

Monument First 5 Center: April 2024



1736 Clayton Rd, Concord, CA 94520 (925)849-8861

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CENTER CLOSED CESAR CHAVEZ DAY!	2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK	5 SPRING BREAK	6 SPRING BREAK
Ceser Chávez Day Ceterarda da transmissional		Help Me Grow (18-36m) 9:00-10:00am	Triple P ENG 10:30-12:30pm Crianza con Cariño SP 5:45-7:45pm		
8 Lets Explore (24-36m) 9:00-10:00am Terrific Toddlers (12-23m) 10:15-11:15pm Pequeños Chefs <i>SP</i> (37-48m) 11:30-12:30pm Jump Bunch (24-36m) 1:00-2:00pm Kinder Adventures (3.5-5y) 3:00-4:30pm	9 Zumbini (0-18m) 9:00-10:00am Fitness & Nutrition ENG 10:00-11:00am Trenecito Chu Chu SP (24-36m) 11:15-12:15pm Music & Movement (12-23m) 2:15-3:15pm Growing Gardeners (37-48m) 3:30-4:30pm	10 Help Me Grow (18-36m) 9:00-10:00am Baby Animals (12-35m) 9:30-10:00am Extraordinary Explorers (30-48m) 11:00-12:00pm My Beautiful City (36-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	11 Muevete Gusanito SP (12-23m) 9:00-10:00am Triple P ENG 10:30-12:30pm Ocean Crafts (24-36m) 2:00-3:00pm Handwriting w/o Tears (3.5-5y) 3:30-4:30pm Crianza con Cariño SP 5:45-7:45pm	12 Baby Sensory (0-11m) 9:15-10:15am Mentes Positivas SP 10:30-12:30pm Caring Connections 2:00-3:30pm Give Me 5 (3.5-5y) 3:45-4:45pm	13 Drop in: Fun Time (1-5y) 10:00-11:00am
15 Lets Explore (24-36m) 9:00-10:00am Terrific Toddlers (12-23m) 10:15-11:15pm Pequeños Chefs <i>SP</i> (37-48m) 11:30-12:30pm Jump Bunch (24-36m) 1:00-2:00pm Kinder Adventures (3.5-5y) 3:00-4:30pm	16 Zumbini (0-18m) 9:00-10:00am Fitness & Nutrition ENG 10:00-11:00am Trenecito Chu Chu SP (24-36m) 11:15-12:15pm Music & Movement (12-23m) 2:15-3:15pm Growing Gardeners (37-48m) 3:30-4:30pm	17 Help Me Grow (18-36m) 9:00-10:00am Baby Animals (12-35m) 9:30-10:00am Extraordinary Explorers (30-48m) 11:00-12:00pm My Beautiful City (36-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	18 Muevete Gusanito SP (12-23m) 9:00-10:00am Triple P ENG 10:30-12:30pm Ocean Crafts (24-36m) 2:00-3:00pm Handwriting w/o Tears (3.5-5y) 3:30-4:30pm Crianza con Cariño SP 5:45-7:45pm	19 Baby Sensory (0-11m) 9:15-10:15am Mentes Positivas SP 10:30-12:30pm Caring Connections 2:00-3:30pm Give Me 5 (3.5-5y) 3:45-4:45pm	20 Drop in: Fun Time (1-5y) 10:00-11:00am
22 Dari Storytime 10:30-11:30	23 Mandatory Field Trip Meeting 10:00-11:00am	24 CENTER CLOSED FOR DEEP CLEANING Help Me Grow (18-36m) 9:00-10:00am	25 CENTER CLOSED FOR DEEP CLEANING Triple P ENG 10:30-12:30pm	26 Field Trip to Big Break! 9:00-11:00am	27
CENTER HOURS: MON, TUE, FRI 9:00-5:00PM WED 9:00-3:00PM THU 9:00-7:30PM SAT 9:00-1:00PM CLOSED FOR LUNCH 12:30-1:00PM		PLAY ROOM HOURS: MON 9:00-12:15PM, 1:00-2:30PM TUE 9:00-10:00AM, 11:00-12:15PM, 1:00-4:45PM WED 9:00-12:15PM, 1:00-2:45PM THU 9:00-10:00, 1:00-2:30PM FRI 9:00-10:00, 1:00-2:00, 3:30-4:45PM SAT 9:00-12:00PM		<u>CLASS SIGN UPS:</u> APRIL 15-APRIL 22	



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Child Classes				
Baby Sensory (0-11m)	Extraordinary Explorers (30-48m)			
We will focus on the process, not the product, as children	Is your child too sensitive and overwhelmed around large			
discover colors, textures and sounds through different	groups of people? Join us to explore topics about science,			
activities.	math, and art in a small group and a more relaxed			
	environment.			
<u>Zumbini (0-18m)</u>				
The Zumbini program is designed to stimulate learning, inspire	Virtual: My Beautiful City (36-71m)			
dance and movement, and strengthen the bond between	In this class we will be learning about the Big city. We will			
parent and child.	learn about the buildings, and community helpers, as well as			
	our favorite places to go in the city!			
Terrific Toddlers (12-23m)				
This class will let parents and children explore the wonderful	Pequeños Chefs (37-48m) SPANISH			
ages of 1 and 2 as they work on their gross motor skills	Exploremos el mundo culinario preparando deliciosos			
together through obstacles courses and other fun activities!	bocadillos y observemos a los niños convertirse en pequeños chefs!			
Wiggle Worm (12–23m) SPANISH				
Your toddler will gain increased confidence through movement	Growing Gardeners (37-48m)			
and direction and benefit emotionally while having fun!	In this class we will be learning how to plant, and grow seeds,			
	the importance of water and sunlight for gardening, and			
Music & Movement (12-23m)	gardening safety skills.			
A fun class where children get to explore the world of music				
through songs, instruments, and movement.	<u>Give Me 5 (3.5-5y)</u>			
Virtual Datu Animala (12,25m)	Promotes school readiness through curiosity, persistence and			
Virtual: Baby Animals (12-35m)	self-regulation, math and science, early language and literacy,			
In this class we will be learning the names of popular baby	and much more!			
animals, and learning about how they grow healthy through songs, stories, and hands-on activities.	Liendurviting without Tears DADT 2/2 F Ful			
songs, stones, and nanus-on activities.	Handwriting without Tears PART 2(3.5-5y) Provides developmentally appropriate, multisensory strategie			
Let's Explore (24-36m)	for early writing.			
Together we will explore wonderful topics like science, math,				
and art.	Kinder Adventures (3.5-5y)			
	Children and parents will learn the skills necessary to be read			
Ocean Crafts (24-36m)	for school. This class is already in session, there will be no sig			
This class will help build fine motor skills (hand/eye	up for this class.			
coordination, emotional skills, problem solving skills) while				
creating fun underwater sea animals.	<u>Dari Storytime (all ages)</u>			
	ستان خوانی برای کودکان به زبان دری			
<u>Trenecito Chu Chu (24-36m) SPANISH</u>	مام سنین)			
En nuestro trayecto aprenderemos juntos como desarrollar mis	ستان ها، کاردستی ها و آهنگ ها به زبان دری و انگلیسی ارائه خواهد شد			
habilidades motoras,	ای ثبت نام لطفا با خانم عایشه تماس بگیرید.			
de lenguaje, pensamiento y comunicación al mismo tiempo que				
jugamos, nos divertimos y hacemos nuevos amigos. ¡Llegaste a	Drop In: Fun Stations			
la estación correcta, es tiempo de abordar! Chu, chuuu!!	Families will get the opportunity to explore different stations			
	set up by the teachers. Kids will explore different areas			
<u>Jump Bunch (24-36m)</u>	including math, art, science, sensory play, and more!			
Children get to work on their gross motor skills as they get				
familiar with a new sport every week.				



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Adult Classes	Dad Activities
<u>Fitness & Nutrition</u> Exercise in a supportive group setting as well as learn about healthy habits, nutrition information, and recipes they can make at home.	Virtual: Daddy & Me In this class, dads will get the opportunity to bond with their child through interactive activities from the comfort of home. Activity bags will be provided.
Triple P (Positive Parenting Program) Learn how to address child behaviors, promote new skills and help emotional self-regulation, raise happier, more confident and capable kids, and enjoy being a parent more!	Daddy & Me Time In this event, dads are invited to enjoy with their child(ren) as they get to meet other dads while having dinner together, making a craft activity, and other interactive activities!
Mentes Positivas SPANISH Mentes Positivas en Acción es una clase de 8 semanas que brinda herramientas para manejar el estrés, reducir los síntomas de la depresión y mejorar el estado de ánimo.	
<u>Caring Connections</u> A Black parent focused support group aimed at supporting parents of children ages 0-5 with the ongoing stressors while utilizing a strengths based, relational approach and the 5 Protective Factors.	

Event

Field Trip to Big Break!

We will get the chance to explore a regional park in Oakley. Transportation will be provided by bus so that we all get to go together. Space will be limited, sign up will be posted in April. 8th. More information will come as we get closer.