



The West County First 5 Center August 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 HMG Developmental Playgroup 9:15-10:15 All About Me 10-11 (3-5 yrs) Sign & Bounce 11-12 (1 yr) Exciting Experiments 1-2 (2-3 yrs) Cuddles & Snuggles 1-2 (0-10m)</p>	<p>1 Pathways to Preschool 10-11:30 (3-4 yrs) Onesies 10:30-11:30 (1 yr) Cuddles & Snuggles 1-2 (0-10m) Art Masters 1-2 (2-3 yrs) Planned & Prepped (Span/parents) 1-2:30</p>	<p>2 I am Peaceful 10-11 (3-5 yrs) Art Jungle 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Playful Hands 11:30-12:30 (1-3 yrs) Peekaboo Baby 1-2 (0-12m) I Can Do That! 1-2 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30</p>	<p>3 Amazing Self 10-11 (2-3 yrs) Around the World with Art & Crafts 10:30-11:30 (3-5 yrs) The Wonderfully, Creative and Talented Me! 12-1 (2-3 yrs) Jump, Play, Show & Tell 4-4:45 (2-5 yrs)</p>	<p>4 Wonder Ones 10-11 (1 yr) Book Bees 10:30-11:30 (2-3 yrs) Pencils & Puzzles 11:30-12:30 (3-5 yrs) My Busy Body 1-2 (1 yr)</p>	<p>5 Movement & Mindfulness 10-11 (0-5 yrs)</p>
<p>7 HMG Developmental Playgroup 9:15-10:15 All About Me 10-11 (3-5 yrs) Sign & Bounce 11-12 (1 yr) Exciting Experiments 1-2 (2-3 yrs) Cuddles & Snuggles 1-2 (0-10m)</p>	<p>8 Pathways to Preschool 10-11:30 (3-4 yrs) Onesies 10:30-11:30 (1 yr) Cuddles & Snuggles 1-2 (0-10m) Art Masters 1-2 (2-3 yrs) Nurturing Parents (Eng/parents) 5:30-7:30 Planned & Prepped (Span/parents) 1-2:30</p>	<p>9 I am Peaceful 10-11 (3-5 yrs) Art Jungle 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Playful Hands 11:30-12:30 (1-3 yrs) Peekaboo Baby 1-2 (0-12m) I Can Do That! 1-2 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30</p>	<p>10 Amazing Self 10-11 (2-3 yrs) Around the World with Art & Crafts 10:30-11:30 (3-5 yrs) The Wonderfully, Creative and Talented Me! 12-1 (2-3 yrs) Jump, Play, Show & Tell 4-4:45 (2-5 yrs)</p>	<p>11 Wonder Ones 10-11 (1 yr) Book Bees 10:30-11:30 (2-3 yrs) Pencils & Puzzles 11:30-12:30 (3-5 yrs) My Busy Body 1-2 (1 yr)</p>	<p>12 Movement & Mindfulness 10-11 (0-5 yrs)</p>
<p>14 HMG Developmental Playgroup 9:15-10:15 All About Me 10-11 (3-5 yrs) Sign & Bounce 11-12 (1 yr) Exciting Experiments 1-2 (2-3 yrs) Cuddles & Snuggles 1-2 (0-10m)</p>	<p>15 Pathways to Preschool 10-11:30 (3-4 yrs) Onesies 10:30-11:30 (1 yr) Cuddles & Snuggles 1-2 (0-10m) Art Masters 1-2 (2-3 yrs) Planned & Prepped (Span/parents) 1-2:30 Nurturing Parents (Eng/parents) 5:30-7:30</p>	<p>16 I am Peaceful 10-11 (3-5 yrs) Art Jungle 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Playful Hands 11:30-12:30 (1-3 yrs) Peekaboo Baby 1-2 (0-12m) I Can Do That! 1-2 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30</p>	<p>17 Amazing Self 10-11 (2-3 yrs) Around the World with Art & Crafts 10:30-11:30 (3-5 yrs) The Wonderfully, Creative and Talented Me! 12-1 (2-3 yrs) Jump, Play, Show & Tell 4-4:45 (2-5 yrs)</p>	<p>18 Wonder Ones 10-11 (1 yr) Book Bees 10:30-11:30 (2-3 yrs) Pencils & Puzzles 11:30-12:30 (3-5 yrs) My Busy Body 1-2 (1 yr)</p>	<p>19 Movement & Mindfulness 10-11 (0-5 yrs)</p>
<p>21 HMG Developmental Playgroup 9:15-10:15 First 5 Family Playdate 11-12 (drop in outdoor free play) Cuddles & Snuggles 1-2 (0-10m)</p>	<p>22 Cuddles & Snuggles 1-2 (0-10m) Art Masters 1-2 (2-3 yrs) Planned & Prepped (Span/parents) 1-2:30 Nurturing Parents (Eng/parents) 5:30-7:30</p>	<p>23 Art Jungle 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Playful Hands 11:30-12:30 (1-3 yrs) Peekaboo Baby 1-2 (0-12m) Tiempo de Té (Sp/parents) 1-2:30</p>	<p>24 Amazing Self 10-11 (2-3 yrs) Around the World with Art & Crafts 10:30-11:30 (3-5 yrs) The Wonderfully, Creative and Talented Me! 12-1 (2-3 yrs) Jump, Play, Show & Tell 4-4:45 (2-5 yrs)</p>	<p>25 Book Bees 10:30-11:30 (2-3 yrs) Pencils & Puzzles 11:30-12:30 (3-5 yrs)</p>	<p>26</p>
<p>28 HMG Developmental Playgroup 9:15-10:15 "We are all Able" Storytime 10:30-11:30</p>	<p>29 Onesies 10:30-11:30 (1 yr) Cuddles & Snuggles 1-2 (0-10m) Nurturing Parents (Eng/parents) 5:30-7:30</p>	<p>30 Art Jungle 11-12 (2-3 yrs) Tiempo de Té (Sp/parents) 1-2:30</p>	<p>31 Around the World with Art & Crafts 10:30-11:30 (3-5 yrs) The Wonderfully, Creative and Talented Me! 12-1 (2-3 yrs)</p>	<p>August 1 Book Bees 10:30-11:30 (2-3 yrs)</p>	

WEDNESDAY ZOOM PARENTING CLASSES

- **The Village (English), 11-12 pm** Black parenting is a unique, wonderful, and, at times, challenging experience in today's society. The Village can be helpful and empowering for all caregivers in a child's life to increase black boy joy and black girl magic! Share your parenting strategies, experiences, concerns, and inspirations, while also exploring identity and creating community. Includes rich conversations, collective support, self-care activities, and more.
- **Tiempo de Té (Spanish), 1-2:30 pm** Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and 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.

TUESDAY IN-PERSON PARENTING CLASSES

- **Nurturing Parents, 5:30-7:30 pm** This program focuses on recognizing and understanding feelings, handling stress, communication, child development. Children participate in age-specific classes, focusing on examining feelings, positive self-talk and developing personal power. For parents of children ages 0-5 years. Dinner and childcare provided.

THURSDAY ZOOM

- **Jump, Play, Show & Tell, 2-5 years, 4:00 - 4:45 pm** Jump, Play, Show & Tell is a Zoom class that will support families and students to be vocal, comfortable, and confident when sharing with the group their favorite books, toys, and important items. The class will support the students and parents to understand the importance of their voices in the Zoom class. The class will provide a story time and activities using materials found in most homes. The class will promote healthy eating, healthy drinking, and most importantly the class is meant to create family memories.

MONDAY In-Person

- **All About Me, 3-5 years, 10:00 - 11:00 am** All about me! In this class children will do fun activities to learn about themselves—all their favorite things, their varied emotions, parts of their body and how they move, and many other things about them.
- **Sign & Bounce, 1 year, 11:00 - 12:00 pm** Join us for a fun-filled class that will encourage creativity, problem solving, social connections, and motor skills. Activities include basic signs to encourage communication, art, music, sensory exploration, physical activity, and free play.
- **Cuddles & Snuggles Infant Massage, 0-10 months, 1:00 - 2:00 pm** Baby cuddling and massage results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through massage, song and playtime.
- **Exciting Experiments, 2-3 years, 1:00 - 2:00 pm** Science is a natural part of children's everyday experiences; they are excited and curious about what they see, and constantly analyze what they observe. Through fun hands-on activities that allow opportunities for children to experiment and discover, children will practice scientific questioning and thinking.

TUESDAY In-Person

- **Pathways to Preschool, 3-4 years, 10:00 - 11:30 am** Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, and how children learn.
- **Onesies, 1 year, 10:30 - 11:30 am** Onesies' wide variety of activities include art, music, storytelling, and fun games that help them with their social and gross motor skills!
- **Cuddles & Snuggles, 0-10 months, 1:00 - 2:00 pm** Baby cuddling and massage results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to

cope with stress. Parents will engage in conversation about how to develop these experiences through massage, song and playtime.

- **Art Masters, 2-3 years, 1:00 - 2:00 pm** Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!

WEDNESDAY In-Person

- **I am Peaceful, 3-5 years, 10:00 - 11:00 am** I Am Peaceful is a social-emotional class that focuses on Mindfulness and helping little ones regulate their emotions. They will learn to practice their breathing using basic yoga skills as well as mindfulness games and activities.
- **Art Jungle, 2-3 years, 11:00 - 12:00 pm** Children will explore animals and nature through art, creative movement, and storytelling.
- **Playful Hands, 1-3 years, 11:30 - 12:30 am** Children have playful hands to do art, scoop and pour sand, roll balls down ramps, wave a huge parachute, and more! Join us for a fun filled class where children express themselves while working on fine and gross motor skills.
- **I Can Do That!, 2-3 years, 1:00 - 2:00 pm** Children will gain mastery and confidence in their self esteem and accomplishment as they practice their emerging skills through art projects and games, developing their fine and gross motor development.
- **Peekaboo Baby, 0-12 months, 1:00 - 2:00 pm** It's playtime with your baby! Sing, hug, tickle, and play with your baby while learning how to increase the baby's language and self identity.

THURSDAY In-Person

- **Amazing Self, 2-3 years, 10:00 - 11:00 am** Come learn why you and your child are amazing beings, through music, art and more!
- **Around the World with Arts & Crafts, 3-5 years, 10:30 - 11:30 am** Come explore with us - all around the world! Children will learn about different indigenous art techniques and their corresponding cultures.
- **The Wonderfully, Creative and Talented Me, 2-3 years, 12:00 - 1:00 pm** Join us for an open-ended series of art making workshops where your child is both the teacher and student! Each week you'll find a variety of visual and performing art activities designed to build your child's confidence and promote social skills. Come ready to dance, sing, play, and paint!

FRIDAY In-Person

- **Wonder Ones, 1 year, 10:00 - 11:00 am** Learn and discover with your wondrous and curious toddler! Exploration will include sensory, art, music and story time activities.
- **Book Bees, 2-3 years, 10:30 - 11:30 am** Book Bees is a literacy-based class which presents a different book each week, with art, science, cooking, and creative movement activities to extend the learning!
- **Pencils & Puzzles, 3-5 years, 11:30 - 12:30 pm** Pencils and puzzles are just two activities that help get your child ready for school! In this class, children will prepare for school by exploring with blocks, sensory play, literacy, and early math and science activities, while practicing social emotional skills.
- **My Busy Body, 1 year, 1:00 - 2:00 pm** 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.

SATURDAY In-Person

Movement & Mindfulness, 0-5 years, 10:00 - 11:00 am Movement & Mindfulness integrates stories, exercise & self-regulation to improve fitness, attention, learning readiness, self-control, stress management, resilience, & responsible behavior.