





Antioch First 5 Center February 2019 Calendar



300 H St. Suite F, Antioch, Ca. 94509 • (925) 301-4052 • first5coco.org Facebook: Antioch First 5 Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Closed
4 Jump Bunch 9:30-10:30 Mind Matters 11:00-12:30	5 <u><i>Keep Practicing Your Letters Drop In</i></u> 9:00-9:45 Baby Signs 9:30-10:30 Making Parenting a Pleasure Eng. 10:30-12:00 *Art Adventures* 10:45-11:45	6 World Dance 9:15-10:15 Potty Training Workshop Sp. 9:30-10:30 Help Me Grow 11:00-12:00 Bucket Fillers 3:00-4:00 Nurturing Parents 5:30-8:00	7 Making Parenting a Pleasure Sp. 9:00-11:00 Bridge to Kindergarten 11:00-12:30 Road Map to Kinder 11:00-12:30	8 	9 <u><i>Drop In Art!</i></u> 10:00-12:00
11 Jump Bunch 9:30-10:30 Mind Matters 11:00-12:30	12 <u><i>Keep Practicing Your Letters Drop In</i></u> 9:00-9:45 Baby Signs 9:30-10:30 Making Parenting a Pleasure Eng. 10:30-12:00 *Art Adventures* 10:45-11:45	13 World Dance 9:15-10:15 Help Me Grow 11:00-12:00 Bucket Fillers 3:00-4:00 Nurturing Parents 5:30-8:00	14 Making Parenting a Pleasure Sp. 9:00-11:00 Bridge to Kindergarten 11:00-12:30 Road Map to Kinder 11:00-12:30	15 	16 Closed
18 Closed	19 <u><i>Keep Practicing Your Letters Drop In</i></u> 9:00-9:45 Baby Signs 9:30-10:30	20 Help Me Grow 11:00-12:00	21	22	23 Closed
----- <i>Open Enrollment for Next Session</i> -----					
25 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><i>Closed for Cleaning & Maintenance</i></div>	26	27 Help Me Grow 11:00-12:00 Nurturing Parents 5:30-8:00	28 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><i>Closed for Cleaning</i></div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Operating & Free Play Hours Mon/Tues 9-1 Wed. 9-5 (Closed 1-2) Thurs. 9-1 Fri. CLOSED Sat. 9-1</div>	

Classes Beginning 1/7/19

Art Adventures (12,186)

Ages: 2 Years - 3 Years
 Will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, intellectual skills), creative thinking when executing project, and learning how to follow directions, social skills by being introduced into a large group setting.
 Instructor: Marcela Lopez
 1/15/19-2/12/19 Tuesdays 10:45-11:45 AM

Baby Signs (12,185)

Ages: 6 Months - 3 Years
 This is an interactive play group that will help parent and child learn useful signs, songs, and games. Learning signs about mealtime, bedtime, bath time, pets, the park, and getting dressed. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin signing right away.
 Instructor:
 1/15/19-2/19/19 Tuesdays 9:30-10:30 AM

Bucket Fillers (12,190)

Ages: 23 Months - 3 Years
 This class encourages positive behavior by using the concept of an invisible bucket to show their love and good feelings to others. Children will learn how easy and rewarding it is to express kindness, appreciation, and love by filling buckets.
 Instructor:
 1/9/19-2/13/19 Wednesdays 3:00-4:00 PM

Infant Massage Workshop Spanish (12,191)

Ages: - Adults Only
 Infant massage is meant to enhance the connection between infants and their parents. Parents will learn about different stroking movements that stimulate an infant's growth and development, help soothe common discomforts, and promote restful sleep.
 Instructor: Marcela Lopez
 1/16/19-1/16/19 Wednesdays 9:30-10:30 AM

Jump Bunch 2-3 (12,182)

Ages: 2 Years - 3 Years
 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!
 Instructor:
 1/7/19-2/11/19 Mondays 9:30-10:30 AM

Keep Practicing Your Letters Drop in (12,188)

Ages: 3 Years - 5 Years
 The class focus will be recognizing on uppercase and lowercase letters through songs and activities.
 Instructor:
 1/22/19-2/19/19 Tuesdays 9:00-9:45 AM

Making Parenting A Pleasure English (12,184)

Ages: -
 Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.
 Instructor:
 1/8/19-2/12/19 Tuesdays 10:30-12:00 PM

Making Parenting A Pleasure Spanish (12,192)

Ages: -
 Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.
 Instructor: Maria Esposito
 1/10/19-2/14/19 Thursdays 9:00-11:00 AM

Mind Matters (12,187)

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: Rachel Kahler
 1/7/19-2/11/19 Mondays 11:00-12:30 PM

Potty Training Workshop Spanish (12,193)

Ages: 0 Months - 5 Years
 This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible set backs.
 Instructor: Marcela Lopez
 2/6/19-2/6/19 Wednesdays 9:30-10:30 AM

World Dance (12,189)

Ages: - 3 Years
 In this fitness and exercise class you and your child will learn multicultural dance movements. Increasing bonding and communication with your child through music and dance.
 Instructor:
 1/9/19-2/13/19 Wednesdays 9:15-10:15 AM