

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Holiday Art (37-48M) 9:00-10:30 Art for Couples 11:00-1:00
3 Drop-In: Pitter Patter (0-12M) 9:00-10:00  Wiggle Worm (13-24M) 9:15-10:15 Playful Math (25-36M) 1:00-2:00  Drop-In: Creative Club (37-48M) 2:15-3:15  CENTER CLOSED AT 3:15	4 Down on the Farm (25-36M) 9:30-10:30 Road Map to K/Bridge to K(SP) 11:00-12:30 Let's Explore (37-48M) 1:30-2:30 Jugando con Matematicas(SP)(25-36M) 3:00-4:30	5 Help Me Grow 9:00-10:00 Cantemos y Jugemos (SP)(0-12M) 9:00-10:00 Mamas Juntas (SP) 11:00-12:30 Drop-In: Storytime+Dance(13-24M) 1:00-2:00 Music For Little Ones (13-24) 3:00-4:30	6 Zoophonics (37-48M) 9:15-10:15 Baby Signs (0-12M) 9:30-10:30 Hazlo y Llevatelo (SP)(37-48M) 11:00-12:00 Road Map to K/Bridge to K(ENG) 3:30-5:00 Nurturing Parents (SP) 5:30-8:00	7 Mind Matters (ENG) 9:00-11:00 CRS Workshop 11:30-12:30  CENTER CLOSED AT 12:30	8 Holiday Art (37-48M) 9:00-10:30 Quality Time 11:00-12:00
10 Drop-In: Pitter Patter (0-12M) 9:00-10:00  Wiggle Worm (13-24M) 9:15-10:15 Playful Math (25-36M) 1:00-2:00  Drop-In: Creative Club (37-48M) 2:15-3:15  CENTER CLOSED AT 3:15	11 Down on the Farm (25-36M) 9:30-10:30 Road Map to K/Bridge to K(SP) 11:00-12:30 Let's Explore (37-48M) 1:30-2:30 Jugando con Matematicas(SP)(25-36M) 3:00-4:30	12 Help Me Grow 9:00-10:00 Cantemos y Jugemos (SP)(0-12M) 9:00-10:00 Mamas Juntas (SP) 11:00-12:30 Drop-In: Storytime+Dance(13-24M) 1:00-2:00 Music For Little Ones (13-24) 3:00-4:30	13 Zoophonics (37-48M) 9:15-10:15 Baby Signs (0-12M) 9:30-10:30 Hazlo y Llevatelo (SP)(37-48M) 11:00-12:00 Drop-In: Music For Me (13-36M) 1:30-3:00 Road Map to K/Bridge to K(ENG) 3:30-5:00 Nurturing Parents (SP) 5:30-8:00	14 Mind Matters (ENG) 9:00-11:00 CRS Workshop 11:30-12:30 Beat Bugs (25-36M) 1:30-2:30 Moms Together (HINDI/PUNJABI) 3:00-5:00	15 Art for Couples 11:00-1:00
17	18	19 Help Me Grow 9:00-10:00 Family Night 5:30-8:00	20  CENTER CLOSED	21 Meet Santa (by appointment only) 12:00-4:00  	22
24 CENTER CLOSED AT 12PM	25 CENTER CLOSED Merry Christmas 	26	27	28	29
31 CENTER CLOSED AT 12PM 					

**CENTER CLOSED FROM 12:30-1:00 FOR LUNCH**

**PLAY AREA TIMES AVAILABLE**  
MON: 10:30-12:30, 1-3  
TUES: 1-5  
WED: 1-5  
THURS: 10:30-12:30, 1-3:30  
FRI: 1-3  
SAT: 9-10:30

**MONUMENT FIRST 5 CENTER**  
1736 Clayton Rd  
Concord CA 94520  
  
Phone: (925) 849-8861  
<http://www.facebook.com/monumentfirst5>

Last Update: 10/8/2018

## Classes Beginning 11/1/18

### Art for Couples (12,024)

Ages: - Adults Only

Couples will explore art to relieve stress and promote healthy communication.

Instructor:

11/3/18-12/15/18 Saturdays 11:00-1:00 PM

### Creativity Club (12,026)

Ages: -

Join us to talk about Developmental Milestones and have hands on activities for children

Instructor:

11/5/18-12/10/18 Mondays 2:15-3:15 PM

### Baby Signs (12,013)

Ages: -

Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family.

Instructor:

11/1/18-12/13/18 Thursdays 9:30-10:30 AM

### Down on the Farm (12,004)

Ages: 3 Years - 3 Years

In this class children and families will learn about the different aspects of a farm. Families will be given opportunities to discuss and explore what a farm is, who works on the farm and why farms are important for everyone. We will read books and do fun activities to help us learn more about farms.

Instructor:

11/6/18-12/11/18 Tuesdays 9:30-10:30 AM

### Beat Bugs (12,021)

Ages: 3 Years - 3 Years

Children and parents will explore their theatrical sides. Come walk like a dinosaur, and slither like a snake. Children will develop coordination, learn to follow directions, develop gross motor skills, along with social skills in a similar aged group setting.

Instructor:

11/2/18-12/14/18 Fridays 1:30-2:30 PM

### Help Me Grow Developmental Playgroup (12,031)

Ages: 18 Months - 3 1/2 Years

Playgroup will work with parents and children to support developmental needs scored in the monitoring section of last ASQ. ASQ will be performed at the end of the class to see development improvement.

Instructor:

11/7/18-12/12/18 Wednesdays 9:00-10:00 AM

### Bridge to Kindergarten (12,020)

Ages: 4 Years - 5 Years

Children and their parents will begin to learn the skills that are necessary to be ready for school.

Instructor:

11/1/18-12/13/18 Thursdays 3:30-5:00 PM

### Holiday Art (12,023)

Ages: -

This art class provides a developmental approach to guide each child's self-expression parents and children will build skills engaging in creativity making art together.

Instructor:

11/3/18-12/8/18 Saturdays 9:00-10:30 AM

### Bridge to Kindergarten SP (12,006)

Ages: 4 Years - 5 Years

Children and their parents will begin to learn the skills that are necessary to be ready for school.

Instructor:

11/6/18-12/11/18 Tuesdays 11:00-12:30 PM

### Let's Explore (12,025)

Ages: -

Together we will explore wonderful topics like science, math, and art.

Instructor:

11/6/18-12/11/18 Tuesdays 1:30-2:30 PM

### Cantemos y Jugemos SP (12,027)

Ages: -

Aprendamos acerca del desarrollo de los niños mientras cantamos y jugamos con ellos.

Instructor:

11/7/18-12/12/18 Wednesdays 9:00-10:00 AM

### Make and Take ELL (12,028)

Ages: -

Children will explore a variety of activities around art and science where they will be able to take home all projects/experiments that were done in class.

Instructor:

11/1/18-12/13/18 Thursdays 11:00-12:00 PM

**Classes Beginning 11/1/18**

**Make & Take ENG (12,007)**

Ages: -  
 Children will learn along with their parents to do different art projects and explore other activities together.  
 Instructor:  
 11/6/18-12/11/18      Tuesdays      1:30-2:30 PM

**Mind Matters (12,029)**

Ages: -  
 Mind Matters- English' practical, hands-on lessons explore the effects of adversity and toxic stress along with the healing process. Each week includes activities that build resilience and increase hope. Topics include managing stress, increasing mindfulness and empathy, and developing a support system.  
 Instructor:  
 11/2/18-12/14/18      Fridays      9:00-11:30 AM

**Mom's Together (HINDI/PUNJABI) (12,022)**

Ages: - Adults Only  
 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.  
 Instructor:  
 11/2/18-12/14/18      Fridays      3:00-5:00 PM

**Mom's Together SP (12,009)**

Ages: - Adults Only  
 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.  
 Instructor:  
 11/7/18-12/12/18      Wednesdays      11:00-12:30 PM

**Music For Little Ones (12,011)**

Ages: -  
 Music Together is an early childhood music and movement program for children and the grownups who love them. Classes help children develop their innate musicality language development, and creative expression.  
 Instructor:  
 11/7/18-12/12/18      Wednesdays      3:00-4:30 PM

**Music for Me (12,014)**

Ages: -  
 Come learn and sing new songs with us as we explore many instruments-big and small! We will be learning basic musical concepts through fun and playful activities, perfect for developing minds.  
 Instructor:  
 11/1/18-12/13/18      Thursdays      1:30-3:00 PM

**Nurturing Parents (12,015)**

Ages: - Adults Only  
 This is a 24-week parenting group based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept.  
 Instructor:  
 11/1/18-12/13/18      Thursdays      5:30-8:00 PM

**Pitter Patter Time 0-12mos (12,001)**

Ages: 0 Months - 12 Months  
 Join us in an exploration of your little one's development. Each week will offer new activities to facilitate growth in the areas of communication, gross motor, fine motor, problem solving and personal social.  
 Instructor:  
 11/5/18-12/10/18      Mondays      9:00-10:00 AM

**Playful Math (12,003)**

Ages: -  
 Explore the world of math through stories, fun activities and games.  
 Instructor:  
 11/5/18-12/10/18      Mondays      1:00-2:00 PM

**Playful Math SP (12,008)**

Ages: -  
 Explore the world of math through stories, fun activities and games.  
 Instructor:  
 11/6/18-12/11/18      Tuesdays      3:00-4:30 PM

**Quality Time (12,030)**

Ages: -  
 During this time parents especially, fathers, grandparents, uncles or any father figure to enjoy and take this time to be with the kids one on one.  
 Instructor:  
 11/10/18-12/8/18      Saturdays      11:00-12:00 PM

**Roadmap to Kindergarten (12,019)**

Ages: 3 Years - 5 Years  
 Parents will learn the steps they need to take over the next year to prepare their child for entry into kindergarten or transitional kindergarten.  
 Instructor:  
 11/1/18-12/13/18      Thursdays      3:30-5:00 PM

## Classes Beginning 11/1/18

### Roadmap to Kindergarten SP (12,005)

Ages: 3 Years - 5 Years

Parents will learn the steps they need to take over the next year to prepare their child for entry into kindergarten or transitional kindergarten.

Instructor:

11/6/18-12/11/18      Tuesdays      11:00-12:30 PM

### Story Time + Dance (12,010)

Ages: 0 Months - 5 Years

Story time is for children ages 0-5, each story will include circle time, the story, song and related literacy and art.

Instructor:

11/7/18-12/12/18      Wednesdays      1:00-2:00 PM

### Wiggle Worm (12,002)

Ages: 12 Months - 2 Years

Your toddler will gain increased confidence through movement and direction and benefit emotionally while having fun!

Instructor:

11/5/18-12/10/18      Mondays      9:15-10:15 AM

### Zoo Phonics (12,012)

Ages: 3 Years - 4 Years

Zoophonics uses 26 animals to teach the alphabet, focusing on letters, shapes, and sounds. Children learn the alphabet and related concepts through a multi-modal approach of visual, auditory and kinesthetic activities simultaneously.

Instructor:

11/1/18-12/13/18      Thursdays      9:15-10:15 AM