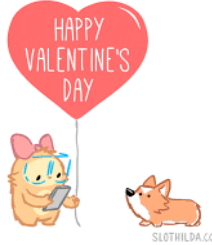



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY: Parent Classes are Blue Children Classes are Green Drop In or Events are purple</p>			<p style="text-align: right;">1</p> <p>9-10:00 Drop-In (0-7m) Tummy Time 10:30-11:30 (4-5y) KR: CA History 1:15-2:15 (3-5y) I Love Me! 3-4:00 (4-5y) KR: Garden Party 5-6:00 (2-8mo) Infant Massage</p>	<p style="text-align: right;">2</p> <p>9-10:00 Drop-In (All ages) Arctic Life 10:30-11:30 (2-3y) Fit as a Fiddle 12-1:00 (Adults) MediCal Workshop</p>	<p style="text-align: right;">3</p> <p>9:30-10:30 Drop-In (All ages) Black History Month Celebration</p>
<p style="text-align: right;">5</p> <p>9-10:00 (Adults) Fitness + Nutrition 10:30-11:30 (6m-1y) Baby Signs 5-6:00 (2-3y) Fit as a Fiddle</p>	<p style="text-align: right;">6</p> <p>9-10:00 Drop-In (All ages) Space Cadets 10:30-11:30 (3-5y) Museum Makers 12-1:00 (3-5y) Zumbini 1-2:00 (1-2y) Baby Zumbini 3-4:00 (4-5y) KR: CA History</p>	<p style="text-align: right;">7</p> <p>9-10:00 Drop-In (4-5y) Yogi Bears 11-12:00 (Invite Only) Help Me Grow 1:15-2:15 (1-2y) Baby Talk 3-4:00 (2-3y) Fit as a Fiddle</p>	<p style="text-align: right;">8</p> <p>9-10:00 Drop-In (0-7m) Tummy Time 10:30-11:30 (4-5y) KR: CA History 1:15-2:15 (3-5y) I Love Me! 3-4:00 (4-5y) KR: Garden Party 5-6:00pm Virtual (Adults) Money & Relationships Date Night Workshop</p>	<p style="text-align: right;">9</p> <p>9-10:00 Drop-In (All ages) Arctic Life 10:30-11:30 (2-3y) Fit as a Fiddle</p>	<p style="text-align: right;">10</p> <p>9:30-10:30 Drop-In (All ages) Chinese New Years</p>
<p style="text-align: right;">12</p> <p>9-10:00 (Adults) Fitness + Nutrition 10:30-11:30 (6m-1y) Baby Signs 5-6:00 (2-3y) Fit as a Fiddle 6-8:00pm Virtual (Adults) Triple P</p>	<p style="text-align: right;">13</p> <p>9-10:00 Drop-In (All ages) Radically Retro 10:30-11:30 (3-5y) Museum Makers 12-1:00 (3-5y) Zumbini 1-2:00 (1-2y) Baby Zumbini 3-4:00 (4-5y) KR: CA History</p>	<p style="text-align: right;">14</p> <p>9-10:00 Drop-In (4-5y) Yogi Bears 11-12:00 (Invite Only) Help Me Grow 1:15-2:15 (1-2y) Baby Talk 3-4:00 (2-3y) Fit as a Fiddle</p>	<p style="text-align: right;">15</p> <p>Enrollment Begins 9-10:00 Drop-In (0-7m) Tummy Time 10:30-11:30 (4-5y) KR: CA History 1:15-2:15 (3-5y) I Love Me! 3-4:00 (4-5y) KR: Garden Party</p>	<p style="text-align: right;">16</p> <p>9-10:00 Drop-In (All ages) Arctic Life 10:30-11:30 (2-3y) Fit as a Fiddle</p>	<p style="text-align: right;">17</p> <p>Session Ends</p>
<p style="text-align: right;">19</p> <p>CLOSED</p>	<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> <p>11-12:00 (Invite Only) Help Me Grow</p>	<p style="text-align: right;">22</p> <p>11-12:00 Drop-In (All ages) STEM w/ CCC Library</p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p>
<p style="text-align: right;">26</p> <p>6-8:00pm Virtual (Adults) Triple P</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p> <p>11-12:00 (Invite Only) Help Me Grow</p>	<p style="text-align: right;">29</p> <p>Hours of Operation Monday-Thursday 9:00am-5:00pm Friday 9:00am-5:00pm Saturday As Scheduled</p>	<p style="text-align: right;">Free Play Hours Monday –Thursday 9:00am-4:00pm Friday 9:00am-1:00pm</p>	<p>Register for the Center</p> 



In partnership with:



Antioch First 5 Center In Person and Virtual Programming Class and Event Descriptions January/February 2024

Children's Classes

Baby Signs - Monday's *(In Person) 6-12 month 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.

Fit as Fiddle - Monday's, Wednesday's, Friday's *(In Person) 2-3 year olds*

In this class we will help children grow their gross motor skills through interactive group play, song, and dance.

Museum Makers - Tuesday's *(In Person) 3-5 year olds*

An interactive exploration of five different art mediums that build knowledge, fine motor, and literacy skills.

Zumbini- Tuesday's *(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.

Baby Zumbini- Tuesday's *(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.

Kinder Readiness: California History - Tuesday's, Thursdays

(In Person) 4-5 year olds

Practice your kinder skills by learning all about California history! This class helps build proficiency with listening, class participation, and socializing.

Help Me Grow- Wednesday's *(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.

Children's Classes

Baby Talk - Wednesday's

(In Person) 12 months -2.5 year olds

This class builds talking and literacy skills through music and play. A book recommendation and literacy tips are given at the end of each class.

I Love Me! Black Empowerment

(In Person) 3-5 year olds

Families with Black children, come join us for a Black-centered classroom experience that strengthens a positive self-image with story-time, songs, and play!

Kinder Readiness: Garden Party - Thursday's

(In Person) 4-5 year olds

Practice your kinder skills by learning all about nature! This class helps build proficiency with listening, class participation, and socializing.

Infant Massage - Thursday's 1/11-2/1

(Virtual) 2-8 months

Infant massage offers a way to enhance the connection between infants and their parents. Parents will learn about different stroking movements that stimulate an infant's growth and development, help soothe common discomforts, and promote restful sleep.

Drop-In Classes

Drop-In Black Girl Power - Tuesday's 1/9, 1/30

(In Person) 3-5 year olds

This is an opportunity to come to the center, meet other families, and explore open-ended play with your daughter for Black-centered fun.

Drop-In Space Cadets- Tuesday's 1/23 & 2/6

(In Person) All Ages

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child for Space-themed fun.

Drop-In Radically Retro-Tuesday's 1/16, 1/20, 2/13

(In Person) All Ages

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child for retro fun.

Drop-In Yogi Bears - Wednesday's

(In Person) 4-5 year olds

Your little yogi will get to practice fine and gross motor skills, social skills, and learn calming tools. This class will include movement and yoga while incorporating breathing, poses, games, stories, music, and relaxation.

Drop-In Tummy Time - Thursday's

(In Person) Newborn-7 months

This class will give you the opportunity to spend some time with your child doing tummy time. Tummy time helps to strengthen muscles in the neck, back, arms, shoulders, and legs. You will get the chance to connect with other families while participating in various activities.

Drop-In STEM with CC Library

4th Thursday of the January (In Person) All ages

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

Drop-In Story Time with CCC Libraries

4th Thursday of the February (In Person) All ages

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

Drop-In Arctic Life - Friday's

(In person) All ages

This class will focus on arctic animals and life. We will explore what arctic animals eat and their environment, all while developing fine motor skills, empathy for others, and hand eye coordination. Children will also practice counting and matching. Please bring a small blanket; we will be spending time on the floor.

Parent Classes

Fitness & Nutrition - Monday's (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.

Triple P- Monday's 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.

Coffee with the CRS - Tuesday's 1/9,1/30 (Virtual) Adults

Join the CRS to learn about available resources in the community and to discuss home safety topics. This is a bilingual virtual workshop with our two Community Resource Specialists Rhea and Rocio.

Budging for your 2024 Goals Workshop- Thursday 1/4 (Virtual) Adults

Learn how to make your money work for you to meet the goals you set for this new year.

Money & Relationships: Inexpensive Date Night Workshop- Thursday 2/8 (Virtual) Adults

In this workshop we will gain ideas to connect with your loved ones without breaking the bank. Using the resources you have available to make time together count.

Health Coverage Workshop- Thursday 2/2 (In Person) Adults

Come and meet **Carmen Cabrera-Scheinart** a Community Health Educator from the La Clinica to discuss health coverage. Carmen will discuss full Medi-Cal and emergency Medi-Cal. If you have any health coverage questions Carmen is here for you. This is a bilingual workshop.