <b>10:00-12:00</b> <b>Zumbini</b> (3yrs) <b>12:00-1:00</b> <b>Baby Zumbini</b> (1-2yrs) <b>1:00-2:00</b>	<b>Help Me Grow</b> (Invite only) <b>11:00-12:00</b> <b>Car Seat Information Workshop SPAN</b> (Adults) Virtual <b>1:00-2:00</b> <b>Car Seat Information Workshop ENG</b> (Adults) Virtual <b>2:00-3:00</b> <b>Drop In Sensory Art</b> (All ages) <b>3:00-4:00</b>	<b>Baby Signs</b> (6-12mo) <b>10:00-11:00</b> <b>Story Time &amp; Art</b> (3-5yrs) <b>11:30-12:30</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>	<b>EBRP Naturalist Event</b> (All ages) <b>11:30-12:30</b>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Jump Bunch</b> (3-5yrs) <b>11:30-12:30</b> <b>Drop In Winter Time Art</b> (All ages) <b>2:30-3:30</b>	<b>Triple P Sp. (Adults)</b> <b>10:00-12:00</b> <b>Zumbini</b> (3yrs) <b>12:00-1:00</b> <b>Baby Zumbini</b> (1-2yrs) <b>1:00-2:00</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
<b>Jump Bunch</b> (3-5yrs) <b>11:30-12:30</b> <b>Drop In Winter Time Art</b> (All ages) <b>2:30-3:30</b>	<b>Triple P Sp. (Adults)</b> <b>10:00-12:00</b> <b>Drop In Story Time with CCC Libraries</b> (All ages) <b>11:00-12:00</b> <b>Zumbini</b> (3yrs) <b>12:00-1:00</b> <b>Baby Zumbini</b> (1-2yrs) <b>1:00-2:00</b>	<b>Potty Training Workshop</b> (Adults) <b>SPANISH 10:30-11:30</b> <b>Help Me Grow</b> (Invite only) <b>11:00-12:00</b> <b>Drop In Sensory Art</b> (All ages) <b>3:00-4:00</b>	<b>Baby Signs</b> (6-12mo) <b>10:00-11:00</b> <b>Story Time &amp; Art</b> (3-5yrs) <b>11:30-12:30</b> <b>Fitness &amp; Nutrition</b> (Adults) <b>4:00-5:00</b>		

*Hours of Operation*  
 Monday-Thursday 9:00-5:00  
 Friday-Saturday 9:00-1:00 (Select Saturdays)

Register for the Antioch First 5 here  
<https://forms.office.com/r/a7W84WhyHK>  
 Enroll for classes here:  
<https://forms.gle/7WpZBCM7BYszZtC6>

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



In partnership with:



## Antioch First 5 Center In Person and Virtual Programming Class and Event Descriptions November/December 2023

### **Baby Signs- Thursdays**

*(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!- Fridays in December**

*(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).

### **Story Time and Art- Thursdays**

*(In Person) 4-5 yr olds*

This class consists of story time, group discussion, class participation, and a chance to role play all in one.

### **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- Mondays**

*(In Person) 3-5 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!

### **Story Time with CCC Libraries- Tuesdays**

*(In Person) 4-5 yr olds*

This class consists of story time, group discussion, class participation, and a chance to role play all in one, in partnership with CC Libraries.

### **EBRP Naturalist Event- Friday**

*(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.

### **Drop In Sensory 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. Projects will have a unique sensory activity included.

### **Holiday Potluck Event- Thursday**

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

Join us for some fun, activities, and a show and tell including our favorite holiday or cultural dishes. Bring a dish or item that holds cultural significance to you. Bring the whole family.

### **Drop In Dad and Me Time- Select 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.

### **Potty Training Workshop- Wednesdays or Thursdays**

***(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.

### **Triple P (Spanish)- Tuesdays *By Referral Only***

***(Virtual) Adults***

Parents come together to learn, rehearse, and put positive parenting strategies into practice. Parents will learn the fundamentals of parent-child relationships and development.

### **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.

### **Baby Zumbini- Tuesdays**

***(In Person) 1-2 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.

### **Zumbini- Tuesdays**

***(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.

### **Drop In Winter Time Art!- Mondays**

***(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. Projects will have a unique Winter-themed activity included.

### **Car Seat Information Workshop (English and Spanish)- Wednesdays**

***(Virtual) Adults***

This workshop helps families understand all of the important information that goes into buying, using, and installing a car seat. \*\*You must attend this workshop in order to schedule an appointment for the Car Seat Sizing Event.

### **Car Seat Sizing Event- Fridays**

***(Virtual) Adults***

As a follow-up to the Car Seat Information Workshop, families can bring their child and their car seats to be measured and adjusted. If you do not have a car seat, we can try sourcing a new one for you. English and Spanish workshops will be available. \*\*You must attend the Information Workshop in order to schedule an appointment for this Car Seat Sizing Event.

### **Free Mental Health Counseling Workshop- Wednesdays**

***(Virtual) Adults***

Come learn about the BeWellLine, a grant-funded one-on-one mental health counseling line. Come learn about the benefits of this accessible mental health resource.