



Antioch First 5 Center October 2024 Calendar

Center Operation Hours
Monday-Friday 8:00-5:00
Saturday 8:30-1:30

300 H Street Antioch, CA 94509 • (925) 301-4052 • first5coco.org   @antiochfirst5center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Zumbini (2yr) 9:30-10:30 V Triple P SP (Adults) 10:00-12 Jump Bunch (3yr) 2:00-3:00 Serenamente SP (Adult) 3:30-5:30	2 Tiny Tots (8-18mo) 9:30-10:30 Help Me Grow (Invite only) 11:00-12:00 Tunes & Stories (1-2y) 1:00-2:00 Fun Zone (3y) 2:30-3:30 V Akoma: Positive Discipline (Adults) 3:30-5:00	3 Curious Minds A (12-23mo) 9:30-10:30 Curious Minds B (2y) 11:00-12:00 Tunes & Stories (0-11mo) 1:30-2:30 Story Time Swap (4-5y) 4:15-5:15	4 Fitness & Nutrition Through Belly Dancing (Adults) 9:30-10:30 Zumbini (3yr) 11:00-12:00 24/7 Dad (Adults/Invite only) 1:45-2:45 Listos Para el Èxito Escolar (4-5y) 1:30-2:30	5 Daddy & Me Time (2-5yrs) 10:30-11:30 <i>Drop-In Free Play 12:00-1:00</i>
7 Animal Art (2-4yr) 10:00-11:00 Tunes & Stories (0-11mo) 11:30-12:30 El Mundo en Español SP (2-3y) 2:00-3:00	8 Zumbini (2yr) 9:30-10:30 V Triple P SP (Adults) 10:00-12 Jump Bunch (3yr) 2:00-3:00 Serenamente SP (Adult) 3:30-5:30	9 Tiny Tots (8-18mo) 9:30-10:30 Help Me Grow (Invite only) 11:00-12:00 Tunes & Stories (1-2y) 1:00-2:00 Fun Zone (3y) 2:30-3:30 V Akoma: Positive Discipline (Adults) 3:30-5:00	10 Curious Minds A (12-23mo) 9:30-10:30 Curious Minds B (2y) 11:00-12:00 Tunes & Stories (0-11mo) 1:30-2:30 Story Time Swap (4-5y) 4:15-5:15	11 Fitness & Nutrition Through Belly Dancing (Adults) 9:30-10:30 Zumbini (3yr) 11:00-12:00 24/7 Dad (Adults/Invite only) 1:45-2:45 Listos Para el Èxito Escolar (4-5y) 1:30-2:30	12 Daddy & Me Time (2-5yrs) 10:30-11:30 <i>Drop-In Free Play 12:00-1:00</i>
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21	22 V Triple P SP (Adults) 10:00-12	23 Help Me Grow (Invite only) 11:00-12:00	24 <i>V Coffee with the CRS (Adults) 10:00-11:00</i> <i>Drop In Bilingual Storytime w/CCC Libraries @ AF5 (All Ages) 11:00-12:00</i>	25	26
28	29 V Triple P SP (Adults) 10:00-12	30	30 	KEY: Parent Classes in Blue V = Virtual Children Classes in Green Drop Ins/Events in purple Scan the QR code to enroll →	

****Food Pantry, Clothing Swap, & Free Book Swap available during Operating Hours****

Free Play Hours
 Mon/Wed/Thurs 9:00-4:00
 Tuesday 9:00-3:00
 Friday 9:00-12:00



In partnership with:



Antioch First 5 Center
In Person and Virtual Programming
Class and Event Descriptions
September/October 2024

Children's Classes

Animal Art - Mondays ***(In Person) 2-4 year olds***

Create art with your little one through several different art mediums to strengthen problem-solving, fine motor and gross motor skills!

Tunes & Stories - Mondays, Wednesdays & Thursdays ***(In Person) 0-11 month olds, 1-2 year olds***

This interactive class focuses on the joy of reading and the power of music to engage and stimulate your baby's early development. Each week, we'll explore colorful books with simple stories and soothing melodies that captivate your baby's attention. Through rhythmic songs, gentle movement, and playful songs, we aim to enhance your baby's language skills, sensory awareness, and emotional connection with caregivers.

El Mundo en Español - Spanish - Mondays ***(In Person) 2-3 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!

Zumbini - Tuesdays & Fridays ***(In Person) 2-3 year olds***

This class includes dancing, signing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Jump Bunch - Tuesdays ***(In Person) 3 year olds***

This class will 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.

Tiny Tots - Wednesdays
(In Person) 8-18 months olds

Engage with your tiny tot as you both expand on new and developing skills! Activities will be centered around milestone skills for this age group and will be adjusted based on participant capabilities.

Help Me Grow - Wednesdays
(In Person) By Invitation Only

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.

Fun Zone - Wednesdays
(In Person) 3-5 year olds

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 the 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!

Curious Minds - Thursdays (A and B classes)
(In Person) A: 12-23 mo / B: 2 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!

Story Time Swap - Thursdays
(In person) 4-5 year olds

This class consists of a group story time followed by related arts and crafts activities. This class lends each child a Story Cycles by Tandem bag that has about 2-3 bilingual books with the expectation that the child can check out a new bag of different books to take home and return to class each week. This class empowers children to read, engage with new languages and cultures, and learn social independence and accountability.

Listos para Exito Escolar- Spanish - Fridays
(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.

Daddy & Me - Saturdays as Scheduled

(In person) 2-5 year olds

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. Families are not dropped from this class if they miss multiple classes.

Drop-In Classes/Events

Drop-In Community Resource Health Fair at the Nick Rodriguez Center - 9/21

(In person) All Family

Stop by the Nick Rodriguez Center to see our staff and explore the variety of vendors, family activities, and learn about local resources. We will be giving out swag, answering questions from the public, and running a raffle for on-the-spot registrations and completing our Ages & Stages Questionnaire developmental screening (ASQs).

Virtual Drop-In Coffee with the CRS- Orientation to new families - 9/24 & 10/26

(Virtual) Adults

Join the CRS to learn 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.

Drop-In Story Time/ with CCC Libraries at the Antioch First 5 Center

4th Thursday of the Month (In Person) All ages

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

Drop-In Free Play - As scheduled

(In person) All Family

Drop by the center for an extra free play! Escape the heat or the home by spending time with your child in a neutral and safe location.

Drop-In Community Fall Fest Resource Health Fair at the Contra Loma Pizza Guys' Park-and-Shop - 10/26

(In person) All Family

Stop by the Contra Loma Pizza Guys park-and-shop to see our staff and explore the variety of vendors, family activities, and learn about local resources. We will be giving out swag, answering questions from the public, and running a raffle for on-the-spot registrations and completing our Ages & Stages Questionnaire developmental screening (ASQs).

Parent Classes

Fitness & Nutrition Through Belly Dancing - Fridays

(In Person) Adults

Get to know other parents while working up a sweat while learning the basics of Belly Dancing with Hind! Child care for children ages 18-months and older will be provided.

Triple P for Parents with children 0-5 years - By Referral Only

(Virtual) Adults

Parents come together to learn, rehearse, and put positive parenting strategies into practice. Parents will learn the fundamentals of parent-child relationships and development.

Serenamente - Spanish - Tuesdays

(In person) Adults

In this class, you will learn the tools to self-sooth, manage stress, and prevent toxic-stress related diseases.

Akoma Positive Discipline - Wednesdays

(Virtual) Adults

Great for beginners and those who need a refresher, this class will cover the basic philosophy and give you positive tools that you can use the right way. Positive Discipline is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible, and have greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive and non-permissive methods that will build relationships and keep the lines of communication open.

24/7 Dad - By Referral Only - Viernes

(In person) Adults

An evidence-based fatherhood program that helps empower father and male caregivers to improve their knowledge, behavior, and skills of dads of all races, religions, and demographics.

Real Talk: Father to Father

(In Person) Adults

Join Cyrus Waters and First 5 Centers of Antioch and Brentwood for an interactive discussion. Highlights include: Being present for your partner and children; The essentials of family quality time and the positive effects it has on the household; How good role modeling in the home leads to kids being leaders at school and extracurricular activities; How the role of fathers in the home can make a difference in the way children show up in the community. Lunch will be available and childcare for ages 18 months - 5 years will be provided!

African American Centered Mental Health Workshop

(In Person) Adults

Come learn about mental health causes and strategies from a Licensed Marriage Family Therapist (LMFT) and how it relates to the African American experience. Lunch will be available and childcare for ages 18 months - 5 years will be provided!