



# The West County First 5 Center March 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Infant Massage 9:30-10:30 last Wee Play 10-11 last Help Me Grow 11-12 Sensational Senses 1-2 last Painters Like Van Gogh 1-2	<b>3</b> Nurturing Parents (Eng.) 5:30-7:30	<b>4</b>	<b>5</b> Census Workshop 10-11:30 Triple P (Span.) 5:30-8:30	<b>6</b>	<b>7</b>
<b>9</b> Help Me Grow 11-12 Painters Like Van Gogh 1-2 last	<b>10</b> Nurturing Parents (Eng.) 5:30-7:30	<b>11</b> Census Workshop 10-11:30	<b>12</b> Triple P (Span.) 5:30-8:30	<b>13</b>	<b>14</b>
<b>16</b> Help Me Grow 11-12	<b>17</b> Nurturing Parents (Eng.) 5:30-7:30	<b>18</b> Bees, Grasshoppers & Hummingbirds 10-11 Bright Babies 9:30-10:30 Cooking Matters (Span.) 10-12 I am Me 11-12 Bees Grasshoppers and Hummingbirds 1-2 Prenatal Yoga 1-2	<b>19</b> The Village(Eng.) (Drop In) 10-11:30 What We Wear 1:30-2:30 Bees, Grasshoppers & Hummingbirds 9:30-10:30 Baby Discovery (Drop In)10:30-11:30 Wiggle, Jiggle, Jump! 11-12 Colorful World 1-2 Fit & Happy 1:30-2:30 Inspire & Empower Me 1-2:30 Triple P (Span.) 5:30-8:30	<b>20</b> Art Around the World 10-11 Book Bees (Drop In) 10-11 Onesies(Drop In) 11-12 Math All Around Me 1-2	<b>21</b> Story Cycles 10-11:30 Art Out of this World 10-11
<b>23</b> Infant Massage 9:30-10:45 Playtime with a Purpose 10-11 Help Me Grow 11-12 Learning with Eric Carle 1-2 My Very Busy Body 1:30-2:30	<b>24</b> Storytime (Drop In) 10:30-11:30 Musical Munchkins 9:30-10:30 Baby Fun Skills 10-11 Dance & Zoophonics 11-12 World Dance 1-2 Roadmap to Kinder 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	<b>25</b> Bees, Grasshoppers & Hummingbirds 10-11 Bright Babies 9:30-10:30 Cooking Matters (Span.) 10-12 I am Me 11-12 Bees Grasshoppers and Hummingbirds 1-2 Prenatal Yoga 1-2	<b>26</b> The Village(Eng.) (Drop In) 10-11:30 What We Wear 1:30-2:30 Bees, Grasshoppers & Hummingbirds 9:30-10:30 Baby Discovery (Drop In)10:30-11:30 Wiggle, Jiggle, Jump! 11-12 Colorful World 1-2 Fit & Happy 1:30-2:30 Self Care Class 1-2:30 Triple P (Span.) phone calls	<b>27</b> Art Out of this 10-11 Book Bees (Drop In) 10-11 Onesies(Drop In) 11-12 Math All Around Me 1-2	<b>28</b> Story Cycles 10-11:30 Art Out of this World 10-11
<b>30</b> Infant Massage 9:30-10:45 Playtime with a Purpose 10-11 Help Me Grow 11-12 Learning with Eric Carle 1-2 My Very Busy Body 1:30-2:30	<b>31</b> Storytime (Drop In) 10:30-11:30 Musical Munchkins 9:30-10:30 Baby Fun Skills 10-11 Dance & Zoophonics 11-12 World Dance 1-2 Roadmap to Kinder 1-2:30 Nurturing Parents (Eng.) 5:30-7:30				

THE WEST COUNTY FIRST 5 CENTER | (510) 232-5650 | 2707 Dover Ave | San Pablo, CA, 94806  
 THE WEST COUNTY FIRST 5 CENTER SATELLITE SITE | (510) 233-5890 | 317 11th St | Richmond, CA, 94804

Families are welcome to use the drop-in room and outdoor play space at any time, provided childcare is not being offered in these spaces for a class. Please call ahead or stop by!

## Classes Beginning 3/1/20

### Art, Out of This World! - 4909 (13279)

Ages: 2 Years - 3 Years

Houston: Start the countdown to your next masterpiece! Get ready to get messy exploring rockets, stars, and aliens in far off galaxies.

Instructor:

3/21/20-4/25/20 Saturdays 10:00AM - 11:00AM

### Baby Discovery (Drop In) - 3864 (13272)

Ages: 0 Months - 12 Months

This drop in class for infants includes a variety of fun activities that strengthen the bond between parent and child, as well as supporting physical, cognitive, and social-emotional development of infants. Lots of songs, games, and fun!!!

Instructor: Evellyn Olivares

3/19/20-4/23/20 Thursdays 10:30AM - 11:30AM

### Baby Fun Skills - 4793 (13288)

Ages: 1 Month - 10 Months

Parents and infants will discover and learn together with activities that allow parents to learn about their children's knowledge and abilities, and help support their development and learning in different developmental areas such as communication, gross & fine motor, problem solving, and personal social skills. Parents will complete the ASQ (Ages & Stages Questionnaire) over the course of the class.

Instructor: First 5 Center Staff West County

3/24/20-4/28/20 Tuesdays 10:00AM - 11:00AM

### Bees, Grasshoppers, & Hummingbirds - 4935 (13267)

Ages: 12 Months - 23 Months

Bees are buzzing, grasshoppers are jumping through grass, and hummingbirds are enjoying sweet nectar! Let's explore with our five senses as we interact with the outdoor world

Instructor:

3/18/20-4/22/20 Wednesdays 01:00PM - 02:00PM

### Bees, Grasshoppers, & Hummingbirds - 4935 (13271)

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Instructor:

3/19/20-4/23/20 Thursdays 09:30AM - 10:30AM

### Book Bees (Drop In) - 3938 (13276)

Ages: 2 Years - 3 Years

Book Bees (Drop In) is a literacy-based drop-in class which presents a different book each week, with art, science, cooking, and creative movement activities to extend the learning! No rsvp required. Please come 30 minutes early to reserve your space; the first 15 children are accepted.

Instructor:

3/20/20-4/24/20 Fridays 10:00AM - 11:00AM

### Bright Babies! - 5061 (13264)

Ages: 0 Months - 12 Months

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities that stimulate learning and bonding time with your children! Activities can be done using items found in your own home and your own creativity! Participants receive a copy of the activity cards.

Instructor:

3/18/20-4/22/20 Wednesdays 09:30AM - 10:30AM

### Colorful World - 4496 (13274)

Ages: 3 Years - 5 Years

Children will explore several cultures throughout the world through stories, art, and cooking.

Instructor: Veronica Raya

3/19/20-4/23/20 Thursdays 01:00PM - 02:00PM

### Cooking Matters (Spanish) - 4375 (13265)

Ages: - Adults Only

Learn the fundamentals of healthy cooking for your family! Topics include choosing fruit and veggies, healthy and yummy substitutes for traditional not-so-healthy foods, strategies to have a productive trip to the grocery store with your child, and more! Includes group cooking activities.

Instructor: The Latina Center

3/18/20-4/22/20 Wednesdays 10:00AM - 12:00PM

### Dance & Zoo Phonics - 4156 (13289)

Ages: 3 Years - 5 Years

Dance & Zoo Phonics uses animals to teach the alphabet focusing on shapes & sounds. Children practice spelling & sounding out names using animal movements and dance to salsa, hip hop, african, & hawaiian dance. Kids can take Dance & Zoo Phonics two sessions in a row, as lower case & upper case letters are reviewed in separate sessions.

Instructor: Renee Day Roa

3/24/20-4/21/20 Tuesdays 11:00AM - 12:00PM

### Fit & Happy - 5065 (13275)

Ages: 2 Years - 3 Years

This class combines parent education with parent/child activities, and looks at tobacco education and the effects of second-hand smoke with a focus on art, science, cooking, healthy habits and learning activities.

Instructor:

3/19/20-4/23/20 Thursdays 01:30PM - 02:30PM

### I am Me - 4943 (13266)

Ages: 2 Years - 3 Years

I Am Me is a class that will encourage children to become more aware of their self identity through stories, games, pictures, cooking and art. As children reflect on their own identity-their likes/dislikes, skills, values, they will also practice respecting others through cooperative games and activities.

Instructor:

3/18/20-4/22/20 Wednesdays 11:00AM - 12:00PM



**Classes Beginning 3/1/20**

**Infant Massage - 2914 (13282)**

Ages: 0 Months - 12 Months  
 Parents strengthen their bond with their infant through massage techniques. Infant Massage increases parents' responsiveness to their infant and builds their child's self esteem, while providing ways to soothe infants.  
 Instructor: Janice Cummings  
 3/23/20-4/27/20 Mondays 09:30AM - 10:45AM

**Onesies (Drop In) - 3685 (13277)**

Ages: 12 Months - 23 Months  
 Onesies drop-in sessions include art, music, storytelling, and fun games that help one year olds with their social and gross motor skills. No RSVP necessary; please come early to ensure a spot--first 15 children accepted.  
 Instructor: Veronica Raya  
 3/20/20-4/24/20 Fridays 11:00AM - 12:00PM

**Inspire & Empower Me! - 5393 (13292)**

Ages: - Adults Only  
 Come & increase female empowerment where you will find information, leadership and a community of women like you. Free, brave, powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.  
 Instructor:  
 3/19/20-4/23/20 Thursdays 01:00PM - 02:30PM

**Playtime with a Purpose - 3482 (13283)**

Ages: 2 Years - 3 Years  
 These literacy-based sessions focus on a different book each week, with art, science, cooking, and creative movement activities to extend the learning!  
 Instructor:  
 3/23/20-4/27/20 Mondays 10:00AM - 11:00AM

**Learning with Eric Carle - 5225 (13284)**

Ages: 2 Years - 3 Years  
 Let's dive into the world of Eric Carle, play with his marvelous animals, and make new friends! Art, friendship, emotions, discovery...we'll cover it all!  
 Instructor:  
 3/23/20-4/27/20 Mondays 01:00PM - 02:00PM

**Prenatal Yoga - 4349 (13268)**

Ages: - Adults Only  
 Prenatal Yoga improves energy, decrease tension, improves posture, and prepares your body and mind for labor and delivery. Childcare provided. For pregnant women.  
 Instructor: Niroga Yoga- Amanda Nube  
 3/18/20-4/15/20 Wednesdays 01:00PM - 02:00PM

**Math all Around Me! - 3433 (13278)**

Ages: 2 Years - 3 Years  
 Math is so much more than counting! This class introduces basic math concepts to young children through creative movement, cooking, art, literacy, and conversations between parents and children.  
 Instructor: First 5 Center Staff West County 2  
 3/20/20-4/24/20 Fridays 01:00PM - 02:00PM

**Roadmap to K - 4422 (13291)**

Ages: 4 Years - 4 Years  
 Journey with us on the Roadmap to Kindergarten. Parents will review topics including K entry requirements, social skills and practicing responsibility, healthy habits, safety, feelings, partnering with your child's teacher, practicing routines and separation, standards, and more. This class is for children entering kindergarten next year.  
 Instructor:  
 3/24/20-4/28/20 Tuesdays 01:00PM - 02:30PM

**Musical Munchkins - 5313 (13287)**

Ages: 12 Months - 23 Months  
 Immerse yourself in a musical world with your one year old. This class promises joyful play with song, instruments, and movement!  
 Instructor:  
 3/24/20-4/28/20 Tuesdays 09:30AM - 10:30AM

**Wiggle, Jiggle, Jump! - 3738 (13273)**

Ages: 2 Years - 2 Years  
 Let's jump, run, shake, and be active! Activities include obstacle courses, creative movement, and fun group activities.  
 Instructor:  
 3/19/20-4/23/20 Thursdays 11:00AM - 12:00PM

**My Very Busy Body - 5146 (13285)**

Ages: 12 Months - 23 Months  
 Through the use of songs, games, stories and activities, one year old children will discover how their bodies move and what they can do! Children will explore their physical world as they gain confidence in themselves and strengthen their self esteem.  
 Instructor:  
 3/23/20-4/27/20 Mondays 01:30PM - 02:30PM

**World Dance - 3118 (13290)**

Ages: 0 Months - 3 Years  
 This multicultural dance exercise class is filled with fun and dancing with costumes for the participants. Includes balance, following the leader, clapping, having partners, learning right and left side of the body, and having fun!  
 Instructor: Renee Day Roa  
 3/24/20-4/21/20 Tuesdays 01:00PM - 02:00PM

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Instructor:

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### StoryCycles Richmond (SR) - 4846 (13280)

Ages: 3 Years - 5 Years

It's time to cuddle books with your child! Support your child's developing literacy. Families will rotate bags of 3 great books, and participate in a weekly literacy class, which includes activities that encourage a love of books in children. For 3-5 years but 0-3 are welcome.

Instructor:

3/21/20-4/25/20      Saturdays      10:00AM - 11:30AM

### Story Time - 3034 (13286)

Ages: 0 Months - 3 Years

Each storytime includes a song, story, and creative extension activities related to art, science, math, music, nature, and culture.

Instructor:

3/24/20-4/28/20      Tuesdays      10:30AM - 11:30AM

### The Village - 5261 (13269)

Ages: - Adults Only

African American parenting is a unique, wonderful, and sometimes challenging experience in today's society. The village can be helpful and empowering for all caregivers in a child's life. Come share your parenting strategies, experiences, concerns, and inspirations, while also exploring identity, community, and one's self. Includes self-care activities, arts & crafts, cooking ideas, and more.

Instructor:

3/19/20-4/23/20      Thursdays      10:00AM - 11:30AM

### What We Wear - 5297 (13270)

Ages: 3 Years - 5 Years

Clothing is very interesting to children, and they quickly develop preferences for colors, fabrics, and styles. This interest provides the foundation for a creative look at ways that math, technology, literacy, social studies, and the arts connect with clothing. Learn about different kinds of clothes and jobs/traditions that go with them, how clothes are made, and how children can take care of them.

Instructor:

3/19/20-4/23/20      Thursdays      01:30PM - 02:30PM