

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>DAD & ME Activities Pick Up Delta Center 10-12pm Antioch Center 10-12pm</p>
<p>9</p> <p>Stress Relief Spanish 12:30-2:00pm Afro Moms 2:15pm Ready for Learning Sp. 3y 3:00pm-4:00pm</p>	<p>10</p> <p>Bridge to Kindergarten 10:00-10:45 Read Map to Kindergarten 10:45-11:15</p>	<p>11</p> <p>Ready for Learning Eng. 3y 9:30am-10:30am Holiday Storytime Sp. 2-3y 10:00am-11:00am Kinder Readiness 4-5y 11:30am-12:30pm Making Parenting a Pleasure 1:00pm How am I feeling? 4-5y 2:00pm-3:00pm</p>	<p>12</p> <p>Bridge to Kindergarten 10:00-10:45 Read Map to Kindergarten 10:45-11:15 Bedtime Stories (all ages) 6:00pm</p>	<p>13</p> <p>Dance & Movement 2-3ys 9:00-10:00am Potty Training Workshop 1:00pm</p>	<p>14</p>
<p>16</p> <p>Stress Relief Spanish 12:30-2:00pm Afro Moms 2:15pm Ready for Learning Sp. 3:00pm-4:00pm</p>	<p>17</p> <p>Bridge to Kindergarten 10:00-10:45 Read Map to Kindergarten 10:45-11:15</p>	<p>18</p> <p>Ready for Learning Eng. 3y 9:30am-10:30am Holiday Storytime Sp. 2-3y 10:00am-11:00am Kinder Readiness 4-5y 11:30am-12:30pm Making Parenting a Pleasure 1:00pm How am I feeling? 4-5y 2:00pm-3:00pm</p>	<p>19</p> <p>Fall Drive Through Event Antioch Center 3:00pm-4:00pm Bridge to Kindergarten Read Map to Kindergarten Bedtime Stories (all ages) 6:00pm</p>	<p>20</p> <p>Fall Drive Through Event Delta Center 3:00pm-4:00pm Dance & Movement 2-3yrs 9:00-10:00am</p>	<p>If you would like to contact us: -Call at 925-516-3880 -Send an email to: eldelgado@aspiranet.org -Send us a DM on Facebook.</p>
<p>23</p> <p>No remote programming</p>	<p>24</p> <p>No remote programming</p>	<p>25</p> <p>No remote programming</p>	<p>26</p> <p>Thanksgiving</p>	<p>27</p> <p>Closed</p>	<p>28</p> <p>Closed</p>
<p>30</p> <p>Stress Relief Spanish 12:30-2:00pm Afro Moms 2:15pm Ready for Learning 3:00pm-4:00pm</p>	<p>*Bridge to Kindergarten classes not open for enrollment.</p>		<p>*Let us know if you would like to complete an ASQ for your child. The ASQ is a great way to know where your child is at in his/her development.</p>	<p>Facebook: Antioch First 5 Center Delta First 5 Center</p>	<p>Instagram: Antioch: @Antiochfirst5center Delta: @Deltafirst5center</p>

Follow our Facebook and Instagram pages for additional activities, resources and videos

Antioch/Delta First 5 Center – Teams Classes

November-December 2020 Session

Afro Moms

Mondays 2:15pm – Parenting class
Class begins November 9th

In this class African-American/Black 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 while exploring topics that pertain to their lives.

Bedtime Stories

Thursdays 6:00pm – All ages
Class begins November 12th

This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Dance and Movement

Fridays 10:00am – Ages 2-3yrs
Class begins November 13th

This program is to promote health and fitness while dancing and having fun! This is a great opportunity to practice coordination, following directions, large motor skills, along with social skills in a mixed-age group setting.

Holiday Storytime Spanish

Wednesdays 10:00am – Ages 2-3yrs
Class begins November 11th

In this class children will enjoy holiday stories then, do a craft based on the story.

How am I feeling?

Wednesdays 2:00pm – Ages 4-5yrs
Class begins November 11th

This Class will help children identify and work with their feelings in a fun and age appropriate way.

Kinder Readiness English:

Wednesdays 11:30am – Age 4-5yrs
Class begins November 11th

Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

Making Parenting a Pleasure

Wednesdays 1:00PM – Parenting class
Class begins November 11th

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

Potty Training Workshop

Friday, November 13th – 1:00pm

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, and signs of readiness from your child.

Ready for Learning English:

Wednesdays 9:30am – Age 3yrs
Class begins November 11th

In this class children will be introduced to concepts of colors, shapes and letters. The will build on skills such as writing, cutting and working with others.

Ready for Learning Spanish:

Mondays 3:00pm – Age 3yrs
Class begins November 9th

In this class children will be introduced to concepts of colors, shapes and letters. The will build on skills such as writing, cutting and working with others.

Stress Relief Spanish:

Mondays 12:30pm – Parenting Class
Class begins November 9th

Parents will learn what stress is and how it can affect your Physical and psychological reaction of the body.

Parents will also learn methods on how stress can affect parenting styles and understanding of self. Focus additionally on knowledge of parent and child development