

# Antioch First 5 Center March 2025 Calendar

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Sharing stories, Sharing feelings workshop 9:00-10:00am (V, English) PPP 11:30-1:30pm	<i>Food distribution 12:00-2:00pm</i>	Help Me Grow (By Invite) 11:00-12:00pm			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Session Begins</b> (V) We Have Rights 10:00-11:00am (V, English) PPP 11:30-1:30pm Jump Bunch A (2-3y) 11:00-12:00pm Jump Bunch B (4-5y) 12:30-1:30pm Social Skills (4-5y) 2:00-3:00pm Let's Count & Match with Mrs. Bernice (4-5y) 4:30-5:30pm	Zumbini A (2y) 10:30-11:30am Zumbini B (3y) 11:30-12:30pm Songs, Stories & Sign language (4-5y) 4:00-5:00pm	Tunes & Stories (0-11m) 9:30-10:30am Help Me Grow (By Invite) 11:00-12:00pm El Mundo en Español (4-5yr) 2:00-3:00pm	Mini Disco(2-4y) 9:30-10:30am (V) Coffee with CRS 10:00-11:00am Sports in the Park @ (TBD) (4-5y) 2:00-3:00pm Give Me Five (0-5y) 4:00-5:00pm	Belly Dancing 9:30-10:30am Gross Motor Skills (4-5y) 2:00-3:00pm	<i>Drop-in Free Play (all ages) 9:00-12:00pm</i>  Build with me A & B (2-3y & 4-5) 10:00-11:00am
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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<b>31</b>					
<b>CLOSED Holiday</b>		Free play Hours: Mon/Wed/Thur 9:00-4:00 Tuesday 9:00-3:00 Friday & Saturday 9:00-12:00	<b>Enroll in Classes using the QR -</b> →		<b>KEY:</b> Parent Classes in Blue Children Classes in Green Events in purple

# Antioch First 5 Center

In partnership with:



## Antioch First 5 Center Class and Event Descriptions March/April 2025

### **We have rights – Mondays** *(Virtual) Adults*

An empowerment class to prepare for and safely defend our rights during encounters with Immigration & Customs Enforcement (ICE)

### **Triple P (English) - Mondays** *(Virtual) Adults*

Positive Parenting Program. In this class you will learn how to discipline your child, the tough part of parenting, establish a positive learning environment using assertive discipline.

### **Jump Bunch A & B – Mondays** *(In Person) A:2-3 / B: 4–5-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.

### **Social Skills – Mondays** *(In Person) 4-5 year olds*

Through this class children will play and will learn important social skill such as cooperation,

communication, empathy, expression, problem solving, control of their emotions, among others

### **Let's Count & Match with Ms. Bernice- Mondays** *(In Person) 4 -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.

### **Zumbini A & B – Tuesdays** *(In Person) A: 2 year olds / B: 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

### **Songs, Stories, & Sign language - Tuesdays** *(In Person) 4–5-year-olds*

In this class we will read stories and sing songs that will help build a love for literacy while learning some signs to go along with the books and songs. This will help encourage communication skills in a variety of ways.

### **Tunes & Stories - Wednesdays** *(In Person) 0-11 months*

This engaging class focuses on the joy of reading and the power of music in fostering your baby's early development. Each week, we'll explore vibrant books with simple stories and soothing melodies that captivate your baby's attention through rhythmic, gentle

movements and playful songs. Our goal is to nurture your baby's language skills, sensory awareness and bond with caregivers.

**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).

**El mundo en Español – Wednesdays**  
***(In Person) 4-5 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

**Mini Disco (Spanish) - Thursdays**  
***(In Person) 2-4 year olds***

In this class, you and your child will create a unique and meaningful bond through dance. As your little one moves, they'll strengthen muscles, improve memory, and develop essential skills like coordination, balance and spatial awareness. Come dance with the best partner your child could have – you! Together, you'll deepen connection, create lasting memories and rediscover the

joy of movement. Dance is a universal language that allows you to express the love and joy between you both.

**Sports in the Park – Thursdays**  
***(In Person @ TBD) 4-5-year-olds***

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.  
School Readiness

**Give me 5 - Thursdays**  
***(In Person) 0–5-year-olds***

Play-and-Learn Groups, caregivers play with their kids through guided activities while gaining knowledge of how to support their child's development. In this 6-week series, caregivers engage with their children in building key kindergarten readiness skills through experiments, movement, song, storytelling and play.

**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! Childcare for children ages 18-months and older will be provided.

**Gross Motor skills - Fridays**  
***(In person) 4-5 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.

**Build with me A&B – Saturdays**  
*(In person) 2-3 & 4-5 year olds*

Build with Me will focus on using common household items to create home made toys and learning tools using simple step by step instructions, pictures and visuals to create a unique finished product. Build with Me will engage the primary caregiver and child in building a construction product that the child can use and play with.

**Sharing Stories, Sharing Feelings Workshop – March 3**  
*(Virtual) Adults*

Using books to support children's social and emotional skills is not only beneficial, but fun. Join us for an interactive demonstration of how to use picture books to encourage healthy social and emotional development.

**Taller de Pañal - Spanish - Marzo 13**  
*(Virtual) Adults*

Taller para dejar el pañal. Este taller proporcionará información a los padres sobre el entrenamiento para que sus niños dejen el pañal. Los temas de este taller incluirán los temas para el entrenamiento, las señales de preparación de su hijo y maneras positivas para ayudar a los niños a dejar el pañal.

**Potty Training Workshop - English - April 15**  
*(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.

**Drop-In Coffee with the CRS- Orientation to new families – March 13 & April 10, 10:00-11:00am**  
*(Virtual) Adults*

Come and learn about the services First Five offers to families.

**Parent Café – Spanish – March 27 & April 24**  
*(In Person) Adults*

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

**Drop-In Bilingual Story Time with CC Libraries- March 27 & April 24 11:00-12:00pm**  
*(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 Contra Costa Libraries.

**Drop-In Free Play - As scheduled**  
*(In Person) All Ages*

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.