






August 2019



East County First 5 Center

355 East Leland Road Pittsburg, CA 94565 (925) 301-4040

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours of Operation Monday 9-4 Tuesday 9-4 Wednesday 9-4 Thursday 9-4 Friday 9-2 Saturday 9-1pm</p>	<p>Monday – Friday Closed for Lunch 12:30 pm – 1:00 pm</p>	<p> Find us on facebook</p> <p>East County First 5 Center</p>	<p>1 9:30-11:00 Help Me Grow (18M-2Y) 11-12:00 CRS Workshop (Parents) 11-12:00 Summer Art (2-3Y) 1:15-2:45 Help Me Grow (2-3Y) 2:00-3:00 Math & Dancing (2.5-3Y)</p>	<p>2 9:30-11:30 Cooking Matters (Parents) 10:30-11:30 Infant Massage (0-6M) 11:30-12:30 Puppet Tales (1-2Y) 1:00-2:00 Nature & Science (3-4Y)</p> <p>Center Closes at 2:00 Staff Meeting</p>	<p>3 9:30-11:00 Daddy & Me (1-3Y) 11:30-12:30 Music for Me (2-3Y)</p>
<p>5 9-10:00 Leaping to Learning (3-4Y) 9:30-10:30 Fun Math (4-5Y) 11-12:00 Let's Explore (1-2Y) 1:15-2:15 1,2,3 Count W/ Me (2-3Y) 1-2:00 Trucks & Trains (1-2Y) 5-7:00pm Mind Matters (Parents)</p>	<p>6 9-10:00 Science Fun (3-4Y) 9:30-10:30 Toddler Fun Zone (1-2Y) 11-12:00 Music & Movement (2-3Y) 11:15-12:15 Preschool Yoga (4-5Y) 1-2:00 ZooPhonics (2.5-3Y) 2:30-3:30 ABC's (2-3Y)</p>	<p>7 9-10:00 Pitter Patter (0-12M) 10-11:00 Music & Movement (1-2Y) 10-11:00 Nutrition & Self-Care (Parents) 1:15-2:15 Fun Art (3-4Y) 2:30-3:30 Handwriting (4-5Y)</p>	<p>8 9:30-11:00 Help Me Grow (18M-2Y) 11-12:00 CRS Workshop (Parents) 11-12:00 Summer Art (2-3Y) 1:15-2:45 Help Me Grow (2-3Y) 2:00-3:00 Math & Dancing (2.5-3Y)</p>	<p>9 9:30-11:30 Cooking Matters (Parents) 10:30-11:30 Infant Massage (0-6M) 11:30-12:30 Puppet Tales (1-2Y) 1:00-2:00 Nature & Science (3-4Y)</p> <p>Center Closes at 2:00 Staff Meeting</p>	<p> 10:00-12:00 Dad's Cafe</p>
<p>12 9-10:00 Leaping to Learning (3-4Y) 9:30-10:30 Fun Math (4-5Y) 11-12:00 Let's Explore (1-2Y) 1:15-2:15 1,2,3 Count W/ Me (2-3Y) 1-2:00 Trucks & Trains (1-2Y) 5-7:00pm Mind Matters (Parents)</p>	<p>13 9-10:00 Science Fun (3-4Y) 9:30-10:30 Toddler Fun Zone (1-2Y) 11-12:00 Music & Movement (2-3Y) 11:15-12:15 Preschool Yoga (4-5Y) 1-2:00 ZooPhonics (2.5-3Y) 2:30-3:30 ABC's (2-3Y)</p>	<p>14 9-10:00 Pitter Patter (0-12M) 10-11:00 Music & Movement (1-2Y) 10-11:00 Nutrition & Self-Care (Parents) 1:15-2:15 Fun Art (3-4Y) 2:30-3:30 Handwriting (4-5Y)</p>	<p>15 9:30-11:00 Help Me Grow (18M-2Y) 11-12:00 CRS Workshop (Parents) 11-12:00 Summer Art (2-3Y) 1:15-2:45 Help Me Grow (2-3Y) 2:00-3:00 Math & Dancing (2.5-3Y)</p>	<p>16 9:30-11:30 Cooking Matters (Parents) 10:30-11:30 Infant Massage (0-6M) 11:30-12:30 Puppet Tales (1-2Y) 1:00-2:00 Nature & Science (3-4Y)</p> <p>Center Closes at 2:00 Staff Meeting</p>	<p>17 9:30-11:00 Daddy & Me (1-3Y) 11:30-12:30 Music for Me (2-3Y)</p>
<p>19 Center Closed</p>	<p>20 1-2:00 ZooPhonics (2.5-3Y) Make up for 07/16 Center Closed</p>	<p>21 Center Closed  10:00-12:00 Summer Fun Party</p>	<p>22 Center Closed</p>	<p>23 Center Closed  10:00 – 12:00 Parent Café</p>	<p>24 Center Closed</p>
<p>26 Center Closed</p>	<p>27 Center Closed</p>	<p>28 Center Closed</p>	<p>29 Center Closed</p>	<p>30 Center Closed</p>	<p>31 Center Closed</p>

Drop in Play Area: Monday thru Thursday 10:00-12:00^{pm} & 1:00-3:00^{pm} *Friday 10:00-12:00^{pm}

Classes Beginning 7/1/19

1,2,3 Count with Me (12,694)

Ages: 3 Years - 4 Years

This class will teach counting through play and conversations. You can present the idea of numbers when your child is as young as 12 months by counting small sets of items "How many buttons?" and singing songs and rhymes that include counting, such as "One, two, buckle my shoe."

Instructor:

7/8/19-8/12/19 Mondays 1:15-2:15 PM

ABC's (12,719)

Ages: 2 Years - 3 Years

Alphabet Rocks is a fun and child centered approach to teaching literacy through synthetic phonics. With actions for each of the 26 letter sounds, the multi-sensory method is very motivating for children. Using different multi-sensory methods, children learn how to form and write the letters.

Instructor: Irma Duenas

7/9/19-8/13/19 Tuesdays 2:30-3:30 PM

Cooking Matters (12,726)

Ages: - Adults Only

To learn the importance of providing healthy meals and parents will learn to cook with local fresh fruits and vegetables and create new recipes.

Instructor:

7/12/19-8/16/19 Fridays 9:30-11:30 AM

Daddy & Me (12,730)

Ages: 12 Months - 3 Years

This class is designed for fathers to have the opportunity to spend time together, Dads and children will create fun art projects while sharing someone-on-on time with dad.

Instructor: Myesha Smith

7/20/19-8/17/19 Saturdays 9:30-11:00 AM

Fun Art (12,731)

Ages: 12 Months - 2 Years

This art class will help your child to develop cognitive, social and motor skills. A child develops their cognitive skills by exploring color, texture and depth perception which helps improve a child's sensory development.

Instructor: Stephanie Recinos

7/10/19-8/14/19 Wednesdays 1:15-2:15 PM

Fun Math (12,687)

Ages: 4 Years - 5 Years

Explore the world of math through stories, fun activities and games, preparing your child for kindergarten.

Instructor: Stephanie Recinos

7/8/19-8/12/19 Mondays 9:30-10:30 AM

Handwriting (12,728)

Ages: 4 Years - 5 Years

Parents are a child's first and most important teachers. 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. Many of the activities have taken home components to encourage children to form connections between home and school.

7/10/19-8/14/19 Wednesday 2³⁰-3³⁰ PM

Help Me Grow Developmental Playgroup (12,720)

Ages: 18 Months - 3 Years

Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.

Instructor:

7/11/19-8/15/19 Thursdays 9:30-11:00 AM

Help Me Grow Developmental Playgroup (12,722)

Ages: 18 Months - 3 Years

Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.

Instructor:

7/11/19-8/15/19 Thursdays 1:15-2:45 PM

Infant Massage 0-6 m. (12,732)

Ages: 0 Months - 6 Months

Taught by certified infant massage instructors, this 4 week class incorporates nurturing touch and massage in a fun, loving way to help parents bond with their babies

Instructor: Myesha Smith

7/12/19-8/15/19 Friday- 10:30-11:30 AM

Leap into Learning (12,686)

Ages: 3 Years - 4 Years

In this class we will support children in developing their language, cognitive, social and emotional skills needed for their early learning. The skills learned will help the children be successful and knowledgeable for school

Instructor: Irma Duenas

7/8/19-8/12/19 Mondays 9:00-10:00 AM

Let's Explore (12,693)

Ages: 12 Months - 2 Years

Toddlers will explore a variety of sensory, gross/ fine motor and art activities that are focused on their developmental milestones.

Instructor: Irma Duenas

7/8/19-8/12/19 Mondays 11:00-12:00 PM

Classes Beginning 7/1/19

Math & Dancing (12,723)

Ages: 2 1/2 Years - 3 Years

Come learn and explore number through music and movement.

Instructor:

7/11/19-8/15/19 Thursdays 2:00-3:00 PM

Nutrition and Self-Care (12,725)

Ages: - Adults Only

This class is for parents. The class will provide parents with tools to help improve healthy family eating habits, physical activity and Self Care.

Instructor:

7/10/19-8/14/19 Wednesdays 10:00-11:00 AM

Mind Matters (12,714)

Ages: - Adults Only

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:

7/8/19-8/12/19 Mondays 5:00-7:00 PM

Pitter Patter (12,721)

Ages: 6 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:

7/10/19-8/14/19 Wednesdays 9:00-10:00 AM

Music and Movement (12,717)

Ages: 2 Years - 3 Years

It's time to dance, sing and play! The class includes songs, creative movement, and interactive activities between caregiver and child.

Instructor: Stephanie Recinos

7/19/19-8/13/19 Tuesdays 11:00-12:00 PM

Puppet Tales 1-2 yrs. (12,733)

Ages: 12 Months - 2 Years

This class is "Story time" with the use of puppets. Each class will include a story, group activity, singing and movement

Instructor: Stephanie Recinos

7/12/19-8/16/19 Fridays 11:30-12:30 PM

Music and Movement 1-2 yrs. (12,724)

Ages: 12 Months - 2 Years

It's time to dance, sing and play! The class includes songs, creative movement, and interactive activities between caregiver and child.

Instructor: Irma Duenas

7/10/19-8/14/19 Wednesdays 10:00-11:00 AM

Science Fun (12,715)

Ages: 3 Years - 4 Years

Children will discover the science around them in this interactive class.

Children will learn things such as astronomy, seed planting, senses, the body, bugs and insects.

Instructor: Stephanie Recinos

7/9/19-8/13/19 Tuesdays 9:00-10:00 AM

Music for Me (12,727)

Ages: 2 1/2 Years - 5 Years

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: Myesha Smith

7/20/19-8/17/19 Saturdays 11:30-12:30 PM
Nature Science (12,734)

Ages: 2 Years - 3 Years

Nature science is a class designed for children to explore, observe nature creatively. Also there are opportunities for parents to engage with their children, foster relations with other parents, and children within the classroom setting.

Instructor: Myesha Smith

7/12/19-8/16/19 Fridays 1:00-2:00 PM

Summer Arts (12,729)

Ages: 2 Years - 3 Years

This class is a wonderful opportunity for children to learn about the different seasons of the year. Children will be read to and they will have hands on activities as well as art projects to discover the world around them.

Instructor: Irma Duenas

7/11/19-8/15/19 Thursdays 11:00-12:00 PM

Toddler Fun Zone (12,716)

Ages: 12 Months - 2 Years

This class focuses on the developmental milestones of Toddlers. We will do a variety of hands on activities that parents can continue at home with their child.

Instructor:

7/9/19-8/13/19 Tuesdays 9:30-10:30 AM



East County First 5 Center

Operated by
Aspiranet

355 East Leland Rd
Pittsburg, CA 94565
925-301-4040



Classes Beginning 7/1/19

Trucks & Trains 1-2 yrs. (12,713)

Ages: 12 Months - 2 Years

Vroooom! Come explore with us as we build train tracks, make dump trucks and fly through the air. We will combine art and dramatic play in this class. We will use all our emerging skills from gross motor riding trucks and tricycles to fine motor.

Instructor: Stephanie Recinos

7/8/19-8/12/19 Mondays 1:00-2:00 PM

Zoo Phonics 2.5-3 yrs. (12,718)

Ages: 2 1/2 Years - 3 Years

This class teaches children the alphabet using animal sounds, games and art. The children learn letter sounds while also learning how to form words.

7/9-8/20 Tuesdays 1⁰⁰-2⁰⁰ PM