






In partnership with:



# Delta First 5 Center November 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:</b> <b>Parent Classes are Blue</b> <b>Children Classes are Green</b> <b>Drop In or Events are purple</b> <b>Virtual Classes underlined</b>		<u>Triple P Eng. Virtual (Adults)</u> 10:00-12:00	MPFC Sp. (Adults) 10:00-12:00	<b>CLOSED</b> Staff Training	<i>Drop In</i> <i>Dad &amp; Me Time</i> <i>(All ages)</i> <i>9:30-11:00</i>
<b>6</b> <u>Session Begins</u> Wiggly Ones (1yrs) 11:00-12:00 Ready for Learning Sp. (3yrs) 3:00-4:00	<b>7</b> Help Me Grow (By Invite) 9:00-10:30 Bright & Beyond (2yrs) 10:30-11:30 Help Me Grow (By Invite) 12:00-1:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Sp. (Adults) 5:30-8:00 <i>FULL</i>	<b>8</b> Story Time & Art (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <i>FULL</i> Road Map to Kinder (Adults) 11:00-12:30 <i>FULL</i> <u>Triple P Eng. Virtual (Adults)</u> 10:00-12:00 Terrific Toddlers (2yrs) 3:00-4:00 Jump Bunch (3-5yrs) 6:15-7:15	<b>9</b> Baby Signs (6-12mos) 9:00-10:00 MPFC Sp. (Adults) 10:00-12:00 Big Letters, Small Letters (4-5yrs) 3:00-4:00	<b>10</b> <b>CLOSED</b> <b>Veterans Day</b> 	<b>11</b> 
<b>13</b> Wiggly Ones (1yrs) 11:00-12:00 Ready for Learning Sp. (3yrs) 3:00-4:00	<b>14</b> Help Me Grow (By Invite) 9:00-10:30 Bright & Beyond (2yrs) 10:30-11:30 Help Me Grow (By Invite) 12:00-1:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Sp. (Adults) 5:30-8:00 <i>FULL</i>	<b>15</b> Story Time & Art (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <i>FULL</i> Road Map to Kinder (Adults) 11:00-12:30 <i>FULL</i> <u>Triple P Eng. Virtual (Adults)</u> 10:00-12:00 Terrific Toddlers (2yrs) 3:00-4:00 Jump Bunch (3-5yrs) 6:15-7:15	<b>16</b> Baby Signs (6-12mos) 9:00-10:00 MPFC Sp. (Adults) 10:00-12:00 Big Letters, Small Letters (4-5yrs) 3:00-4:00	<b>17</b> <i>EBRP Naturalist Event</i> <i>(All Ages) 10:00-11:00</i>  <i>Drop In STEM with CC</i> <i>Libraries (All ages)</i> <i>11:00-12:00</i>	<b>18</b> <i>Stone Soup Event</i> <i>(All Ages)</i> <i>10:00-12:00</i>
<b>20</b>	<b>21</b>	<b>22</b> <b>CLOSED</b>	<b>23</b> <b>CLOSED Thanksgiving</b>	<b>24</b> <b>CLOSED</b>	<b>25</b>
<b>27</b> Wiggly Ones (1yrs) 11:00-12:00 Ready for Learning Sp. (3yrs) 3:00-4:00 Delta Literacy Partners Meeting (Adults) 4:00-5:00	<b>28</b> Help Me Grow (By Invite) 9:00-10:30 Bright & Beyond (2yrs) 10:30-11:30 Help Me Grow (By Invite) 12:00-1:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Sp. (Adults) 5:30-8:00 <i>FULL</i>	<b>29</b> Story Time & Art (3yrs) 9:30-10:30 Potty Training Workshop Sp. (Adults) 10:30-11:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <i>FULL</i> Road Map to Kinder (Adults) 11:00-12:30 <i>FULL</i> <u>Triple P Eng. Virtual (Adults)</u> 10:00-12:00 Terrific Toddlers (2yrs) 3:00-4:00 Jump Bunch (3-5yrs) 6:15-7:15	<b>30</b> Baby Signs (6-12mos) 9:00-10:00 MPFC Sp. (Adults) 10:00-12:00 Big Letters, Small Letters (4-5yrs) 3:00-4:00	<b>Link to Enroll in Nov/Dec</b> <b>Classes</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSfJaiEXqJ-tW0CDUWPY4CxyYFXsn909q4mC6h0HIMSqE_ORA/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSfJaiEXqJ-tW0CDUWPY4CxyYFXsn909q4mC6h0HIMSqE_ORA/viewform?usp=sf_link</a>	<b>**MPFC Sp. is</b> <b>Mejorando</b> <b>Pensamientos</b> <b>Fortaleciendo</b> <b>Comunidades</b>

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

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

## Delta First 5 Center

### Class and Event Descriptions

### November/December 2023



In partnership with:



#### Baby Signs- Thursdays

*(In Person) 1 yr olds*

An interactive playgroup 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.

#### Big Letters, Small Letters- Thursdays

*(In person) 4-5yr olds*

The class focus will be recognizing on uppercase and lowercase letters through songs and activities.

#### 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- Tuesday

*(In Person) 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.

#### 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!- Fridays

*(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 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- 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.

### **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- Tuesdays**

*(In Person) By Referral*

This developmental playgroup 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 playgroup. If you have further questions please contact a Community Resource Specialist.

### **Jump Bunch- Wednesdays**

*(In Person) 3-5 yr olds*

This class will 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.

### **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 while children enhance their memory skills through using everyday materials.

### **Mejorando Pensamientos Fortaleciendo Comunidades- Thursdays**

*(In Person) Adults*

In this class, parents will learn how to access mental health. Caregivers will learn what stress means to them in the day-to-day life and how to deal and control anxiety and depression.

### **Nurturing Parents- Tuesdays**

*(In Person) Adults*

This is an 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- Wednesdays**

*(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 Spanish- Mondays**

***(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.

### **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.

### **Stone Soup Event- Saturday**

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

At this event families will hear the story of stone soup and actively help create the soup together. Then we will have food, activities, and fun while a chance to meet others who take part in the center.

### **Story Time & Art- Wednesdays**

***(In Person) 3-5 yrs old***

In this class families will listen and interact with stories and then have the opportunity to create that will reflect the stories they heard.

### **Terrific Toddlers- Wednesdays**

***(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.

### **Triple P English- Wednesdays**

***(Virtual) Adults***

Positive Parenting Program. In this class you will learn how to discipline your child, the tough part of parenting, establish a positive learning environment using assertive discipline.

### **Wiggly Ones- Mondays**

***(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.

### **Winter Art Drop In- 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.

### **Winter Wonderland Event- Saturday**

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

Come to this event to celebrate the excitement of the winter with activities, food and fun with your friends.