

West County First 5 Center December 2023



In partnership with:



Bay Area Community Resources

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|-------------------------------------|
| | | | | 1 Bright Ones 10-11 (1 yr) Little Petals 10:30-11:30 (2-3 yrs) Jumpbunch 11:30-12:30 (3-5 yrs) Let's Play 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs) | 2 Hello Art! 10-11 (2-5 yrs) |
| 4 HMG Developmental Playgroup 9:15-10:15 Baby Signs 11-12 (6-24m) Wings, Tails & Paws 10:30-11:30 (2-3 yr) | 5 Roadmap to Kindergarten 10-11:30 (4 yrs) Cuddles & Snuggles 10:30-11:30 (0-10m) Bright Ones 1-2 (1 yr) Amazing Creations 1-2 (2-3 yrs) Nurturing Parents (Eng/parents) 5:30-7:30 | 6 Baby Zumbini 10-10:50 (1-2 yrs) Zumbini 11-11:50 (2-3 yrs) Art Travelers 11-12 (2-3 yrs) The Village (Eng/parents) 11-12 Pump Up 12-1 (3-5yrs) Tiempo de Té (Sp/parents) 1-2:30 Story Cycles 1:30-2:30 (2-3 yrs) | 7 Wonder Tots 10-11 (1 yr) Wings, Tails & Paws 10:30-11:30 (2-3 yr) Book Bees 12-1 (2-3 yrs) Peekaboo Baby 1-2 (0-12 m) Read Aloud with Mr. Ty 7-8 (0-5 yrs) | 8 Bright Ones 10-11 (1 yr) Little Petals 10:30-11:30 (2-3 yrs) Jumpbunch 11:30-12:30 (3-5 yrs) Let's Play 1-2 (2-3 yrs) Johnnie Greenstock & the 4 P's of Nutrition 3-4 (3-5 yrs) | 9 Hello Art! 10-11 (2-5 yrs) |
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| 18 | 19 Nurturing Parents (Eng/parents) 5:30-7:30 | 20 | 21 | 22 | 23 |
| 25 Center closed for 2 weeks | 26 | 27 | 28 | 29 | 30 |

Classes are for parents/caregivers and children ages 0-5 years to participate together. Classes highlighted in blue will meet virtually via Zoom, all other classes are currently offered in-person in San Pablo.

2707 Dover Ave · San Pablo · 510.232.5650

Amazing Creations

It is wonderful to see what our children can do when we allow them to express themselves freely. Through this art class children will practice self-expression, self-regulation, language skills and their fine-motor skills as they have fun exploring using different mediums of art, different textures, and colors!

Art Travelers

Come explore with us - all around the world! Children will learn about global art styles and music and their corresponding cultures.

Baby Signs

Baby Signs teaches signing through songs and games. Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family.

Baby Zumbini

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.

Book Bees

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!

Bright Ones

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities for one year olds that stimulate learning and bonding time! Activities can be done using items found in your own home and imagination. Receive an activity deck of cards.

Cuddles & Snuggles

Infant massage and baby cuddling 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 infant massage, song & playtime.

Hello Art!

Children will gain confidence in their self expression as they practice their emerging skills through art activities.

Johnnie Greenstock & the 4 P's of Nutrition

Through his special book and fun activities, "Johnnie Greenstock" helps parents and children easily connect the four pillars of nutrition: Planting, Plate, Palate, and Play. The four pillars help parents and children identify the basics of nutrition through connecting seeds to food, preparation of fruit and vegetables, and how food is turned into energy for play and exercise. In short, without seed we will not have food on our plates, our palates will not be pleased, and we will not have energy for play.

JumpBunch

Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

Let's Play!

Let's play, relax, and enjoy each other's company while reading stories, creating art, singing songs, and group building activities.

Little Petals

Come and discover the importance of the exposure of nature for your child... art, music, gardening and more!

Peekaboo Baby

It's playtime with your baby! Sing, hug, tickle, and play with your baby while learning how to increase baby's language and self identity.

Pump Up

A fun class where yoga for children, dance and activities are combined to promote balance, exercise, problem solving and connecting with friends.

Read Aloud with Mr. Ty

These read alouds are for Black and African American children ages 0-5 years and their families. Join the Amazing Mr. Ty for his dynamically enthusiastic virtual storytelling and circle time sessions. These fun read alouds support children's language, literacy and cognitive development through songs, books, family and community interactions.

Storycycles

It's time to cuddle books with your child! Support your child's developing literacy through fun activities. Families will rotate bags of 3 great books, and participate in a fun class that includes activities that encourage a love of books in children.

Tiempo de Te

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.

Wings, Tails & Paws

Explore a different animal each week through storytelling, art, songs and games, in addition to fun free play activities.

Wonder Tots

Come learn and discover with your wondrous and curious toddler! Exploration will include sensory, art, music and story time activities.

Zumbini

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun!