



Antioch First 5 Center

May 2024 Calendar

300 H St. Suite F, Antioch, Ca. 94509 • (925) 301-4052

CENTER HOURS
MON-FRI 9am-5pm
SAT As Scheduled

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOLLOW US ON FB/IG: Antioch First 5 Center Website: First5coco.org		1	2	3	4
		(A)=All ages (V)= Virtual		10-11:30 Calm Mama, Calm Baby	
6	7	8	9	10	11
Session Begins 10-11 (A) Drop-In Story Time+ Art 11:30-12:30 (2-3y) Curious Minds 1-2 SP. Potty Training Workshop (V) 3-4 (4-5y) SP. Listos para Exito Escolar 4:30-5:30 (3-5y) Count+Match w/ Mrs. Bernice	9:30-10:30 (0-7m) Cuddles+Snuggles (V) 9:30-10:30 Coffee w/ CRS (V) 9:30-10:30 (4-5y) KR: Garden Party 11-12 (6-12m) Baby Signs 12:30-1:30 (3-5y) Fine Motor 2-3 (2-4y) Gross Motor 5-6 (A) Sensational Senses (V)	9:30-10:30 (3-5y) SP. El Mundo en Español 11-12 (Invite Only) Help Me Grow 1:30-2:30 SP. AMCE (V) 2:30 (A) Drop-In KR: Black Stories+Art 3-3:30 (3-5y) Magic Music	9:30-10:30 (0-3y) Drop-In Fun Zone 11-12 (4-5y) Movement Explorers 12:30-1:30 (3-5y) Museum Makers 2:30-3:30 (A) Drop-In Summer Art	10-11:30 Calm Mama, Calm Baby 10-11 (A) Drop-In Sports at the Park 12-1 (3-5y) SP. El Mundo en Español 1:30-2 (3-5y) Magic Music	10-11 (A) Drop-In Count+Match w/ Mrs. Bernice 11-12:30 (A) Drop-In Daddy+Me
13	14	15	16	17	18
10-11 (A) Drop-In Story Time+ Art 11:30-12:30 (2-3y) Curious Minds 2-3 Opportunity Junction Workshop (V) 3-4 (4-5y) SP. Listos para Exito Escolar 4:30-5:30 (3-5y) Count+Match w/ Mrs. Bernice	9:30-10:30 (0-7m) Cuddles+Snuggles (V) 9:30-10:30 (4-5y) KR: Garden Party 11-12 (6-12m) Baby Signs 12:30-1:30 (3-5y) Fine Motor 2-3 (2-4y) Gross Motor 5-6 (A) Sensational Senses (V)	9:30-10:30 (3-5y) SP. El Mundo en Español 11-12 (Invite Only) Help Me Grow 1:30-2:30 SP. AMCE (V) 1:30-2:30 (A) Drop-In KR: Black Stories+Art 3-3:30 (3-5y) Magic Music	9:30-10:30 (0-3y) Drop-In Fun Zone 11-12 (4-5y) Movement Explorers 12:30-1:30 (3-5y) Museum Makers 2:30-3:30 (A) Drop-In Summer Art	10-11:30 Calm Mama, Calm Baby 10-11 (A) Drop-In Sports at the Park 12-1 (A) Drop-In Mother's Day Craft 1:30-2 (3-5y) Magic Music	10-11 (A) Drop-In Art 11-12:30 (A) Drop-In Daddy+Me
20	21	22	23	24	25
10-11 (A) Drop-In Story Time+ Art 11:30-12:30 (2-3y) Curious Minds 1-2 SP. Self-care Workshop (V) 3-4 (4-5y) SP. Listos para Exito Escolar 4:30-5:30 (3-5y) Count+Match w/ Mrs. Bernice	9:30-10:30 (0-7m) Cuddles+Snuggles (V) 9:30-10:30 (4-5y) KR: Garden Party 11-12 (6-12m) Baby Signs 12:30-1:30 (3-5y) Fine Motor 2-3 (2-4y) Gross Motor 5-6 (A) Sensational Senses (V)	9:30-10:30 (3-5y) SP. El Mundo en Español 11-12 (Invite Only) Help Me Grow 1:30-2:30 SP. AMCE (V) 1:30-2:30 (A) Drop-In KR: Black Stories+Art 3-3:30 (3-5y) Magic Music	9:30-10:30 (0-3y) Drop-In Fun Zone 11-12 (4-5y) Movement Explorers 11-12 (A) Drop-In Storytime/ STEM w/ CC Library 12:30-1:30 (3-5y) Museum Makers 2:30-3:30 (A) Summer Art 4-5 (A) Drop-In I'm with Dad	10-11:30 Calm Mama, Calm Baby 10-11 (A) Drop-In Sports at the Park 12-1 (3-5y) SP. El Mundo en Español 1:30-2 (3-5y) Magic Music	FREE PLAY HOURS Mon-Thurs 9am-4pm Friday 9am-1pm
27	28	29	30	31	
Closed- Memorial Day  KEY: Parent Classes = Blue Children Classes = Green Virtual Children Classes=Orange Drop Ins/Events =purple	9:30-10:30 (0-7m) Cuddles+Snuggles (V) 9:30-10:30 (4-5y) KR: Garden Party 11-12 (6-12m) Baby Signs 12:30-1:30 (3-5y) Fine Motor 2-3 (2-4y) Gross Motor 5-6 (A) Sensational Senses (V)	9:30-10:30 (3-5y) SP. El Mundo en Español 11-12 (Invite Only) Help Me Grow 1:30-2:30 (A) Drop-In KR: Black Stories+Art 3-3:30 (3-5y) Magic Music	9:30-10:30 (0-3y) Drop-In Fun Zone 11-12 (4-5y) Movement Explorers 12:30-1:30 (3-5y) Museum Makers 2:30-3:30 (A) Drop-In Summer Art	10-11:30 Calm Mama, Calm Baby 10-11 (A) Drop-In Sports at the Park 12-1 (3-5y) SP. El Mundo en Español 1-2 Car seat Check w/ CRS (Delta) 1:30-2(3-5y) Magic Music	 ENROLL HERE!



In partnership with:



Antioch First 5 Center In Person and Virtual Programming Class and Event Descriptions May/June 2024

Children's Classes

Curious Minds

(In Person) 2-3 year olds

Curious Minds, where the boundless curiosity is celebrated and nurtured! In this dynamic class, young explorers will embark on a journey of discovery, fueled by their insatiable desire to learn and explore the world around them. Through hands-on activities, engaging experiments, and imaginative play, children will delve into a variety of experiments, from science and nature to art and storytelling. Our goal is to inspire a lifelong love for learning and foster the development of critical thinking skills, creativity, and a thirst for knowledge. Join us as we unleash the potential of your little one's curious mind and embark on exciting adventures together!

Listos para Exito Escolar- Spanish

(In Person) 4-5 year olds

This class is designed to give children the skills and confidence necessary to succeed in school. Through interactive and stimulating activities, children will explore key concepts in areas such as reading, writing, mathematics, problem solving and social skills. Our approach focuses on play, creativity and active participation to ensure meaningful and fun learning. Kids will develop fine and gross motor skills as they engage in hands-on activities and explore the world around them.

Count+Match w/ Mrs. Bernice

(In Person) 3-5 year olds

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

Kinder Readiness: Garden Party

(In Person) 4-5 year olds

Practice your kinder skills by learning all about nature! This class helps build proficiency with listening, class participation, and socializing.

Baby Signs

(In Person) 6-12 month olds

An interactive play group that will help parents and children learn useful signs, songs, and games. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin signing right away.

Fine Motor

(In Person) 3-5 year olds

Learn new ways to integrate fine motor activities into your daily routine. Children will experience new and exciting fine motor activities you can practice at home.

Gross Motor

(In Person) 2-4 year olds

This class is for children to enhance their gross motor skills through play, while also working on hand eye coordination and balance. Join us as we build on skills we have already learned as well as social skills needed for sports and team collaboration.

El Mundo en Espanol - Spanish

(In Person) 3-5 year olds

In this class, young learners will embark on an exciting adventure into the Spanish language. Through engaging activities, songs, and games, children will be introduced to the beauty and richness of the Spanish language and culture.. Each session will be filled with fun and interactive opportunities for children to explore and express themselves in Spanish. Join us as we journey together to discover the wonders of the Spanish-speaking world!

Magic Music

(In Person) 3-5 year olds

This class is an interactive exploration of music through singing and percussion instruments. We will use instruments such as drums, tambourines, and bells to jam along to our most familiar nursery rhymes.

Movement Explorers

(In Person) 4-5 year olds

Our class is designed to ignite your little one's curiosity and love for movement. In this dynamic and engaging environment, children will embark on a journey of discovery through play, music, and exploration. Each session is carefully crafted to encourage gross motor skills development, balance, coordination, and spatial awareness. From dance to obstacle courses, parachute games to sensory activities, our Movement Explorers will have endless opportunities to move, explore, and grow!

Help Me Grow

(In Person) By Invitation

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 a Community Resource Specialist

Museum Makers

(In Person) 3-5 year olds

An interactive exploration of five different art mediums that build knowledge, fine motor, and literacy skills.

Virtual Children's Classes

Cuddles & Snuggles *(Virtual) 0-7 months olds*

In this class, we immerse ourselves in the wonderful world of babies, where love and hugs are the foundation of our learning. During our class, babies will have the opportunity to explore, play, and grow in a safe and nurturing environment. From gentle songs to sensory activities, every moment is designed to foster your little one's physical, cognitive, and emotional development. Join us for an experience filled with affection, learning, and of course, lots of cuddles and snuggles!

Sensational Senses *(Virtual) All ages*

In this sensory-rich environment, little ones will embark on an exciting journey to explore the wonders of their senses. Through interactive activities, hands-on experiences, and stimulating play, toddlers will delve into the world around them, discovering sights, sounds, textures, tastes, and smells. Each session is designed to ignite curiosity, encourage sensory exploration, and foster cognitive and emotional development. From sensory bins to music and movement, storytelling to messy art, Sensational Senses offers a unique and engaging experience for Children to discover and delight in the magic of their senses. Join us as we embark on a multisensory adventure together

Drop-In Classes

Drop-In Story Time+ Art *(In Person) All ages*

This class combines the joy of listening to stories with the excitement of creating art. Each session begins with an engaging story read aloud, followed by simple and fun art activities related to the story. From drawing and coloring to crafts and collage, kids will explore their creativity while expanding their imagination and developing fine motor skills. Come join the fun and let your child's imagination soar in storytime & art fun!

Drop-In Kinder Readiness: Black Stories + Art *(In Person) All Ages*

This class combines the joy of listening to stories focusing on African American individuals with the excitement of creating art. Each session begins with an engaging story read aloud, followed by simple and fun art activities related to the story. From drawing and coloring to crafts and collage, kids will explore their creativity while expanding their imagination and developing fine motor skills. Come join the fun and let your child's imagination soar in storytime & art fun!

Drop-In Fun Zone

(In Person) 0-3 year olds - Divided by age groups

Welcome to Fun Zone, where children are encouraged to explore, play, and learn in a vibrant and stimulating environment. Children will embark on exciting adventures filled with laughter, discovery, and endless fun. From sensory bins to arts and crafts, each class in Fun Zone is carefully crafted to spark joy and foster early childhood development. Join us as we create unforgettable memories and lay the foundation for a lifetime of learning and exploration!

Drop-In Sports at the Park (Chichibu Park)

(In Person) All ages

Children will be able to enhance their gross motor skills through play, while also working on hand-eye coordination and balance. Join us as we build the social skills needed for sports and team collaboration.

Drop-In Story Time/STEM with CCC Libraries 4th Thursday of the Month *(In Person) All ages*

Storytime: This class consists of story time, group discussion, class participation, and a chance to role play all in one, in partnership with CC Libraries.

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

Drop-In Daddy & Me

(In person) All ages

Children have the opportunity to spend quality time with the special male figure in their life. This class will include special projects, breakfast and an unforgettable bonding time.

Drop-In Summer Art

(In Person) All Ages

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting. Activities will be summer themed.

Drop-In Count+Match w/ Mrs. Bernice

(In Person) All ages

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

Drop-In I'm with Dad

(In Person) All ages

This fun in-person bonding experience supports children's language, literacy and cognitive development through music, books, family and community interactions while exploring and discovering with fathers/father figures in a safe environment.

Father's Day Celebration

The Father's Day celebration will provide an additional opportunity for children to honor the father figures in their lives. Activities will revolve around the importance of father-child relationships and all the great things dads do for their families,

Drop-In Mother's Day Craft

(In person) All ages

This activity is for children to celebrate and bond with the mother figures in their lives while working on a special craft.

Parent Classes

Coffee with the CRS

(Virtual) Adults

Join the CRS to learning about available resources in the community and to discuss home safety topics. This is a bilingual virtual workshop with our two community resource specialists, Rhea and Rocio.

Potty Training Workshop

(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

Opportunity Junction

(Virtual) Adults

Come and learn from the opportunity junction program. DEVELOP SKILLS, GAIN CONFIDENCE, LAUNCH AN OFFICE CAREER. If you are looking to enter a career in healthcare or administration or you are not sure where you want to go, the Opportunity Junction Program is here for you.

Self-care Workshop - Spanish

(Virtual) Adults

Take care of yourself. Self-care includes anything you do that helps you stay healthy physically, mentally, and spiritually. Come and learn about self-care and techniques.

Home Safety Workshop

(Virtual) Adults

Home is a place to relax, play and enjoy spending time with family. Of course, accidents happen, and there will be minor scrapes and bruises along the way, especially as kids grow and discover new things. And that's OK. The problem is the more serious injuries that are often completely preventable.

In this workshop, you'll learn about all the things you can do to help ensure that your kids get the freedom that comes from being active, healthy, and safe at home. A home safety kit will be provided.

Health Workshop

(Virtual) Adults

Presented by Aliados Health, this workshop will discuss the benefits and re-application process of Medi-Cal. They will go over the recent changes and public charge. If time permits, they will also cover CalFresh benefits.

AMCE- Abriendo Mentes Cerrando Estigmas - Spanish

(Virtual) Adults

La Clinica se complace en invitar a la comunidad a participar en la serie de talleres del proyecto AMCE. AMCE consiste en una serie de 3 talleres que involucran a grupos de padres a aprender sobre: ESTRES, ANSIEDAD Y DEPRESION. Los talleres serán Mayo 8, 15 y 22.

Calm Mama, Calm Baby

(Virtual) Adults

This group is designed for expectant mothers in their second trimester to connect with others, providing a safe space for them to freely explore the emotions that arise during this period and prepare for the arrival of their baby.

Car seat Check with the CRS - May 31

(Brentwood) Adults

Car seat inspection event-May 31, from 10-12 at the First Five in Brentwood.

Come to see if you are using the correct car seat for your child. Learn how to select and use car seats correctly for children in rear-facing, forward-facing and/or booster seats. Learn about what's next as your children transition to a new car seat or booster seat. This event will happen at the First Five in Brentwood.