

## Monument First 5 Center: May 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER HOURS: MON, TUE, FRI 9:00-5:00PM WED 9:00-3:00PM THU 9:00-7:30 PM SAT 9:00-1:00PM CLOSED FOR LUNCH 12:30-1:00 PM		1. Help Me Grow (18-36m) 9:00-10:00am Daddy & Me Field Trip! 5:30-8:00pm	<b>2.</b> <b>Triple P ENG</b> 10:30-12:30pm	3. CENTER CLOSED FOR STAFF TRAINING	4. CENTER CLOSED
6 Bollywood Fitness 9:30-10:30am Momentos De Padrés <i>Sp</i> 11:00-12:00pm Drop In: Fun Stations (12-71m) 1:30-2:30pm Kinder Adventures (41-71m) 3:00-4:30pm	7. Pitter Patter (0-11m) 10:00-11:00am Pump Up (37-71m) 10:00-11:00am Music for Me (12-23m) 2:15-3:15pm Nature Science (24-36m) 3:30-4:30pm	8. Help Me Grow (18-36m) 9:00-10:00am Spring Craft (12-36m) 9:30-10:00am Sensory World (12-23m) 11:00-12:00pm Transportation (37-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	9. Jugando Con Matemáticas Sp (24-36m) 9:15-10:15am Triple P ENG 10:30-12:30pm Story Time Crafts (24-36m) 2:15-3:15pm JumpBunch (37-71m) 3:30-4:30pm Crianza Con Cariño Sp 5:45-7:45pm	10. Sing A Rhyme (0-11m) 9:15-10:15am Pasitos Sp (12-23m) 9:15-10:15am Caring Connections ENG 2:00-3:30pm	11.           Drop in: School           Readiness (37-71m)           10:00-11:00am           Play Room Open           9-12:30pm
13. Bollywood Fitness 9:30-10:30am Momentos De Padrés <i>Sp</i> 11:00-12:00pm Drop In: Fun Stations (12-71m) 1:30-2:30pm Kinder Adventures (41-71m) 3:00-4:30pm	14. Pitter Patter (0-11m) 10:00-11:00am Pump Up (37-71m) 10:00-11:00am Music for Me (12-23m) 2:15-3:15pm Nature Science (24-36m) 3:30-4:30pm	15 Help Me Grow (18-36m) 9:00-10:00am Spring Craft (12-36m) 9:30-10:00am Sensory World (12-23m) 11:00-12:00pm Transportation (37-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	16. Jugando Con Matemáticas <i>Sp</i> (24-36m) 9:15-10:15am Números y Letras <i>Sp</i> (37-71m) 11:15-12:15pm Story Time Crafts (24-36m) 2:15-3:15pm JumpBunch (37-71m) 3:30-4:30pm Crianza Con Cariño <i>Sp</i> 5:45-7:45pm	17. Sing A Rhyme (0-11m) 9:15-10:15am Pasitos Sp (12-23m) 9:15-10:15am Activo y Comiendo Saludable Sp 10:30-12:30pm Caring Connections ENG 2:00-3:30pm	18. Drop in: School Readiness (37-71m) 10:00-11:00 am Play Room Open 9-12:30pm
20. Bollywood Fitness 9:30-10:30am Momentos De Padrés <i>Sp</i> 11:00-12:00pm Drop In: Fun Stations (12-71m) 1:30-2:30pm Kinder Adventures (41-71m) 3:00-4:30pm	21. Pitter Patter (0-11m) 10:00-11:00am Pump Up (37-71m) 10:00-11:00am Music for Me (12-23m) 2:15-3:15pm Nature Science (24-36m) 3:30-4:30pm	22. Help Me Grow (18-36m) 9:00-10:00am Spring Craft (12-36m) 9:30-10:00am Sensory World (12-23m) 11:00-12:00pm Transportation (37-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	23. Jugando Con Matemáticas Sp (24-36m) 9:15-10:15am Números y Letras Sp (37-71m) 11:15-12:15pm Story Time Crafts (24-36m) 2:15-3:15pm JumpBunch (37-71m) 3:30-4:30pm Crianza Con Cariño Sp 5:45-7:45pm	24. Sing A Rhyme (0-11m) 9:15-10:15am Pasitos Sp (12-23m) 9:15-10:15am Activo y Comiendo Saludable Sp 10:30-12:30pm Caring Connections ENG 2:00-3:30pm	25. CENTER CLOSED FOR MEMORIAL DAY WEEKEND
27. CENTER CLOSED FOR MEMORIAL DAY	28. Pitter Patter (0-11m) 10:00-11:00am Pump Up (37-71m) 10:00-11:00am Music for Me (12-23m) 2:15-3:15pm Nature Science (24-36m) 3:30-4:30pm	29 Help Me Grow (18-36m) 9:00-10:00am Spring Craft (12-36m) 9:30-10:00am Sensory World (12-23m) 11:00-12:00pm Transportation (37-71m) 2:30-3:10pm Daddy & Me 6:30-7:00pm	30. Jugando Con Matemáticas <i>Sp</i> (24-36m) 9:15-10:15am Números y Letras <i>Sp</i> (37-71m) 11:15-12:15pm Story Time Crafts (24-36m) 2:15-3:15pm JumpBunch (37-71m) 3:30-4:30pm Crianza Con Cariño <i>Sp</i> 5:45-7:45pm	<b>31.</b> <b>Sing A Rhyme (0-11m)</b> 9:15-10:15am <b>Pasitos Sp (12-23m)</b> 9:15-10:15am <b>Activo y Comiendo</b> <b>Saludable Sp</b> 10:30-12:30pm <b>Caring Connections ENG</b> 2:00-3:30pm	PLAY ROOM HOURS: MON 1:30-2:30pm TUE 11:00-12:30, 1-4:45pm WED 9-12:30, 1- 2:30pm THU 9-12:30pm, 1-4:45pm FRI 1:00pm-2:00pm, 3:30-4:45pm



## Monument First 5 Center: May-June 2024 CLASS DESCRIPTIONS



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Child Classes					
<b>Pitter Patter (0-11m)</b> Join us in an exploration of your little one's development. Each week we will offer new activities to facilitate growth in the areas of communication, gross motor, fine motor, problem solving and personal social.	Virtual: Transportation (37-71m) In this class we will be learning about the different ways of transportation We will learn about cars, and buss, as well as bikes and much more				
Sing a Rhyme (0-11m) Your toddler will gain increased confidence through music and direction and benefit emotionally while having fun!	Numeros y Letras (37-71m) SPANISH Juntos exploramos temas maravillosos como los números y las letras del alfabeto mientras incorporamos actividades.				
Sensory World (12-23m) This class will let parents and children explore the wonderful ages of 1 and 2 as they work on their gross motor skills together through obstacles courses and other fun activities!	<b>Pump Up (37-71m)</b> A fun class where yoga for children, dance and activities are combined to promote balance, exercise, problem solving and connecting with friends.				
Pasitos (12–23m) SPANISH Únase a nosotros en esta clase donde tendremos diferentes actividades cada semana, incluido juego sensorial, juego práctico y desordenado, iy mucho más!	JumpBunch (37-71m) Children get to work on their gross motor skills as well as team work as they get familiar with a new sport every week. Especially important skill to learn before going to school.				
Music for Me (12-23m) A fun class where children get to explore the world of music through songs, instruments, and movement.	Kinder Adventures (3.5-5y) Children and parents will learn the skills necessary to be ready for school. This class is already in session, there will be <b>no sign</b> <b>up</b> for this class.				
Virtual: Spring Craft (12-36m) This class will help build fine motor skills, creative thinking when executing fun art projects, and learning how to follow directions, social skills all centered around the spring season.	<b>Drop In: Fun Stations</b> Families will get the opportunity to explore different stations set up by the teachers. Kids will explore different areas including math, art, science, sensory play, and more!				
Story Time Crafts (24-36m) Together we will explore different types of stories and make activities based on the story we read.					
Nature Science (24-36m) Spark your child's curiosity by exploring the world by touching and feeling all kinds of nature's wonders. Look at bugs and other animals that are contained in a habitat . Let your child get close and touch the safe bug while learning about science and new vocabulary.					
Jugando Con Matemáticas (24-36m) SPANISH Disfruta el maravilloso mundo de las matemáticas por medio de juegos y divertidas actividades.					



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Adult Classes	Dad Activities
<ul> <li>Activo y Comiendo Saludable_SPANISH</li> <li>Serie para padres de 9 semanas en la que aprenden sobre nutrición, comidas saludables asequibles y la importancia de mantenerse activo. Cada semana recibirán un pequeño obsequio como parte de la clase.</li> <li>Momentos De Padrés SPANISH</li> <li>En esta clase se reunirán para discutir y aprender sobre temas importantes relacionados con los niños, las familias, la comunidad y ustedes mismos. La clase está diseñada para permitir que establezcan vínculos y sientan el apoyo de los demás participantes.</li> <li>Triple P (Positive Parenting Program)</li> <li>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!</li> <li>Bollywood Fitness         <ul> <li>an expressive form of movement based around the popular Indian film genre. Fusing classical Indian steps with folk, Latin and hip-hop styles, it offers a fast-moving and vivacious dancing workout that is great for enjoyable group exercise.</li> </ul> </li> <li>Caring Connections         <ul> <li>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.</li> </ul> </li> </ul>	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.         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!
Event	]

## Fathers Day Event!

Event for the whole family where we get a chance to celebrate an important male figure of your family. More details as the event gets closer.