



## July 2024 Calendar

300 H St. Suite F, Antioch, Ca. 94509 • (925) 301-4052 • www.First5coco.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4 Closed – 4 <sup>th</sup> of July 	5	6
8	9	10 11:00-12 (Invite Only) Help Me Grow	11	12	13
15 <b>Session Begins</b> 9:30-10:30 V(1-5y) Tunes & Stories 10:00-11 (2-3y) Little Artists 1:00-2 (2-3y) El Mundo en Español	16 12:30-1:30 (6-12m) Baby Signs 2:00-3 (8-18m) Tiny Tots 5:00-6:30 SP. AMCE	17 9:30-10:30 Belly Dancing 11:00-12 (Invite Only) Help Me Grow 11:00-12 (3-5y) Cooking Skills for Kids 2:00-3 (3-5y) Fun Zone 2:30-3:30 (3-5y) Museum Makers	18 9:30-10:30 (4-5y) Listos para el Éxito Escolar 9:30-10:30 (4-5y) KR: Garden Party 11:30-12:30 (3-5y) Cooking Skills for Kids 2:00-3 (0-11m) Tunes & Stories 4:15-5:15 Drop-In Daddy & Me	19 9:30-10:30 (1-2y) Curious Minds 11:30-12:30 (2-3y) Zumbini 1:00-2 (3-5y) Magic Music	20 9:30-12:30 Drop-In Free Play 1:00-2 Food Distribution
22 9:30-10:30 V(1-5y) Tunes & Stories 10:00-11 (2-3y) Little Artists 1:00-2 (2-3y) El Mundo en Español	23 10:00-11:30 Back to School Supply Distribution 12:30-1:30 (6-12m) Baby Signs 2:00-3 (8-18m) Tiny Tots 5:00-6:30 SP. AMCE	24 9:30-10:30 Belly Dancing 11:00-12 (Invite Only) Help Me Grow 11:00-12 (3-5y) Cooking Skills for Kids 2:00-3 (3-5y) Fun Zone 2:30-3:30 (3-5y) Museum Makers	25 9:30-10:30 (4-5y) Listos para el Éxito Escolar 9:30-10:30 (4-5y) KR: Garden Party 11:00-12 Storytime/ STEM w/ CC Library 11:30-12:30 (3-5y) Cooking Skills for Kids 2:00-3 (0-11m) Tunes & Stories 4:15-5:15 Drop-In Daddy & Me	26 9:30-10:30 (1-2y) Curious Minds 11:30-12:30 (2-3y) Zumbini 1:00-2 (3-5y) Magic Music	27 9:30-12:30 Drop-In Free Play
29 9:30-10:30 V(1-5y) Tunes & Stories 10:00-11 (2-3y) Little Artists 1:00-2 (2-3y) El Mundo en Español	30 10:00-11 Coffee w/ the CRS 12:30-1:30 (6-12m) Baby Signs 2:00-3 (8-18m) Tiny Tots 5:00-6:30 SP. AMCE	31 9:30-10:30 Belly Dancing 11:00-12 (Invite Only) Help Me Grow 11:00-12 (3-5y) Cooking Skills for Kids 2:00-3 (3-5y) Fun Zone 2:30-3:30 (3-5y) Museum Makers		<b>KEY:</b> Parent Classes = Blue Children Classes = Green Virtual Children Classes=Orange Drop Ins/Events =purple	 <b>ENROLL HERE!</b>



In partnership with:



**Antioch First 5 Center**  
In Person and Virtual Programming  
Class and Event Descriptions  
**July/August 2024**

---

## Children's Classes

### **Little Artists**

***(In Person) 2-3 year olds***

Create art with your little one through several different art mediums to strengthen problem-solving, fine motor and gross motor skills!

### **El Mundo en Espanol - Spanish**

***(In Person) 2-3 year olds***

In this class, young learners will embark on an exciting adventure into the Spanish language. Through engaging activities, songs, and games, children will be introduced to the beauty and richness of the Spanish language and culture.. Each session will be filled with fun and interactive opportunities for children to explore and express themselves in Spanish. Join us as we journey together to discover the wonders of the Spanish-speaking world!

### **Baby Signs**

***(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.

### **Tiny Tots**

***(In Person) 8-18 months olds***

Engage with your tiny tot as you both expand on new and developing skills! Activities will be centered around milestone skills for this age group and will be adjusted based on participant capabilities.

### **Help Me Grow**

***(In Person) By Invitation***

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.

### **Cooking Skills for Kids**

***(In Person) 2-3 year olds***

Learn to prepare a tasty meal every day with your little one! This class prepares children to be self-sufficient as they head to school. Learn to safely use utensils, open bags, bottles, and other fine motor skills.

### **Fun Zone**

***(In Person) 3-5 year olds***

Welcome to Fun Zone, where children are encouraged to explore, play, and learn in a vibrant and stimulating environment. Children will embark on exciting adventures filled with laughter, discovery, and endless fun. From sensory bins to arts and crafts, each class in Fun Zone is carefully crafted to spark joy and foster early childhood development. Join us as we create unforgettable memories and lay the foundation for a lifetime of learning and exploration!

### **Museum Makers**

***(In Person) 3-5 year olds***

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

### **Listos para Exito Escolar- Spanish**

***(In Person) 4-5 year olds***

This class is designed to give children the skills and confidence necessary to succeed in school. Through interactive and stimulating activities, children will explore key concepts in areas such as reading, writing, mathematics, problem solving and social skills. Our approach focuses on play, creativity and active participation to ensure meaningful and fun learning. Kids will develop fine and gross motor skills as they engage in hands-on activities and explore the world around them.

### **Kinder Readiness: Garden Party**

***(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.

### **Tunes & Stories**

***(In Person) 0-11 months olds***

In this class, we combine the joy of reading and the excitement of singing to create a fun and educational experience. This class will help your little one develop language and vocabulary, enhance listening and comprehension skills.

### **Curious Minds**

***(In Person) 1-2 year olds***

Curious Minds, where the boundless curiosity is celebrated and nurtured! In this dynamic class, young explorers will embark on a journey of discovery, fueled by their insatiable desire to learn and explore the world around them. Through hands-on activities, engaging experiments, and imaginative play, children will delve into a variety of experiments, from science and nature to art and storytelling. Our goal is to inspire a lifelong love for learning and foster the development of critical thinking skills, creativity, and a thirst for knowledge. Join us as we unleash the potential of your little one's curious mind and embark on exciting adventures together!

## **Zumbini**

*(In Person) 2-3 year 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.

## **Magic Music**

*(In Person) 3-5 year olds*

This class is an interactive exploration of music through singing and percussion instruments. We will use instruments such as drums, tambourines, and bells to jam along to our most familiar nursery rhymes.

# **Virtual Children's Classes**

## **Tunes & Music**

*(Virtual) 1-5 year olds*

In this class, we combine the joy of reading and the excitement of singing to create a fun and educational experience. This class will help your little one develop language and vocabulary, enhance listening and comprehension skills.

# **Drop-In Classes**

## **Drop-In Story Time/STEM with CCC Libraries**

*4th Thursday of the Month (In Person) All ages*

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

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

## **Drop-In Daddy & Me**

*(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 Food Distribution**

*(In person) All Family*

Once a month on the third Saturday, we will be giving out food to families. Distributed by a local non-profit, various fruit, veggies, bread, and non-perishables foods will be available for families to pick and take home, free of charge.

## **Drop-In Back to School Supply Distribution**

*(In person) All ages*

Get ready for school by stocking up on basic school supplies like pencils, notebooks, glue, etc.! Each child can receive a drawstring bag and various school supplies, while supplies last. \*\*We recommend bringing a back up bag and/or backpack, just in case.

# Parent Classes

## **Coffee with the CRS- Orientation to new families**

### ***(Virtual) Adults***

Come and learn about the services First 5 offers to families.

## **AMCE- Abriendo Mentes Cerrando Estigmas - Spanish**

### ***(Virtual) Adults***

La Clinica is pleased to invite the community to participate in the AMCE workshops series. AMCE consists of a series of 5 workshops involving groups of parents to learn about: STRESS, ANXIETY AND DEPRESSION. The classes will be July 16, 23, 30 and August 6, 13, 2024.

## **Belly Dancing**

### ***(In Person) Adults***

Work up a sweat while learning the basics of Belly Dancing with Hind! Child care for children ages 18-months and older will be provided.