



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Mamas Juntas (SP) 9:00-11:00 Drop-In: Jump Bunch (37-48M) 11:30-12:30 Sensory Art (6-12M) 11:30-12:30 CRS Workshop 1:00-2:00 Healing Power of Art 2:30-4:30	2 Shaping up my Future 10:00-12:00
4 Drop-In: Zumbini (0-12M) 9:00-10:00 Terrific Toddlers(13-24M) 9:00-10:00 El Viaje de Crianza 10:15-12:15 Handwriting w/o Tears (49-71M) 1:30-3:00 CENTER CLOSED AT 3:00	5 Drop-In: Wiggle Worm (13-24M) 9:00-10:00 Triple P (ENG) 10:30-12:30 Scavenger Hunt Math (25-36M) 1:00-2:00 Science Adventures(49-71m) 2:15-3:15 Dancing Numbers(37-48M) 3:30-5:00	6 Help Me Grow 9:00-10:00 Smart Bites (37-48M) 9:30-11:00 Pintemos y Jugemos (13-24M) 11:00-12:00 Drop-In:Storytime+Dance(25-36M) 1:00-2:00 Kids Love to Sign (25-36M) 2:30-3:30 Let's Explore (13-24M) 3:45-4:45	7 My Spanish Class (37-48M) 9:00-10:00 Winter Art (25-36M) 10:30-11:30 Cantemos y Jugemos (0-12M) 11:00-12:00 Drop-In:Music For Me (13-36M) 1:30-2:30 Road Map to K/Bridge to K(ENG) 3:30-5:00 Nurturing Parents (SP) 5:30-8:00	8 Mamas Juntas (SP) 9:00-11:00 Drop-In: Jump Bunch (37-48M) 11:30-12:30 Sensory Art (6-12M) 11:30-12:30 CRS Workshop 1:00-2:00 Healing Power of Art 2:30-4:30	9 Quality Time 11-1pm
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18 CENTER CLOSED 	19 CENTER CLOSED 	20 Help Me Grow 9:00-10:00	21 Nurturing Parents (SP) 5:30-8:00	22	23 Shaping up my Future 10:00-12:00
25 Drop-In: Zumbini (0-12M) 9:00-10:00 Terrific Toddlers(13-24M) 9:00-10:00 El Viaje de Crianza 10:15-12:15 Handwriting w/o Tears (49-71M) 1:30-3:00 CENTER CLOSED AT 3:00	26	27 Help Me Grow 9:00-10:00 Family Night 5:30-8pm	28 Nurturing Parents (SP) 5:30-8:00		

PLAY AREA TIMES AVAILABLE:
MON: 1-3
TUES: 9-10:30 , 1-5
WED: 1-5
THURS: 9-11 , 1-3:30
FRI: 11:30-12:30
SAT: CLOSED

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

MONUMENT FIRST 5 CENTER
1736 Clayton Rd
Concord CA 94520

Phone: (925) 849-8861
<http://www.facebook.com/monumentfirst5>

Classes Beginning 1/7/19

Bridge to Kindergarten (12,166)

Ages: 4 Years - 5 Years

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

Instructor:

1/10/19-2/14/19 Thursdays 3:30-5:00 PM

Jump Bunch (12,168)

Ages: 3 Years - 4 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:

1/11/19-2/15/19 Fridays 11:30-12:30 PM

Cantemos y Jugemos (12,163)

Ages: -

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

Instructor:

1/10/19-2/14/19 Thursdays 11:00-12:00 PM

Kids Love to Sign (12,161)

Ages: -

The Kids Love To Sign™ Class meets for 6 weeks, 60 minutes each week. They will learn 15-20 ASL signs each week through interactive games, songs, and activities. The signs introduced in class include: ABC's, People I Know & Love, Opposites, Numbers, Days of the Week, Feelings, Colors, Food and Mealtime Manners.

Instructor:

1/9/19-2/13/19 Wednesdays 2:30-3:30 PM

Dancing Numbers (12,172)

Ages: -

Together we will have fun dancing and learning math in different ways.

Instructor:

1/8/19-2/12/19 Tuesdays 3:30-5:00 PM

Let's Explore (12,162)

Ages: -

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

Instructor:

1/9/19-2/13/19 Wednesdays 3:45-4:45 PM

Handwriting without Tears (12,154)

Ages: 3 Years - 5 Years

Get Set for School materials encourage family involvement to continue learning activities at home. Lessons sometimes ask families to lend items from home to personalize activities.

Instructor:

1/7/19-2/25/19 Mondays 1:30-3:00 PM

Mamas Juntas (12,167)

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:

1/11/19-2/15/19 Fridays 9:00-11:00 AM

Healing Power of Art (12,176)

Ages: -

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

Instructor:

1/11/19-2/15/19 Fridays 2:30-4:30 PM

Music For Me (12,164)

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:

1/10/19-2/14/19 Thursdays 1:30-3:00 PM

Help Me Grow Developmental Playgroup (12,158)

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:

1/9/19-2/27/19 Wednesdays 9:00-10:00 AM

My Spanish Class (12,174)

Ages: -

This Class is an opportunity for non-speaking Spanish children to learn basic words in this language.

Instructor:

1/10/19-2/14/19 Thursdays 9:00-10:00 AM

Classes Beginning 1/7/19

Nurturing Parents (12,170)

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:
 1/17/19-2/28/19 Thursdays 5:30-8:00 PM

Smart Bites (12,159)

Ages: 12 Months - 4 Years

Come learn more about how to encourage healthy eating habits for life! Learn safe ways to include your tots in the cooking and meal preparation process, new healthy snack ideas for growing minds and bodies, and strategies for getting even the pickiest eaters interested in trying something new.

Instructor:
 1/9/19-2/13/19 Wednesdays 9:30-11:00 AM

Pintemos y Jugemos (12,173)

Ages: -

Have fun while learning about colors and painting using different tools and materials.

Instructor:
 1/9/19-2/13/19 Wednesdays 11:00-12:00 PM

Story Time + Dance (12,160)

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:
 1/9/19-2/13/19 Wednesdays 1:00-2:00 PM

Roadmap to Kindergarten (12,165)

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:
 1/10/19-2/14/19 Thursdays 3:30-5:00 PM

Terrific Toddlers (12,153)

Ages: -

This class will let parents and children explore the wonderful ages of 1 and 2!

Instructor:
 1/7/19-2/25/19 Mondays 9:00-10:00 AM

Scavenger Hunt Math (12,171)

Ages: -

Join us to a scavenger hunt every week while learning math.

Instructor:
 1/8/19-2/12/19 Tuesdays 1:00-2:00 PM

The Parenting Journey (12,177)

Ages: -

Let's talk about child development, topics and factors that influence the way we raise our children, and how to help them succeed in life.

Instructor:
 1/7/19-2/25/19 Mondays 10:15-12:15 PM

Science Adventures (12,157)

Ages: 4 Years - 5 Years

Through hands-on activities with different materials, children will have the opportunity to make predictions, create hypotheses, and investigate in the fun world of science.

Instructor:
 1/8/19-2/12/19 Tuesdays 1:00-2:00 PM

Triple P Seminar English (12,156)

Ages: - Adults Only

Positive Parenting workshop Learn how to discipline your child, the tough part of parenting, Establish a positive learning environment, using assertive discipline .

Instructor:
 1/8/19-2/5/19 Tuesdays 10:30-12:30 PM

Sensory Art (12,169)

Ages: -

Explore the world through your senses. We will focus on the process, not the product, as children discover colors, textures and sounds through art.

Instructor:
 1/11/19-2/15/19 Fridays 11:30-12:30 PM

Wiggle Worm Workout! (12,155)

Ages: 12 Months - 2 Years

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

Instructor:
 1/8/19-2/12/19 Tuesdays 9:00-10:00 AM

Classes Beginning 1/7/19

Winter Art (12,175)

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:

1/10/19-2/14/19 Thursdays 10:30-11:30 AM

Zumbini (12,152)

Ages: -

It is an early childhood development class. The Zumbini program is designed to stimulate learning, inspire dance and movement, and strengthen the bond between parent and child

Instructor:

1/7/19-2/25/19 Mondays 9:00-10:00 AM