

# West County First 5 Center January 2024



In partnership with:



Bay Area Community Resources

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 The Center is closed this week	2	3	4	5	6
8 HMG Developmental Playgroup 9:15-10:15	9	10	11	12	13
15 MLK Day	16 Roadmap to Kindergarten 10-11:30 (4 yrs) Baby Discovery 11-12 (0-12m) Onesies 1-2 (1 yr) Nature Surrounds Me 1-2 (2-3 yrs) Nurturing Parents (SPA/parents) 5:30-7:30	17 Wings, Tails & Paws 10:30-11:30 (2-3 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) <b>The Village (Eng/parents) 11-12</b> <b>Tiempo de Té (Sp/parents) 1-2:30</b> Story Cycles 1:30-2:30 (2-3 yrs)	18 Bees, Grasshoppers & Hummingbirds 10-11 (1 yr) Art Studio 10:30-11:30 (2-3 yrs) Amazing World 12:30-1:30 (2-3 yrs) Jumpbunch 1-2 (3-5 yrs)	19 Onesies 10-11 (1 yr) Art Masters 10:30-11:30 (2-3 yrs) Bright Twos 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs)	20 Art 101 10-11 (2-5 yrs)
22 HMG Developmental Playgroup 9:15-10:15 <b>Make Parenting A Pleasure 10-11:30</b> <b>UCCE Connects to You! Nutrition Class 10:30-12 (Eng/ESL focus)</b> Baby Zumbini 10-10:45 (13-30 mths) Baby Zumbini 11-11:45 (13-30 mths) Pump Up 12-1 (3-5 yrs) Wings, Tails & Paws 12:30-1:30 (2-3 yrs)	23 Roadmap to Kindergarten 10-11:30 (4 yrs) Baby Discovery 11-12 (0-12m) Onesies 1-2 (1 yr) Nature Surrounds Me 1-2 (2-3 yrs) Nurturing Parents (SPA/parents) 5:30-7:30	24 Wings, Tails & Paws 10:30-11:30 (2-3 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) <b>The Village (Eng/parents) 11-12</b> <b>Tiempo de Té (Sp/parents) 1-2:30</b> Wonder Ones 1-2 (1 yr) <b>Tiempo de Té (Sp/parents) 1-2:30</b> Story Cycles 1:30-2:30 (2-3 yrs)	25 Bees, Grasshoppers & Hummingbirds 10-11 (1 yr) Art Studio 10:30-11:30 (2-3 yrs) Amazing World 12:30-1:30 (2-3 yrs) Jumpbunch 1-2 (3-5 yrs)	26 Onesies 10-11 (1 yr) Art Masters 10:30-11:30 (2-3 yrs) Baby Discovery 11:30-12:30 (0-12m) Bright Twos 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs)	27 Art 101 10-11 (2-5 yrs)
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Classes are for parents/caregivers and children ages 0-5 years to participate together. Classes highlighted in blue will meet virtually via Zoom, all other classes are currently offered in-person in San Pablo.

2707 Dover Ave · San Pablo · 510.232.5650 Hours: Mon/Wed/Thurs/Fri 9-5 pm, Tues 9-7:30 pm, Sat 9:30-11:30 am

## **Amazing World**

Children will be able to learn more about the world around them. They will learn different rhythms of music, food, culture and the importance of living in a world full of diversity and equity.

## **Art 101**

Children will experience a variety of art practices ranging from painting to sculpture, immersing themselves in the process of creative thought and expression.

## **Art Masters**

Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!

## **Art Studio**

Explore the joy of transformation and discovery through art using a variety of materials and techniques to create works of art inspired by color, shape and line. Children will learn the importance of cooperation, self-help and responsibility as they work together to create a shared art experience. The *process* of art-making is emphasized over the product!

## **Baby Discovery**

This class for infants includes a variety of fun activities that strengthen the bond between parent and child, as well as supporting physical, cognitive, and social-emotional development of infants. Lots of songs, games, and fun!!!

## **Baby Zumbini**

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.

## **Bees, Grasshoppers and Hummingbirds!**

Bees are buzzing, grasshoppers are jumping through grass, and hummingbirds are enjoying sweet nectar! Let's explore with our five senses as we interact with the outdoor world.

## **Bright two's**

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities for two year olds that stimulate learning and bonding time! Activities can be done using items found in your own home and your own creativity! Receive an activity deck of cards.

## **Cuddles & Snuggles**

Infant massage and baby cuddling results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through infant massage, song & playtime.

## **Johnnie Greenstock & the 4 P's of Nutrition**

Through his special book and fun activities, "Johnnie Greenstock" helps parents and children easily connect the four pillars of nutrition: Planting, Plate, Palate, and Play. The four pillars help parents and children identify the basics of nutrition through connecting seeds to food, preparation of fruit and vegetables, and how food is turned into energy for play and exercise. In short, without seed we will not have food on our plates, our palates will not be pleased, and we will not have energy for play.

## **Jumpbunch**

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!

## **Make Parenting a Pleasure (ENGLISH)**

Parents identify the values and goals they want for their child, as they "pack their child's suitcase". Parents learn to support their children's emotional development through emotion coaching and will strengthen the parent-child relationship with "Positive Attention Through Play". Learn about current brain development information and the "Effect of Stress" on child development, and more.

## **Nature Surrounds Me!**

Come explore nature through art, gardening, music and more!

## **Onesies**

Onesies' wide variety of activities include art, music, storytelling, and fun games that help them with their social and gross motor skills!

## **Pump Up**

A fun class where yoga for children, dance and activities are combined to promote balance, exercise, problem solving and connecting with friends.

## **Read Aloud with Mr. Ty**

These read alouds are for Black and African American children ages 0-5 years and their families. Join the Amazing Mr. Ty for his dynamically enthusiastic virtual storytelling and circle time sessions. These fun read alouds support children's language, literacy and cognitive development through songs, books, family and community interactions.

## **Storycycles**

It's time to cuddle books with your child! Support your child's developing literacy through fun activities. Families will rotate bags of 3 great books, and participate in a fun class that includes activities that encourage a love of books in children.

## **The Village (ENGLISH)**

Black parenting is a unique, wonderful, and, at times, challenging experience in today's society. The Village can be helpful and empowering for all caregivers in a child's life to increase black boy joy and black girl magic! Share your parenting strategies, experiences, concerns, and inspirations, while also exploring identity and creating community. Includes rich conversations, collective support, self-care activities, and more.

### **Tiempo de Te (SPANISH)**

Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.

### **UCCE Connects You! Nutrition Class**

This nutrition class covers how to make easy, healthy, and inexpensive meals for your children, how to read food labels, being sugar savvy, simple exercises, and decreasing stress.

### **Wings, Tails & Paws**

Explore a different animal each week through storytelling, art, songs and games, in addition to fun free play activities. Class is led by a teacher assistant in training.

### **Wonder Ones**

Come learn and discover with your wondrous and curious toddler! Exploration will include sensory, art, music and story time activities.