



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>1</b>	<b>2</b>
<b>Session Begins</b> <b>4</b> <a href="#">Delta Literacy Partners Meeting (Adults) 9:30-10:30</a> Baby Signs English (6-12mos) 10:30-11:30 Jump Bunch (3yrs) 3:00-4:00 Kinder Readiness (4-5yrs) 4:30-5:30	<b>5</b> <a href="#">Triple P Spanish Virtual (Adults)10:00-12:00</a> Bright & Beyond (1-2yrs) 10:30-11:30 Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30	<b>6</b> Little Crawlers (6-12mos) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <a href="#">Road Map to Kinder (Adults) 11:00-12:30</a> Wiggly Ones (1yr) 3:00-4:00	<b>7</b> Zumbini (2yrs) 9:00-10:00 Terrific Toddlers (2yrs) 10:00-11:00 <a href="#">Make Parenting a Pleasure (Adults) 10:00-11:00</a> Smart Bites (3yrs) 11:30-12:30 Ready for Learning (3yrs) 3:00-4:00 <a href="#">Grocery Shopping on a Budget Workshop (Adults) 5-6:00pm</a>	<b>8</b> Spring Science (3-5yrs) 9:30-10:30 Drop In Story Time & Art (All Ages) 11:00-12:00	<b>9</b> Drop In Art! (All Ages) 10:00-11:30
<b>11</b> Baby Signs English (6-12mos) 10:30-11:30 Jump Bunch (3yrs) 3:00-4:00 Kinder Readiness (4-5yrs) 4:30-5:30	<b>12</b> <a href="#">Triple P Spanish Virtual (Adults)10:00-12:00</a> Bright & Beyond (1-2yrs) 10:30-11:30 Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30	<b>13</b> Little Crawlers (6-12mos) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <a href="#">Road Map to Kinder (Adults) 11:00-12:30</a> Wiggly Ones (1yr) 3:00-4:00	<b>14</b> Zumbini (2yrs) 9:00-10:00 Terrific Toddlers (2yrs) 10:00-11:00 <a href="#">Make Parenting a Pleasure (Adults) 10:00-11:00</a> Smart Bites (3yrs) 11:30-12:30 Ready for Learning (3yrs) 3:00-4:00	<b>15</b> Spring Science (3-5yrs) 9:30-10:30 Drop In STEM with CC Libraries (All ages) 11:00-12:00	<b>16</b> Drop in Dad & Me Time (All Ages) 10:00-11:30 
<b>18</b> Baby Signs English (6-12mos) 10:30-11:30 Jump Bunch (3yrs) 3:00-4:00 Kinder Readiness (4-5yrs) 4:30-5:30	<b>19</b> <a href="#">Triple P Spanish Virtual (Adults)10:00-12:00</a> Bright & Beyond (1-2yrs) 10:30-11:30 Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30	<b>20</b> Little Crawlers (6-12mos) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 <a href="#">Road Map to Kinder (Adults) 11:00-12:30</a> Wiggly Ones (1yr) 3:00-4:00	<b>21</b> Zumbini (2yrs) 9:00-10:00 Terrific Toddlers (2yrs) 10:00-11:00 <a href="#">Make Parenting a Pleasure (Adults) 10:00-11:00</a> Smart Bites (3yrs) 11:30-12:30 Ready for Learning (3yrs) 3:00-4:00	<b>22</b> Spring Science (3-5yrs) 9:30-10:30 Drop In Story Time & Art (All Ages) 11:00-12:00 Fitness and Nutrition (Adults) 12:00-1:00	<b>23</b> Drop In Art! (All Ages) 10:00-11:30 
<b>25</b> Baby Signs English (6-12mos) 10:30-11:30 Drop In Down on the Farm (All Ages) 11:30-12:30 Jump Bunch (3yrs) 3:00-4:00	<b>26</b> <a href="#">Coffee with the CRS Virtual (Adults) 9:30-10:30</a> Drop In Sensory Art (All Ages) 10:00-11:00 <a href="#">Triple P Spanish Virtual (Adults)10:00-12:00</a> Let's Count & Match w/ Ms. Bernice (3-5yrs) 4:30-5:30	<b>27</b> Drop In Kinder Readiness (4-5yrs) 11:00-12:00 Virtual Story Time & Art (All Ages) 2:30-3:30	<b>28</b> Zumbini (2yrs) 9:00-10:00 Drop In Egg Science (All Ages) 10:30-11:30	<b>29</b> Drop In Spring Art (All Ages) 10:00-11:00 <a href="#">Fitness and Nutrition (Adults) 12:00-1:00</a>	<b>30</b> 

Hours of Operation

Monday-Thursday 9:00-6:00  
 Friday & Saturday 9:00-1:00

Free Play Hours

Monday –Thursday 10:00-4:00  
 Friday 10:00-12:00

## Delta First 5 Center

### Class and Event Descriptions

### March/ April 2024



In partnership with:



#### Baby Signs- Mondays

*(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.

#### 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.

#### Bridge to Kindergarten Graduation- Wednesday

04/24/2024

#### Bright & Beyond- Tuesdays

*(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.

#### Coffee with CRS- Tuesdays

*(Adult) Virtual*

Join the CRS to learning 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 & Virtual) 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, and 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 Down on the Farm - Monday

*(In Person) All Ages*

Join us as we learn interesting facts about farm life and do fun activities at the center.

### **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).

### **Earth Day Celebration – Thursday 04/ 25/2024**

*(in person) All ages*

Join us for a special Earth Day celebration where we'll be hosting fun activities to honor our planet and deepen our understanding of how we can protect the environment.

### **Fitness & Nutrition – Wednesdays**

*(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.

### **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- Mondays**

*(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.

### **Kinder Readiness – Mondays**

*(In Person) 4-5 yr olds*

Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

### **La Familia – Friday 03/12/2024**

*(In Person) Adults*

### **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.

### **Little Crawlers -**

*(In Person) Adults*

This class is designed for children who are rolling, crawling, or even taking their first steps. We will play while discussing children's development and how they change a parent's life.

### **Make Parenting a Pleasure – Thursdays**

*(In Person) Adults*

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

### **Ready for Learning - Thursdays**

***(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.

### **Smart Bites - Thursdays**

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

In this class, you and your child will prepare and taste nutritious, attractive, and healthy snacks together while learning about the nutrients that support their growth and development.

### **Spring Science**

***(In Person) 3-4yrs old***

Families will learn about the science involved in the change of seasons. We will learn more about changes to nature

### **Story Time & Art- Fridays**

***(all ages)***

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

### **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- Tuesday**

***(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- Wednesday**

***(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 – Fridays**

***(In Person) 2yrs***

The class includes dancing, singing, and playing different instruments for exposure to music and all its benefits.

This class introduces the basic moves like moving side-to-side, clapping, bouncing, jumping, toe touches, etc....