

# February 2024

East County First 5 Center | 355 East Leland Rd. Pittsburg, CA 94565 | (925) 301-4040

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Center Hours:</b></p> <p><b>Monday-Thursday</b> 9:00am-1:00pm, 2:30pm-6:00pm</p> <p><b>Friday &amp; Saturday</b> 9:00am-2:00pm</p>	<p><b>Play Area Hours:</b></p> <p><b>Monday-Thursday</b> 9:30am-12:30pm, 2:30pm-4:30pm</p> <p><b>Friday-Saturday</b> 9:30am-12:30pm</p>		<p><b>1</b></p> <p>9:30am-11:00am Help Me Grow (18M-2Y) <u>ONLY BY INVITE</u></p> <p>10:00am-11:00am Tummy Time (3M-6M)</p> <p>11:30am-1:00pm Help Me Grow (2Y-3Y) <u>ONLY BY INVITE</u></p> <p>11:30am-1:30pm Hacer de la Paternidad un Placer (P) <u>SP</u></p> <p>4:00pm-5:00pm Hop, Bounce, Skip (25M-36M)</p> <p>5:30pm-6:30pm African American Futures (2Y-5Y)</p>	<p><b>2</b></p> <p>10:00am-11:00am Baby Signs in Action (6M-18M)</p> <p>11:30am-12:30pm Fine Motor (3Y-5Y)</p> <p>12:00pm-1:00pm JumpBunch (3Y-5Y)</p> <p>1:00pm-2:00pm <b>Lazarex Workshop (P) EN VIRTUAL</b></p>	<p><b>3</b></p> <p>10:00am-12:00pm Drop-In Local Black Authors Series</p> <p>1:00pm-2:00pm Drop-In Art</p>
<p><b>5</b></p> <p>9:30am-10:30am Coffee and Conversations (P) <u>EN</u></p> <p>10:00am-11:00am <b>Bizzy Bees (25M-36M) VIRTUAL</b></p> <p>11:30am-12:30pm Me and My Safety Net (4Y-5Y)</p> <p>3:30pm-5:00pm <b>Mamá con Mamá (P) SP VIRTUAL</b></p> <p>4:00pm-5:00pm Winter Wonderland (37M-48M)</p>	<p><b>6</b></p> <p>9:30am-10:30am Baby Zumbini (0-11M)</p> <p>10:30am-11:30am - Get Together, Play Together (13M-24M)</p> <p>- Zumbini (1Y)</p> <p>11:30am-1:30pm Making Parenting a Pleasure (P) <u>EN</u></p> <p>5:00pm-6:00pm <b>Sisters in Parenting (P) VIRTUAL</b></p>	<p><b>7</b></p> <p>10:00am-12:00pm Cooking Matters for Families (4Y-5Y) <u>EN</u></p> <p>11:00am-12:00pm Sensational Senses (13M-24M)</p> <p>11:30am-1:30pm Mamá con Mamá (Parenting Class) <u>SP IN-PERSON</u></p> <p>3:00pm-4:00pm African American Art (3Y-5Y)</p> <p>5:30pm-6:30pm Sanja Mann (P)</p>	<p><b>8</b></p> <p>9:30am-11:00am Help Me Grow (18M-2Y) <u>ONLY BY INVITE</u></p> <p>10:00am-11:00am Tummy Time (3M-6M)</p> <p>11:30am-1:00pm Help Me Grow (2Y-3Y) <u>ONLY BY INVITE</u></p> <p>11:30am-1:30pm Hacer de la Paternidad un Placer (P) <u>SP</u></p> <p>4:00pm-5:00pm Hop, Bounce, Skip (25M-36M)</p> <p>5:30pm-6:30pm African American Futures (2Y-5Y)</p>	<p><b>9</b></p> <p>10:00am-11:00am Baby Signs in Action (6M-18M)</p> <p>11:30am-12:30pm Fine Motor (3Y-5Y)</p> <p>12:00pm-1:00pm JumpBunch (3Y-5Y)</p>	<p><b>10</b></p> <p>10:00am-12:00pm Drop-In Local Black Authors Series</p> <p>1:00pm-2:00pm Drop-In Art</p>
<p><b>12</b></p> <p>9:30am-10:30am Coffee and Conversations (P) <u>EN</u></p> <p>10:00am-11:00am <b>Bizzy Bees (25M-36M) VIRTUAL</b></p> <p>10:30am-11:30am Parent Power Workshop (P) <u>SP</u></p> <p>11:45am-12:45pm Parent Power Workshop (P) <u>EN</u></p> <p>11:30am-12:30pm Me and My Safety Net (4Y-5Y)</p> <p>3:30pm-5:00pm <b>Mamá con Mamá (P) SP VIRTUAL</b></p> <p>4:00pm-5:00pm Winter Wonderland (37M-48M)</p> <p>6:00pm-7:00pm Ready Kids: Parent Group Meeting <u>EN (BY INVITE ONLY) VIRTUAL</u></p>	<p><b>13</b></p> <p>9:30am-10:30am Baby Zumbini (0-11M)</p> <p>10:30am-11:30am - Get Together, Play Together (13M-24M)</p> <p>- Zumbini (1Y)</p> <p>11:30am-12:30pm Sensory Seekers (1Y)</p> <p>11:30am-1:30pm Making Parenting a Pleasure (P) <u>EN</u></p> <p>2:30pm-3:30pm Baby Fun Zone (6M-11M)</p>	<p><b>14</b></p> <p>9:30am-11:00am - KinderTools (4Y)</p> <p>- Roadmap to Kinder (P)</p> <p>10:00am-12:00pm Cooking Matters for Families (4Y-5Y) <u>EN</u></p> <p>11:00am-12:00pm Sensational Senses (13M-24M)</p> <p>12:00pm-1:00pm Busy Hands (2Y)</p> <p>11:30am-1:30pm Mamá con Mamá (P) <u>SP IN-PERSON</u></p> <p>3:00pm-4:00pm African American Art (3Y-5Y)</p> <p>5:30pm-6:30pm Sanja Mann (P)</p> <p> Happy Valentine's Day</p>	<p><b>15</b></p> <p>9:30am-10:30am Toddler Fun Zone (18M-2Y)</p> <p>9:30am-11:00am Help Me Grow (18M-2Y) <u>ONLY BY INVITE</u></p> <p>10:00am-11:00am Tummy Time (3M-6M)</p> <p>11:30am-1:00pm Help Me Grow (2Y-3Y) <u>ONLY BY INVITE</u></p> <p>11:30am-1:30pm Hacer de la Paternidad un Placer (P) <u>SP</u></p> <p>2:30pm-3:30pm Fun Art (3Y)</p> <p>4:00pm-5:00pm Hop, Bounce, Skip (25M-36M)</p> <p>5:30pm-6:30pm African American Futures (2Y-5Y)</p>	<p><b>16</b></p> <p>10:00am-11:00am Baby Signs in Action (6M-18M)</p> <p>10:30am-11:30am Let's Explore (2Y)</p> <p>11:30am-12:30pm Fine Motor (3Y-5Y)</p> <p>12:00pm-1:00pm JumpBunch (3Y-5Y)</p> <p>2:30pm-3:30pm Read with Me (3Y)</p>	<p><b>17</b></p> <p>10:00am-12:00pm Drop-In Local Black Authors Series</p> <p>1:00pm-2:00pm Drop-In Art</p>
<p><b>19</b></p> <p>9:30am-10:30am Coffee and Conversations (P) <u>EN</u></p> <p>10:00am-11:00am <b>Bizzy Bees (25M-36M) VIRTUAL</b></p> <p>11:30am-12:30pm Me and My Safety Net (4Y-5Y)</p> <p>4:00pm-5:00pm Winter Wonderland (37M-48M)</p>	<p><b>20</b></p> <p>10:00am-11:00am <b>Drop-In Bilingual Storytime with the Library (2Y-5Y)</b></p> <p>10:30am-11:30am Get Together, Play Together (13M-24M)</p> <p>11:30am-12:30pm Sensory Seekers (1Y)</p> <p>2:30pm-3:30pm Baby Fun Zone (6M-11M)</p> <p>5:00pm-6:00pm <b>Sisters in Parenting (P) VIRTUAL</b></p>	<p><b>21</b></p> <p>9:30am-11:00am - KinderTools (4Y)</p> <p>- Roadmap to Kinder (P)</p> <p>11:00am-12:00pm Sensational Senses (13M-24M)</p> <p>12:00pm-1:00pm Busy Hands (2Y)</p> <p>3:00pm-4:00pm African American and the Art (3Y-5Y)</p> <p>5:30pm-6:30pm Sanja Mann (P)</p>	<p><b>22</b></p> <p>9:30am-10:30am Toddler Fun Zone (18M-2Y)</p> <p>10:00am-11:00am Tummy Time (3M-6M)</p> <p>2:30pm-3:30pm Fun Art (3Y)</p> <p>4:00pm-5:00pm Hop, Bounce, Skip (25M-36M)</p> <p>5:30pm-6:30pm African American Futures (2Y-5Y)</p>	<p><b>23</b></p> <p>10:30am-11:30am Let's Explore (2Y)</p> <p>2:30pm-3:30pm Read with Me (3Y)</p> <p><b>EVENT: 6:00pm-8:00pm</b> <b>Valentine's Date Night</b></p>	<p><b>24</b></p> <p>10:00am-11:00am Reading Advantage Literacy Workshop (P)</p>

In partnership with:



# Class Descriptions: January-February 2024 Session

## Children Classes

### **Baby Zumbini (0-11M) / Zumbini (1Y)**

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

### **Tummy Time (3M-6M)**

Tummy Time class is a fun way for babies to find comfort and support being on their tummy. It will help babies socially interact with other babies, and parents to find community.

### **Baby Fun Zone (6M-11M)**

This class focuses on the developmental milestones of infants. We will do a variety of hands-on activities that parents can continue at home with their child.

### **Baby Signs in Action (6M-18M)**

This interactive play group is for families who have already taken the Baby Signs class. It's a place for parents to practice using the Baby signs during this developmentally appropriate playgroup.

### **Sensational Senses (13M-24M)**

This class will be focused on our senses and how to enhance them for toddlers with age-appropriate and some messy activities.

### **Get Together, Play Together (13M-24M)**

Social interaction of children is important and that will be the priority during this play focused class.

### **Sensory Seekers (1Y)**

This class is designed to facilitate infants with their tactile, visual, and auditory stimulation. These young seekers will have the opportunity to explore and learn about the world around them using their senses. Various hands-on age appropriate sensory activities will be provided to encourage these young absorbent minds!

### **Bizzy Bees (25M-36M)**

Let's explore age-appropriate crafts related to bees and their environment.

### **Hop, Bounce, Skip (25M-36M)**

Movement will be highly encouraged in this class with age-appropriate gross motor activities.

### **Winter Wonderland (37M-48M)**

Winter is on and this calls for winter themed age-appropriate arts and crafts.

### **Busy Hands (2Y)**

Children will keep their hands busy by doing different activities that will help them with their fine and gross motor skills. As well as different sensory activities, hands and body movement.

### **Let's Explore (2Y)**

Toddlers will explore a variety of sensory, gross/ fine motor and art activities that are focused on their developmental milestones.

### **African American Futures (2Y-5Y)**

Come learn with us! The month of February is Black History Month and we are celebrating their contributions throughout the session. This class is designed to acknowledge and show appreciation for the African American heritage and celebrate the obstacles that were overcome

### **Fun Art (3Y)**

This art class will help your child to develop cognitive, social and motor skills. A child develops their cognitive skills by exploring color, texture and depth perception which helps improve a child's sensory development.

### **Read with Me (3Y)**

The objective of this class is to encourage daily reading in children. Also in class the children will share which was their favorite book of the week. And the activities of the class will be appropriate to their age supporting the best development of all their activities.

### **African American and the Arts (3Y-5Y)**

African American artists and their art have been influential while expressing cultural relevance. This class is going to explore some of the amazing concepts of art contributed by different African American artists while exploring their different art forms and providing experiences for yourself.

### **Fine Motor Play (3Y-5Y)**

This class will focus on the Fine Motor Development of children. Fine motor skills are the tiny movements we make with our hands, fingers, feet and toes. They allow us to do countless everyday tasks. Strengthening these muscles is important for school readiness.

### **JumpBunch (3Y-5Y)**

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

### **Cooking Matters for Families (4Y-5Y)**

In this parent series families get to learn together and make healthy recipes each week, as they learn different topics of nutrition.



## Me and My Safety Net (4Y-5Y)

Safety is a concern for parents with young children. In this class, we will try to approach some of the concerns; make children aware of them and how to handle them with age-appropriate conversations and activities.

### Parenting Classes

#### Coffee and Conversations EN (In-Person)

An participative and interactive space of dialogue, discussion and reflection about topics of concern related to parenting and child development.

#### Mamá con Mamá SP (Hybrid: In-Person and Virtual)

This class is a support group for Spanish speaking mothers. Various topics related to the upbringing of the child are shared.

#### Making Parenting a Pleasure EN & SP (In-Person)

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

#### Sanja Mann (In-Person)

Focused towards Punjabi/Hindi speaking parents, this curriculum based class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

#### Sisters in Parenting EN (Hybrid)

Sisters in Parenting is a safe space for African American/ Black moms to come together to discuss culturally relevant parenting and family life topics. This group focuses on sharing, connecting and community building.

### Drop-Ins

#### Local African American Authors Series (ALL)

Did you know that only 13% of Children Authors are African American? Did you know we have many local talented African American Authors in our community? Come meet some! Each week we will be presenting one or two Local African American Authors. Each time you attend, fill out a raffle ticket for a chance to win a set of 7 books, one from each author.

#### Drop-In Art (ALL)

The process of creating art has countless benefits for young children. From helping them develop an attention span to laying the foundation for important life skills. This Drop in art class provides an outlet for children's self-expression while supporting their development.

#### Drop-In STEM Free Play (2Y-5Y) 1/16

Come play at the Contra Costa County Library STEM Free Play. STEM teaches young children how to solve problems by using their critical thinking skills. By engaging in STEM learning experiences, children can learn how to examine problems and then create a plan to solve them.

#### Bilingual Storytime with the Library (2Y-5Y) 2/20

This Storytime class is in partnership with the Contra Costa Library. Families will listen to stories and engage in some activities.

### Workshops

#### Preschool Workshop VIRTUAL - 1/8

Come learn about how to find high quality childcare and ways to get subsidies benefits.

#### Financial Planning for the New Year - 1/12

In this workshop we will explore strategies for financial planning for the new year!

#### Lazarex Workshop - Spanish 1/19 & English 2/2

The importance of cancer prevention.

#### Reading Advantage Literacy Workshop - 2/24

READ will conduct a workshop with parents to reinforce the importance of reading to children prior to birth to five years of age. Parents will be encouraged to read to their children a minimum of twenty minutes per day through the many strategies and suggestions for parents with busy schedules.

### Event

#### Valentine's Date Night - 2/23

Sign up for this fun interactive parent experience. Enjoy a meal with fellow couples while your children are being watched in the other room. We will play games and have some fun couple activities. Space is limited so sign up fast!