



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
CLOSED			Budgeting for Your 2024 Goals Workshop Virtual (Adults) 5:00-6:00pm		
8	9	10	11	12	13
<p><u>Session Begins</u> Moms Together (Adults) 10:00-11:00 Artic Life (4-5yrs) 11:30-12:30 Jump Bunch (3yrs) 3:00-4:00 <i>Drop In Story Time & Art (All Ages) 5:00-6:00</i></p>	<p>Help Me Grow (By Invite) 9:00-10:30 Coffee with the CRS Virtual (Adults) 9:30-10:30 Baby Signs (6-12mos) 10:30-11:30 Help Me Grow (By Invite) 12:00-1:30 Ready for Learning (3yrs) 3:00-4 Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30</p>	<p>Bridge to Kindergarten (4-5yrs) 11:00-12:30 <i>FULL</i> Road Map to Kinder (Adults) 11:00-12:30 <i>FULL</i> Everyday Math (4-5yrs) 3:00-4:00 Infant Massage Virtual (2-8mos) 5:00-6:00</p>	<p>Zumbini (2yrs) 9:00-10:00 MPFC Sp. (Adults) 10-12pm <i>FULL</i> Terrific Toddlers (2yrs) 3:00-4:00</p>	<p>Wiggly Ones (1yr) 9:30-10:30 La Familia Sp. (Adults) 10:00-12:00</p>	<p><i>Drop In Art! (All Ages) 10:00-11:30</i></p>
15	16	17	18	19	20
CLOSED					
					
22	23	24	25	26	27
<p>Delta Literacy Partners Meeting (Adults) 10:00-11:00 Artic Life (4-5yrs) 11:30-12:30 Jump Bunch (3yrs) 3:00-4:00 <i>Drop In Story Time & Art (All Ages) 5:00-6:00</i></p>	<p>Help Me Grow (By Invite) 9:00-10:30 Baby Signs (6-12mos) 10:30-11:30 Help Me Grow (By Invite) 12:00-1:30 Ready for Learning (3yrs) 3:00-4 Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30</p>	<p>Bridge to Kindergarten (4-5yrs) 11:00-12:30 <i>FULL</i> Road Map to Kinder (Adults) 11:00-12:30 <i>FULL</i> Everyday Math (4-5yrs) 3:00-4:00 Infant Massage Virtual (2-8mos) 5:00-6:00</p>	<p>Zumbini (2yrs) 9:00-10:00 MPFC Sp. (Adults) 10:00-12:00 Terrific Toddlers (2yrs) 3:00-4:00</p>	<p>Wiggly Ones (1yr) 9:30-10:30</p>	<p><i>Drop In Art! (All Ages) 10:00-11:30</i></p>
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Hours of Operation
Monday-Friday 9:00-1:00 & 2:00-6:00
Saturday 9:00-1:00

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

Delta First 5 Center

Class and Event Descriptions

January/February 2023



In partnership with:



Artic Animals- Mondays

(In Person) 4-5yr olds

This class will focus on artic animals and life. We will explore what artic animals eat and their environment, all while developing fine motor skills, empathy for others, and hand eye coordination. Child will practice counting and matching.

Baby Signs- Tuesdays

(In Person) 6-12mos

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.

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.

Budgeting for Your 2024 Goals Workshop- Thursday

(Virtual) Adults

Learn how to make your money work for you to meet the goals you set for this New Year.

Coffee with the CRS- Tuesdays

(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.

Delta Literacy Partners- Mondays

(In Person) Adults

This parent leadership group 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 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).

Drop In Story Time & Art- Mondays

(In Person) 3-5 yr olds

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

Everyday Math- Wednesdays

(In Person) 4-5 yr olds

This class builds children understanding of basic math concepts in their real world. Children and parents will have the opportunity for counting, exploring shapes, patterning, measuring, and play.

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.

For the Love of Reading- Thursday

(In Person) All Ages

Bring a gently used book to swap with a friend. If you don't have a book we will provide one for you. We will also share some stories, activities and fun.

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.

Infant Massage- Wednesdays

(Virtual) 2-8 mos

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.

Jump Bunch- Mondays

(In Person) 3 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.

Medi-Cal Workshop- Fridays

(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.

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.

Moms Together- Mondays

(In Person) Adults

In this class moms will come together to discuss and learn about important topics surrounding children, families, community and themselves. The class is designed to allow women to make bonds and feel support from the other participants while exploring topics that pertain to their lives.

Money & Relationships Workshop- Thursdays

(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.

Ready for Learning- Tuesdays

(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.

Sweetheart Breakfast- Wednesday

(In Person) All Ages

Come meet other families, enjoy some heart themed activities, food and fun here at the center. The whole family is invited.

Terrific Toddlers- 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.

Triple P Spanish- Tuesdays

(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- Fridays

(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.

Zumbini- Thursdays

(In Person) 2yr olds

The 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.