



**Open and Free Play Hours**  
 Monday-Friday 8:00-5:00  
 Saturday 8:00-1:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Classes in Blue Children Classes in Green Events in purple <u>Scan the QR code to enroll</u> 	Help Me Grow 1 (By Invite) 9:00-10:00 Wiggly Ones (1yr) 10:00-11:00 Help Me Grow (By Invite) 11:30-12:30 Let's Count and Match with Mrs. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Spanish (Adults) 5:30-8:00	Bridge to TK 2 (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Baby Signs (8-18mos) 3:00-4:00 Ready Set Learn (4-5yrs) 4:30-5:30	Garden Science 3 (3yrs) 9:30-10:30 AMCE- Spanish (Adults) 10:00-12:00 Terrific Toddlers (2rs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00	Zumbini 4 (2-3yrs) 9:30-10:30 <i>Fun Friday Play Date</i> (All Ages) 10:00-12:00 Story Time & Art with Guests (3-5yrs) 11:00-12:00 	Jump Bunch 5 (2-3yrs) 9:30-10:30 Dad & Me Time (2-5yrs) 10:30-11:30 <i>Food Distribution</i> Event (Adults) 3:00-4:30
Story Time Plus 7 (3 yr) 9:30-10:30 Bright & Beyond AM (1-2yrs) 11:00-12:00 Bright & Beyond PM (1-2yrs) 3:00-4:00 Fitness & Nutrition via Belly Dancing (Adults) 4:00-5:00 	Help Me Grow 8 (By Invite) 9:00-10:00 Wiggly Ones (1yr) 10:00-11:00 Help Me Grow (By Invite) 11:30-12:30 Virtual Parent Café (Adults) 3:30-4:30 Let's Count and Match with Mrs. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Spanish (Adults) 5:30-8:00	Bridge to TK 9 (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Baby Signs (8-18mos) 3:00-4:00 Ready Set Learn (4-5yrs) 4:30-5:30	Garden Science 10 (3yrs) 9:30-10:30 AMCE- Spanish (Adults) 10:00-12:00 Terrific Toddlers (2rs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00	Zumbini 11 (2-3yrs) 9:30-10:30 <i>Fun Friday Play Date</i> (All Ages) 10:00-12:00 Story Time & Art with Guests (3-5yrs) 11:00-12:00	Jump Bunch 12 (2-3yrs) 9:30-10:30 Dad & Me Time (2-5yrs) 10:30-11:30
Ready for Learning at Vintage 14 (3-5yrs) 9:00-10:00 Story Time Plus (3 yr) 9:30-10:30 Ready for Learning at Vintage (3-5yrs) 10:00-11:00 Bright & Beyond AM (1-2yrs) 11:00-12:00 Bright & Beyond PM (1-2yrs) 3:00-4:00 Fitness & Nutrition via Belly Dancing (Adults) 4:00-5:00	Enrollment Begins 15 Help Me Grow (By Invite) 9:00-10:00 Wiggly Ones (1yr) 10:00-11:00 Help Me Grow (By Invite) 11:30-12:30 Let's Count and Match with Mrs. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Spanish (Adults) 5:30-8:00	Bridge to TK 16 (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Baby Signs (8-18mos) 3:00-4:00 Ready Set Learn (4-5yrs) 4:30-5:30	Garden Science 17 (3yrs) 9:30-10:30 AMCE- Spanish (Adults) 10:00-12:00 Terrific Toddlers (2rs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00	Zumbini 18 (2-3yrs) 9:30-10:30 <i>Fun Friday Play Date</i> (All Ages) 10:00-12:00 Story Time & Art with Guests (3-5yrs) 11:00-12:00	Session Ends 19 Jump Bunch (2-3yrs) 9:30-10:30 Dad & Me Time (2-5yrs) 10:30-11:30
Ready for Learning at Vintage 21 (3-5yrs) 9:00-10:00 Ready for Learning at Vintage (3-5yrs) 10:00-11:00	Help Me Grow 22 (By Invite) 9:00-10:00 Help Me Grow (By Invite) 11:30-12:30 Nurturing Parents Spanish (Adults) 5:30-8:00	23	AMCE- Spanish 24 (Adults) 10:00-12:00 Virtual Coffee with the CRS Orientation (Adults) 100-11:00	Fall Fest Event 25 (All Ages) 10:00-12:00	26
Ready for Learning at Vintage 28 (3-5yrs) 9:00-10:00 Ready for Learning at Vintage (3-5yrs) 10:00-11:00	Help Me Grow 29 (By Invite) 9:00-10:00 Help Me Grow (By Invite) 11:30-12:30 Nurturing Parents Spanish (Adults) 5:30-8:00	30 	AMCE- Spanish 31 (Adults) 10:00-12:00		

**\*\*Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours**

Delta First 5 Center



## **Class and Event Descriptions** **September October 2024**

### **AMCE (Abriendo Mentas Cerrando Estigmas)**

**Spanish- Thursdays**

**(In Person) Adults**

Come learn tips and tools for handling stress, anxiety and depression so you can be the best for your family and yourself. This class will be offered by La Clinica.

### **Baby Signs-Wednesdays**

**(In Person) 8-18mos olds**

An interactive playgroup 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.

### **Bright & Beyond- Mondays**

**(In Person) 1-2 yr olds**

This class will demonstrate how to use the Bright & Beyond activity cards at home with your child. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and child activities. The cards provide intriguing, age specific activities that

promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

### **Bridge to Kindergarten- Wednesdays**

**(In Person) 4-5 yr olds**

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten.

### **Bridge to Transitional Kindergarten- Wednesdays**

**(In Person) 3-4 yr olds**

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for transitional kindergarten.

### **Coffee with CRS Orientation- Thursdays**

**(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.

### **Dad and Me Time- Saturdays**

**(In Person) 2-5yrs old**

Children have the opportunity to spend quality time with the special male figure in their life. This class will include a circle time and special projects for fathers and children to do together.

### **Fall Fest Event- Friday October 25<sup>th</sup>**

#### ***(In Person) All Ages***

Join us for this fun event celebrating the changing of the season to fall. We will have pumpkin themed activities, music food and fun.

### **Fitness & Nutrition via Belly Dancing- Mondays**

#### ***(In Person) Adults***

Work up a sweat while learning the basics of Belly Dancing and how it can enhance a healthy lifestyle.

### **Food Distribution Event- Saturdays**

#### ***(In Person) Adults***

Join us to pick up food for your family to help stretch the budget. This is an opportunity to obtain supplies and talk about other ways to feed your family.

### **Fun Friday Play Date-Fridays**

#### ***(In Person) All Ages***

Pop into play in the playroom and meet up with you other families to build social skills for your children as they engage with others.

### **Garden Science –Thursdays**

#### ***(In Person) 3-5yrs old***

It has been shown that children who grow their own food are more likely to try, and eat, more fresh vegetables and fruits. In this class children will get a chance to work hands on in our garden and use what they grow in various ways.

### **Help Me Grow- Tuesdays**

#### ***(In Person) By Referral***

This developmental playgroup 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 playgroup. If you have further questions, please contact a Community Resource Specialist.

### **Jump Bunch- Saturdays**

#### ***(In Person) 3-5 yr 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.

### **Let's Count & Match with Ms. Bernice- Tuesdays**

#### ***(In Person) 3 yr 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.

### **Nurturing Parents Spanish- Tuesdays**

#### ***(In Person) Adults***

This is a 18 week group based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept.

### **Parent Café - Tuesdays**

#### ***(In Person) Adults***

Parent Cafe engage parents/caregivers in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors.

### **Ready for Learning at Vintage-Mondays**

#### ***(In Person) 3-5yr olds***

In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others. This class will be held at Vintage Parkway Elementary School.

### **Ready for Learning- Thursday**

#### ***(In Person) 3-5yr olds***

In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

### **Ready Set Learn- Wednesdays**

#### ***(In Person) 4-5yr olds***

This class will help children build skills such as fine motor, listening and problem solving. Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

### **Road Map to Kindergarten-Wednesdays**

#### ***(In Person) Adults***

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness.

### **Road Map to Transitional Kindergarten- Wednesdays**

#### ***(In Person) Adults***

This class is designed to help parents prepare for their child's transition to Transitional Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness.

### **Story Time & Art with Guests- Fridays**

#### ***(In Person) 3-5yrs***

In the class, families will listen and interact with stories and have the opportunity to create art and activities that will reflect the stories they heard.

### **Story Time Plus- Mondays**

#### ***(In Person)- 3 yrs old***

This Storytime class will be combined with a book borrowing component in partnership with Tandem's Storycycles. Families will listen to stories, do some activities and take home a bag of books to borrow.

### **Terrific Toddlers- Thursdays**

#### ***(In Person) 2 yr olds***

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

### **Wiggly Ones- Tuesdays**

***(In Person) 1 yr olds***

This art and movement program will help your child 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.

### **Zumbini – Fridays**

***(In Person) 2yrs***

The class includes dancing, singing, and playing different instruments for exposure to music and all its benefits.

This class introduces the basic moves like moving side-to-side, clapping, bouncing, jumping, toe touches, etc....