

DECEMBER 2023

EAST COUNTY FIRST 5 CENTER | 355 EAST LELAND RD. PITTSBURG, CA 94565 | (925) 301-4040

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>CENTER OPERATION HOURS Monday-Thursday 9:00am-1:00pm, 2:00pm-5:30pm Friday 9:00am-12:30pm Saturday 9:00am-1:00pm</p>	<p>PLAY AREA HOURS Monday-Thursday 9:30am-12:30pm, 2:30pm-4:30pm Friday-Saturday 9:30am-12:30pm</p>	<p>EVENTS IN DECEMBER: * 12/9 Story Time with the Library - Ages: 2Y-5Y 10:00am-11:00am * 12/20 Joyous Kwanzaa from 5:00pm to 7:00pm</p>	<p>1 9:30am-10:30am * Book Craft (3Y-4Y) 10:00am-11:00am * Baby Sign (0-18M) 10:30am-12:30pm * Art for Stress (P) ENGLISH 11:30am-12:30pm * Storytime and Art (3Y-5Y) 2:00pm-3:00pm * Season Art (4Y-5Y)</p>	<p>2 10:00am-11:00am * JumpBunch (2Y-3Y) 11:00am-12:00pm * JumpBunch (4Y-5Y)</p>
<p>4 9:30am-10:30am * Let's Move (1Y-2Y) * Play with Me (1Y) 11:30am-12:30pm * Kid Kuisine (2Y-3Y) VIRTUAL CLASS * Learn and Play (2Y) 3:30pm-4:30pm * Pen Pals (4Y-5Y)</p>	<p>5 9:30am-10:30am * Baby Zumbini (0-11M) 10:00am-12:00pm * Triple P (P) SPANISH (Continued) 10:30am-11:30am * Pump Up (3Y-4Y) 3:00pm-4:00pm * ABC Part II (3Y) 4:00pm-5:00pm * Cultures Around the World (3Y-4Y) 5:00pm-6:00pm * Sisters in Parenting (P) HYBRID CLASS</p>	<p>6 9:30am-11:00am * Coffee and Conversations (P) ENGLISH * KinderTools (4Y) ENROLLMENT CLOSED * Roadmap to Kindergarten (P) ENROLLMENT CLOSED 11:15am-1:15pm * Mamá con Mamá (P) SPANISH HYBRID CLASS 11:30am-12:30pm * 1, 2, 3 Count with Me (3Y) 5:30pm-6:30pm * 7 Days of Kwanzaa (2Y-5Y)</p>	<p>7 9:15am-10:15am * Infant Massage (6W-5M) 10:30am-11:30am * Mystery Hour (1Y-2Y) 2:30pm-3:30pm * Busy Hands (2Y) 5:30pm-6:30pm * Give Me 5 Math (3Y-5Y)</p>	<p>8 9:30am-10:30am * Book Craft (3Y-4Y) 10:00am-11:00am * Baby Sign (0-18M) 10:30am-12:30pm * Art for Stress (P) ENGLISH 11:30am-12:30pm * Storytime and Art (3Y-5Y) 2:00pm-3:00pm * Season Art (4Y-5Y)</p>	<p>9 10:00am-11:00am * JumpBunch (2Y-3Y) 11:00am-12:00pm * JumpBunch (4Y-5Y)</p>
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In partnership with:



East County First 5 Center



@eastcountfirst5center

NOVEMBER-DECEMBER 2023: CLASS DESCRIPTIONS

EAST COUNTY FIRST 5 CENTER

CHILDREN CLASSES

INFANT MASSAGE (AGE GROUP: 6 WEEKS TO 5 MONTHS)

CLASS TAUGHT BY A CERTIFIED INFANT MASSAGE INSTRUCTOR. THE FIRST WEEK PARENTS WILL RECEIVE INFORMATION ABOUT THE IMPORTANCE AND BENEFITS OF INFANT MASSAGE. THE NEXT 5 WEEKS A SERIES OF FUN AND LOVING MESSAGES ARE CAREFULLY INCORPORATED IN ORDER TO HELP PARENTS DEVELOP A DEEPER BOND WITH THEIR BABIES AND PERHAPS BENEFIT THEIR HEALTH, DEVELOPMENT AND EMOTIONAL HEALTH.

BABY ZUMBINI (AGE GROUP: 0 TO 11 MONTHS)

COME JOIN IN THE FUN IN BONDING WITH YOUR CHILD THROUGH MUSIC AND READING. THIS CLASS WILL HELP IN THE SOCIAL, EMOTIONAL AND COGNITIVE SKILLS IN CHILDREN.

BABY SIGNS (AGE GROUP: 0 TO 18 MONTHS)

THIS IS AN INTERACTIVE PLAY GROUP THAT WILL HELP PARENTS AND CHILDREN LEARN USEFUL SIGNS, SONGS, AND GAMES. LEARNING SIGNS ABOUT MEALTIME, BEDTIME, BATH TIME, PETS, THE PARK, AND GETTING DRESSED.

PLAY WITH ME (AGE GROUP: 1 YEAR)

CHILDREN WILL HAVE THE OPPORTUNITY TO LEARN AS THEY PLAY. PLAY WITH ME, WILL HAVE A VARIETY OF ACTIVITIES LIKE ART, GROSS MOTOR ACTIVITIES AND SENSORY. THIS WILL GIVE YOUR CHILDREN EXPOSURE AND EXPLORE EVERY DEVELOPMENT AREA.

LET'S MOVE (AGE GROUP: 1 YEAR TO 2 YEARS)

COME AND MOVE ALONG WITH YOUR CHILD WHILE EXPLORING ADDITIONAL GROSS MOTOR AGE-APPROPRIATE ACTIVITIES THAT CAN BE PRACTICED AT HOME AS WELL.

MYSTERY HOUR (AGE GROUP: 1 YEAR TO 2 YEARS)

EVERY WEEK WE WILL BE OFFERING A SURPRISE HOUR OF DEVELOPMENTALLY AGE-APPROPRIATE AND SOME MESSY ACTIVITIES.

BUSY HANDS (AGE GROUP: 2 YEARS)

CHILDREN WILL KEEP THEIR HANDS BUSY BY DOING DIFFERENT ACTIVITIES THAT WILL HELP THEM WITH THEIR FINE AND GROSS MOTOR SKILLS. AS WELL AS DIFFERENT SENSORY ACTIVITIES, HANDS AND BODY MOVEMENT.

LEARN AND PLAY (AGE GROUP: 2 YEARS)

THIS CLASS IS SPECIALLY DESIGNED TO HELP YOUNG CHILDREN LEARN AND DEVELOP AS THEY PLAY. OUR CLASSES ALSO HELP YOU LEARN ABOUT YOUR CHILD- HOW TO PARTICIPATE IN AND ENCOURAGE HIS OR HER DEVELOPMENT- WHILE ENJOYING THE SIMPLE PLEASURE OF DOING ACTIVITIES TOGETHER.

JUMPBUNCH (AGE GROUPS: 2 YEARS TO 3 YEARS AND 4 YEARS TO 5 YEARS)

COME LEARN MORE ABOUT HOW TO ENGAGE CHILDREN IN DEVELOPING THEIR GROSS MOTOR SKILLS WHILE PRACTICING SEQUENCING PATTERNS AND GROUP WORK BY INTRODUCING THEM TO THE GAME OF ORGANIZED SPORTS ACTIVITIES, TO PREPARE THEM FOR SUCCESS IN LIFE AND SCHOOL.

KID KUISINE (AGE GROUP: 2 YEARS TO 3 YEARS)

WELCOME YOUR CHILD IN THE KITCHEN AND ENJOY/ENCOURAGE THEIR AGE-APPROPRIATE COOKING IN OUR KID KUISINE CLASS. COOKING IS A SPECIAL AND IMPORTANT SKILL FOR CHILDREN, WHERE MEASURING, MIXING, PEELING, ETC., ARE ALL LEARNED IN A FUN WAY. TAILORED TOWARDS EARLY LEARNERS' AGE.

7 DAYS OF KWANZAA (AGE GROUP: 2 YEARS TO 5 YEARS)

ON DECEMBER 26, FAMILIES ACROSS THE U.S. WILL LAY OUT THEIR KWANZAA MATS, COLLECT THEIR UNITY CUPS, AND LIGHT THE FIRST CANDLE ON THEIR KINARAS. COME LEARN ALL ABOUT KWANZAA AS WE INTRODUCE EACH DAY OF KWANZAA AND THE SYMBOL AND A PRINCIPLE THAT GO WITH IT.

1, 2, 3 COUNT WITH ME (AGE GROUP: 3 YEARS)

THIS CLASS WILL TEACH COUNTING THROUGH PLAY AND CONVERSATIONS. WE WILL USE DIFFERENT MATERIALS TO HELP LEARN THE NUMBERS VISUALLY.

ABC PART II (AGE GROUP: 3 YEARS)

THIS CLASS WILL HELP YOUR CHILD TO GET MORE FAMILIAR WITH THE ALPHABET AND BE ABLE TO LEARN WITH THEM WHILE DOING DIFFERENT TYPES OF HANDS-ON ACTIVITIES.

WALKING IN THE JUNGLE (AGE GROUP: 3 YEARS)

BASED ON THE SONG WALKING IN THE JUNGLE, CHILDREN WILL GET TO KNOW EACH ANIMAL MENTIONED IN THE SONG. THEY WILL HAVE THE OPPORTUNITY TO BE CREATIVE AS THEY CREATE THE ANIMALS IN A

FUN ART WAY. GREAT FOR THEIR FINE AND GROSS MOTOR SKILLS, FOLLOWED WITH CREATIVITY AND PROBLEM SOLVING SKILLS.

BOOK CRAFT (AGE GROUP: 3 YEARS TO 4 YEARS)

BOOKS ENCOURAGE LANGUAGE SKILLS, EXPRESSION OF EMOTIONS AND EXPOSING CHILDREN TO NEW WORDS. IN THIS CLASS, WE WILL READ AND WORK ON MAKING OUR OWN BOOK BY DRAWING, ADDING PICTURES ETC.

CULTURES AROUND THE WORLD (AGE GROUP: 3 YEARS TO 4 YEARS)

OUR AGE-APPROPRIATE ACTIVITIES IN THIS CLASS WILL FOCUS ON CELEBRATIONS OF VARIOUS CULTURES AROUND THE WORLD. CAME UP WITH AN IDEA?

PUMP UP! (AGE GROUP: 3 YEARS TO 4 YEARS)

THIS IS A FUN CLASS TO PROMOTE HEALTH AND FITNESS, WHILE DANCING AND PLAYING. KIDS WILL PRACTICE A COMBINATION OF EXERCISES, DANCING, AND FUN ACTIVITIES.

STORYTIME AND ART (AGE GROUP: 3 YEARS TO 5 YEARS)

THIS CLASS CONSISTS OF STORY TIME, GROUP DISCUSSION, ARTS AND CRAFTS, CLASS PARTICIPATION, AND A CHANCE TO ROLE PLAY ALL IN ONE.

GIVE ME 5 MATH (AGE GROUP: 3 YEARS TO 5 YEARS)

GIVE ME FIVE IS A STRUCTURED "PLAY AND LEARN" SERIES FOR CAREGIVERS AND THEIR KIDS, DESIGNED TO SUPPORT KINDERGARTEN READINESS FOR KIDS, LEADERSHIP SKILLS FOR ADULTS, AND FUN QUALITY TIME FOR ALL. THE PROGRAM CONSISTS OF FIVE CONSECUTIVE 1-HOUR SESSIONS PACKED WITH HANDS-ON ACTIVITIES THAT FOCUS ON DEVELOPING PRACTICAL SKILLS FOR SCHOOL READINESS.

PEN PALS (AGE GROUP: 4 YEARS TO 5 YEARS)

LET'S BRING BACK THE MAILING DAYS AND HELP YOUR CHILD MAKE A PENPAL. CHILDREN WILL WORK ON AN AGE-APPROPRIATE ACTIVITY IN THE CLASSROOM EVERY WEEK AND THEN THE CENTER WILL MAIL THEM TO THEIR RESPECTIVE PENPAL.

SEASON ART (AGE GROUP: 4 YEARS TO 5 YEARS)

IN THIS CLASS, CHILDREN CONTINUE TO WORK ON THEIR ABILITIES THAT INVOLVE FINE MOTOR SKILLS, AS WELL AS THE DEVELOPMENT OF THEIR OWN CREATIVITY.

CHILDREN DROP-IN EVENTS

EAST BAY REGIONAL PARK DISTRICT: NATURE TO YOU (AGE GROUP: 3 YEARS TO 5 YEARS)

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.

STORY TIME WITH THE LIBRARY (AGE GROUP: 2 YEARS TO 5 YEARS) - DATES:

11/20/23 AND 12/19/23

THIS STORYTIME CLASS IS IN PARTNERSHIP WITH THE CONTRA COSTA LIBRARY. FAMILIES WILL LISTEN TO STORIES AND ENGAGE IN SOME ACTIVITIES.

PARENTING CLASSES

ART FOR STRESS RELIEF (EN) IN-PERSON

PARENTS WILL LEARN HOW STRESS CAN AFFECT PARENTING AND EXPLORE ART AS A METHOD TO RELIEVE STRESS. RELIEVING STRESS AND SELF-CARE ARE ESSENTIAL TO MAINTAINING OUR MENTAL HEALTH. PARENTS WILL TAKE TIME FOR THEMSELVES TO CREATE ART AND CONNECT WITH OTHER PARENTS IN A CREATIVE, BRAVE SPACE.

COFFEE AND CONVERSATIONS (EN) IN-PERSON

AN PARTICIPATIVE AND INTERACTIVE SPACE OF DIALOGUE, DISCUSSION AND REFLECTION ABOUT TOPICS OF CONCERN RELATED TO PARENTING AND CHILD DEVELOPMENT.

MAMÁ CON MAMÁ (SP) HYBRID CLASS - IN-PERSON AND VIRTUAL

THIS CLASS IS A SUPPORT GROUP FOR SPANISH SPEAKING MOTHERS. VARIOUS TOPICS RELATED TO THE UPBRINGING OF THE CHILD ARE SHARED.

SISTERS IN PARENTING (EN) HYBRID CLASS - IN-PERSON AND VIRTUAL

SISTERS IN PARENTING IS A SAFE SPACE FOR AFRICAN AMERICAN/ BLACK MOMS TO COME TOGETHER TO DISCUSS CULTURALLY RELEVANT PARENTING AND FAMILY LIFE TOPICS. THIS GROUP FOCUSES ON SHARING, CONNECTING AND COMMUNITY BUILDING.

Continued →

TRIPLE P (SP) IN-PERSON

THIS IS A TEN WEEK PROGRAM WITH THE PRINCIPLES TO HELP YOU DEAL WITH ALMOST ANY SITUATION THAT MIGHT ARISE. YOU WILL ALSO LEARN EFFECTIVE PARENTING STRATEGIES, HOW TO PROMOTE YOUR CHILD'S DEVELOPMENT AND HOW TO MANAGE COMMON BEHAVIORAL ISSUES.

CENTER EVENTS

- **DIA DE LOS MUERTOS ALTAR FROM 11/1 THROUGH 11/3**

ONE OF THE MOST IMPORTANT TRADITIONS OF THIS HOLIDAY IS THE PREPARATION OF OFRENDAS (ALTARS) WHERE THE DECEASED ARE REMEMBERED AND ARE ENTICED BACK TO CELEBRATE THE JOYS OF LIFE. WHILE THE HOLIDAY ORIGINATED IN MEXICO, IT IS CELEBRATED ALL OVER LATIN AMERICA WITH COLORFUL CALAVERAS (SKULLS) AND CALACAS (SKELETONS).

- **FAMILY MOVIE NIGHT - 11/10 AT 4:00PM: COCO**



- **WORLD NURSERY RHYME WEEK - (11/13 THROUGH 11/17) VIRTUAL
EVERYDAY FROM 6:00PM-6:30PM**

NURSERY RHYMES PLAY AN IMPORTANT ROLE IN EARLY CHILDHOOD DEVELOPMENT AND EDUCATION. WE ENCOURAGE YOU AND YOUR CHILDREN TO PARTICIPATE IN OUR 'RHYME A DAY' CHALLENGE BY SINGING THE NURSERY RHYMES AND TAKING PART IN THE SUPPORTING ACTIVITIES.

- **CULTURAL POTLUCK - 11/21 FROM 11AM-1PM**

MAKE SURE TO BRING YOUR FAVORITE TRADITIONAL DISH TO SHARE!

- **JOYOUS KWANZAA - 12/20 FROM 5PM-7PM**

EVERY DAY OF KWANZAA IS A TIME FOR CELEBRATING WITH LOVED ONES. ON THE FINAL DAY A FEAST CALLED KARAMU TAKES PLACE. THE FOCUS FOR THIS DAY IS BUILDING COMMUNITY. PLEASE COME TAKE PART OF OUR JOYOUS KWANZAA CELEBRATION TO COMMENCE THE BEGINNING OF THE KWANZAA HOLIDAY.