





Antioch First 5 Center May 2023 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 Closed 	2 Closed	3 Help Me Grow 11:00-12:00 Triple P English 6:00-8:00	4 Closed	5 Closed	6 <u>Drop In Let's Count and Match with Ms. Bernice (3-5 yr olds) 9:30-10:30</u> <u>Drop In Let's Count and Match with Ms. Bernice (3-5 yr olds) 10:45-11:45</u>
8 <u>Drop In Fitness and Nutrition (Adults) 9:30-10:30</u> Session Starts	9 <u>Drop In STEM w/CC Libraries (All Ages) 11:00-12:00</u>	10 <u>Drop In Terrific Toddlers (1-2 y olds) 9:30-10:30</u> Help Me Grow 11:00-12:00 Triple P English 6:00-8:00	11 <u>Drop In Zumbini (2-3 y olds) 9:00-10:00</u> <u>Drop In Dino Adventures (3 y olds) 10:30-11:30</u>	12 Closed	13 <u>Drop In Let's Count and Match with Ms. Bernice (3-5 yr olds) 9:30-10:30</u> <u>Drop In Let's Count and Match with Ms. Bernice (3-5 yr olds) 10:45-11:45</u>
15 <u>Drop In Fitness and Nutrition (Adults) 9:30-10:30</u>	16 <u>Drop In Storytime & Art with Tandem (All Ages) 11:00-12:00</u>	17 <u>Drop In Terrific Toddlers (1-2 y olds) 9:30-10:30</u> Help Me Grow 11:00-12:00 Triple P English 6:00-8:00	18 <u>Drop In Zumbini (2-3 y olds) 9:00-10:00</u> <u>Drop In Dino Adventures (3 y olds) 10:30-11:30</u>	19 Closed	20 Closed
22 <u>Drop In Fitness and Nutrition (Adults) 9:30-10:30</u>	23 <u>Drop In Kinder Readiness (4-5 yr olds) 11:00-12:00</u>	24 <u>Drop In Terrific Toddlers (1-2 y olds) 9:30-10:30</u> Help Me Grow 11:00-12:00 Triple P English 6:00-8:00	25 <u>Drop In Zumbini (2-3 y olds) 9:00-10:00</u> <u>Drop In Dino Adventures (3 y olds) 10:30-11:30</u>	26 Closed	27 Closed
29 Closed Memorial Day	30 <u>Drop In Kinder Readiness (4-5 yr olds) 11:00-12:00</u>	31 <u>Drop In Terrific Toddlers (1-2 y olds) 9:30-10:30</u> Help Me Grow 11:00-12:00 Triple P English 6:00-8:00		**Class capacities will be limited to 10-12 families depending on class. No limits on events.	**Help Me Grow & Triple P classes are FULL. Contact a CRS for additional information

Hours of Operation
Monday-Wednesday 9:00-1:00 & 2:00-5:00
Thursday 9:00-1:00
Friday (Closed)
Saturday 9:00-1:00

Free Play Hours
Monday-Wednesday
10:00-12:30 & 2:30-4:00
Thursday
10:00-12:30



Antioch First 5 Center
In-Person and Virtual Programming
Class and Event Descriptions
May/June 2023

Drop In Dino Adventures- Thursdays

(In Person) 3 yr olds

In this class we will take a journey back millions of years ago to a time where Dinosaurs ruled the world! We'll have fun activities that will teach children about the different types of dinosaurs; behaviors, diet, habitat, are just some of the things we'll explore. So come learn about the prehistoric world.

Drop In Fitness and Nutrition- Mondays

(In Person) Adults

In this class we will be discussing the importance of good health. The adults will be introduced to different forms of exercise activities and learn about highlighted nutritional foods.

Drop In Kinder Readiness- Tuesdays

(In Person) 4-5 yr olds

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 as families interact in learning opportunities.

Drop In Let's Count & Match with Ms. Bernice- Saturdays

(In Person) 3-5 yr olds

Parents and caretakers will explore and engage with their children in a fundamental way of learning and matching numbers and colors. Through this class children will enhance their memory skills through using everyday materials.

Drop In Live Animal Show- Thursday June 1st

(In Person) All Ages

Join us for this show where there will be actual live animals here for you to see and interact with. Families will get to watch as the animals perform a trick or two. Bring you cameras to see these furry friends.

Drop In Ready to Learn Spanish- Mondays

(In Person) 3-5 yr olds

Research shows that children who learn a second language exhibit better problem solving skills, language development and overall success in school. Discover a new language with your children in this new introductory class. Learn how to create a diverse

Drop In Puppet Show- Wednesday June 7th

(In Person) All Ages

Join us for a puppet show with the Magic Princess. This is sure to be a fun and enjoyable experience.

Drop In STEM with CC Library- Tuesdays

(In Person) All Ages

Come explore the world of STEM (science, technology, engineering, and mathematics with the Contra Costa Libraries through fun educational activities).

Drop In Story Time and Art with Tandem- Tuesdays

(In Person) All Ages

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

Drop In Terrific Toddlers- Wednesdays

(In Person) 2 yr olds

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

Drop In with The Bubble Lady- Thursday June 15th

(In Person) All Ages

Join us for a show with The Bubble Lady. There will be music, movement, fun, and of course bubbles for the whole family to experience.

Drop In Zumbini- Thursdays

(In Person) 2-3 yr olds

The class includes dancing, signing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Family Game Night- Wednesday June 14th

(In Person) All Ages

Come with the entire family to play games and spend some quality time building memories together at the center. We will provide snacks, games and fun.

Free Play- See Calendar

(In Person) All ages

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child. No pre-registration required.

***Capacities are limited.

Help Me Grow- Wednesdays

(In Person) By Referral

This developmental play group is designed to assist children who have been identified as needing additional support through their ASQ (Ages & Stages Questionnaire). Individuals will be contacted by the Center and offered opportunities to participate in this play group. If you have further questions please contact Maria.

Potty Training Workshop-Monday June 19th

(Virtual) Adults

Come learn about this transitional time in families' lives. Ideas and tips will be shared about how to navigate the growth of going from diapers to independently bathroom use.

Zoom English Meeting ID: 853 7929 2968 Passcode: 123456

Zoom Spanish Meeting ID: 846 7601 7065 Passcode: 123456

Triple P English- Wednesdays

(Virtual) Adults

Positive Parenting Program. In this workshop you will learn how to discipline your child, the tough part of parenting, establish a positive learning environment using assertive discipline.