

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: Parent Classes in Blue Children Classes in Green Events in purple <u>Scan the QR code to enroll</u>			1 Terrific Toddlers AM (2yrs) 9:30-10:30 Moms Together (Adults) 10:00-11:00 Terrific Toddlers PM (2yrs) 3:00-4:00 Virtual Infant Massage (2-8mos) 4:30-5:30	2 Garden Science (3-5yrs) 9:30-10:30 <i>Story Time & Art (All ages) 11:00-12:00</i> Zumbini (2yrs) 2:00-3:00 Ready for Learning in Spanish (3yrs) 3:00-4:00	3 Art Adventures (3-5yrs) 9:30-10:30 <i>Food Distribution Event (Adults) 3:00-4:30</i>
5 Wiggly Ones Group A (1yrs) 9:30-10:30 Wiggly Ones Group B (1yrs) 11:00-12:00 Jump Bunch (3yrs) 2:30-3:30 Baby Signs English (6-12mos) 4:00-5:00	6 Help Me Grow (By Invite) 9:00-10:30 Smart Bites (3yrs) 11:00-12:00 Help Me Grow (By Invite) 12:00-1:30 Growing Creatively (3-5yrs) 4:30-5:30	7 Baby Signs Spanish (6-12mos) 9:30-10:30 Kinder Readiness (4-5yrs) 11:00-12:00 Mini Ocean Science (2-3yrs) 3:00-4:00 Story Time Plus (3-5yrs) 5:00-6:00	8 Terrific Toddlers AM (2yrs) 9:30-10:30 Moms Together (Adults) 10:00-11:00 Terrific Toddlers PM (2yrs) 3:00-4:00 Virtual Infant Massage (2-8mos) 4:30-5:30	9 Garden Science (3-5yrs) 9:30-10:30 <i>Story Time & Art (All ages) 11:00-12:00</i> Zumbini (2yrs) 2:00-3:00 Ready for Learning in Spanish (3yrs) 3:00-4:00	10 Art Adventures (3-5yrs) 9:30-10:30
12 Wiggly Ones Group A (1yrs) 9:30-10:30 Wiggly Ones Group B (1yrs) 11:00-12:00 Jump Bunch (3yrs) 2:30-3:30 Baby Signs English (6-12mos) 4:00-5:00	13 Help Me Grow (By Invite) 9:00-10:30 Virtual Coffee with the CRS Orientation (Adults) 10:00-11:00 Smart Bites (3yrs) 11:00-12:00 Help Me Grow (By Invite) 12:00-1:30 Growing Creatively (3-5yrs) 4:30-5:30 Nurturing Parents Spanish (Adults) 5:30-8:00	14 Baby Signs Spanish (6-12mos) 9:30-10:30 Kinder Readiness (4-5yrs) 11:00-12:00 Mini Ocean Science (2-3yrs) 3:00-4:00	15 Enrollment Begins Terrific Toddlers AM (2yrs) 9:30-10:30 Terrific Toddlers PM (2yrs) 3:00-4:00	16 Garden Science (3-5yrs) 9:30-10:30 <i>STEM with CC Libraries (All ages) 11:00-12:00</i> Zumbini (2yrs) 2:00-3:00 Ready for Learning in Spanish (3yrs) 3:00-4:00	17 Session Ends Art Adventures (3-5yrs) 9:30-10:30 <i>Dad & Me Time (All Ages) 10:30-11:30</i>
	19 Help Me Grow (By Invite) 9:00-10:30 Help Me Grow (By Invite) 12:00-1:30 Nurturing Parents Spanish (Adults) 5:30-8:00	21 Kinder Readiness (4-5yrs) 11:00-12:00 Story Time Plus (3-5yrs) 5:00-6:00	22 Moms Together (Adults) 10:00-11:00 Virtual Infant Massage (2-8mos) 4:30-5:30	23	24 CLOSED
26 Help Me Grow (By Invite) 9:00-10:30 Virtual Coffee with the CRS Orientation (Adults) 10:00-11:00 Help Me Grow (By Invite) 12:00-1:30 <i>Parent Café (Adults) 2:30-3:30</i> Nurturing Parents Spanish (Adults) 5:30-8:00	27	28		29	30 CLOSED
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p style="color: red; margin: 0;"><i>Hours of Operation</i></p> <p style="margin: 0;">Monday-Friday 9:00-6:00</p> <p style="margin: 0;">Saturday 9:00-2:00</p> </div>			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p style="color: red; margin: 0;"><i>Free Play Hours</i></p> <p style="margin: 0;">Monday –Thursday 10:00-4:00</p> <p style="margin: 0;">Friday-Saturday 10:00-12:00</p> </div>		

**Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours

Delta First 5 Center **Class and Event Descriptions** **July-August 2024**



In partnership with:



Art Adventures – Saturdays **(In Person) 3yrs old**

In this class, children will have the opportunity to engage with different materials and practice sharing what they create with others.

Baby Signs- Mondays & Wednesdays **(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.

Dad & Me Time- Saturdays **(In Person) All Ages**

During this time, 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.

Food Distribution Event- Saturdays **(In Person) Adults**

Come to the center to pick up food for your family to help lessen your monthly bills.

Garden Science – Fridays **(In Person) 3-5yrs old**

It has been shown that children who grow their own food are more likely to try, and eat, more fresh vegetables and fruits. In this class children will get a chance to work hands on in our garden and use what they grow in various ways.

Growing Creatively-Tuesdays **(In Person) 3-5 yr olds**

In this class we will learn and develop skills developmentally appropriate utilizing the Creative Curriculum. Children will get a chance to explore and grow while parents will learn how to support their growth at their given stage.

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- Wednesdays

(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.

Mini Ocean Science- Wednesdays

(In Person) 2-3 yr olds

This class gives children an opportunity to learn about the ocean. We will take the chance to experiment with water and learn about animals that live in and around the ocean. Parents will be given ideas of how to build their child's natural instinct to explore and discover.

Moms Together- Thursdays

(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.

Nurturing Parents Spanish- Tuesdays

(In Person) Adults

This is a 16-week group based program. Parents learn about recognizing and understanding feelings, nurturing routines, alternatives to hitting, child development and ways to build self-esteem and self-concepts.

Parent Café - Tuesdays

(In Person) Adults

Parent Cafe engage parents/caregivers in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors.

Ready for Learning in Spanish- Fridays

(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.

Smart Bites- Tuesdays

(In Person) 3yr olds

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.

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).

Story Time & Art- Fridays
(In Person) All Ages

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

Story Time Plus- Wednesdays
(In Person) 3-5 yr olds

This story time class will be combined with a book borrowing component utilizing the Tandem Storycycles book bags. Families will listen to stories, do activities that often pertain to the stories presented and will take home a bag of quality rich books each week to borrow.

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.

Virtual Coffee with CRS Orientation- Tuesdays
(Virtual) Adults

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.

Virtual Infant Massage- Thursdays
(Virtual) 2-8mos

This class is intended to enhance the connection between infants and their parents. Parents will learn about different strokes/movements that stimulate an infant's growth and development, helping to soothe common discomforts and promote restful sleep.

Wiggly Ones- Mondays
(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....