Antioch First 5 Center

Antioch First 5 Center
May 2025 Calendar

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 **CLOSED**
5 Session Starts Jump Bunch (2-3yrs) 11-12 Let's Count and Match with Ms. Bernice (4-5yrs) 4:30-5:30	6 Terrific Toddlers (2yrs) 9-10 Zumbiini (2-3yrs) 10:30-11:30 *Food Distribution (Adults) 12-2* Learn through Play (4-5yrs) 2-3 Baby Signs (8-18mos) 4-5	7 Tummy Time & Music (0-11mos) 9-10 Help Me Grow (By Invite) 11-12 Let's Explore (3yr) 2-3	8 Mini Disco (2-3yrs) 9-10 Story Time & Art (3yrs) 11-12 Ready, Set, Learn (4-5yrs) 3-4	9 Moms & Stress Relief (Adults) 9-10 Cooking Together (3-5yrs) 11-12 Gross Motor (4-5yrs) 4-5	10 Story Time & Art (2-5yrs) 9:30-10:30 Build with Me (2-5yrs) 11-12
12 Jump Bunch (2-3yrs) 11-12 Let's Count and Match with Ms. Bernice (4-5yrs) 4:30-5:30	13 Terrific Toddlers (2yrs) 9-10 Zumbiini (2-3yrs) 10:30-11:30 Learn through Play (4-5yrs) 2-3 Baby Signs (8-18mos) 4-5	14 Tummy Time & Music (0-11mos) 9-10 Help Me Grow (By Invite) 11-12 Potty Training Spanish Virtual (Adults) 3-4 Let's Explore (3yr) 2-3	15 Mini Disco (2-3yrs) 9-10 Coffee with the CRS Virtual (Adults) 10-11 Story Time & Art (3yrs) 11-12 Ready, Set, Learn (4-5yrs) 3-4	16 Moms & Stress Relief (Adults) 9-10 Cooking Together (3-5yrs) 11-12 Gross Motor (4-5yrs) 4-5	17 Story Time & Art (2-5yrs) 9:30-10:30 Build with Me (2-5yrs) 11-12
19 Jump Bunch (2-3yrs) 11-12 Let's Count and Match with Ms. Bernice (4-5yrs) 4:30-5:30	20 Terrific Toddlers (2yrs) 9-10 Zumbiini (2-3yrs) 10:30-11:30 *Food Distribution (Adults) 12-2* Learn through Play (4-5yrs) 2-3 Baby Signs (8-18mos) 4-5	21 Tummy Time & Music (0-11mos) 9-10 Help Me Grow (By Invite) 11-12 Let's Explore (3yr) 2-3	22 Mini Disco (2-3yrs) 9-10 Story Time & Art (3yrs) 11-12 Parent Café (Adults, Spanish) 1-2 Ready, Set, Learn (4-5yrs) 3-4	23 Moms & Stress Relief (Adults) 9-10 Cooking Together (3-5yrs) 11-12 Gross Motor (4-5yrs) 4-5	24 **CLOSED**
26 **CLOSED** **Holiday** 	27 Terrific Toddlers (2yrs) 9-10 Zumbiini (2-3yrs) 10:30-11:30 Learn through Play (4-5yrs) 2-3 Baby Signs (8-18mos) 4-5	28 Tummy Time & Music (0-11mos) 9-10 Help Me Grow (By Invite) 11-12 Let's Explore (3yr) 2-3	29 Mini Disco (2-3yrs) 9-10 Story Time & Art (3yrs) 11-12 Ready, Set, Learn (4-5yrs) 3-4	30 Moms & Stress Relief (Adults) 9-10 Cooking Together (3-5yrs) 11-12 Gross Motor (4-5yrs) 4-5	31 Story Time & Art (2-5yrs) 9:30-10:30 Build with Me (2-5yrs) 11-12
		Free Play Hours **Mon/Wed/Thur 9:00-4:00** **Tuesday 9:00-3:00** **Fri & Sat 9:00-12:00**		Parent Classes in Blue Children Classes in Green Events in purple Scan the QR code to enroll	

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

Antioch First 5 Center
Class and Event Descriptions
May/ June 2025

Antioch First 5 Center

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Jump Bunch – Mondays
(In Person) 2-3yrs
This class will engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing the to play organized sport activities

Let's Count & Match With Ms. Bernice- Mondays
(In Person) 4-5yrs
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.

Terrific Toddlers- Tuesdays
(In Person) 2yrs
Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

Zumbini – Tuesdays
(In Person) 2-3yrs
This class includes dancing, singing, 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.

Learn Through Play - Tuesdays
(In Person) 4-5yrs
This fun, play-based class helps 4-5 yr. olds grow through hands-on activities like art, music stories and imaginative play. Your child will build early learning skills while developing confidence, creativity, and social connections.

Baby Signs- Tuesdays
(In Person) 8-18m
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 singing right away.

Tummy Time & Music - Wednesdays
(In Person) 0-11m
This gentle class combines tummy time and music to support your baby's early development. With soothing songs, simple movements, and sensory play, little ones build strength, motor skills and early social connections in a calm and nurturing space. (0-11 months)

Potty Training Sp. & Eng.– 5/14/25 & 6/18/25
(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.

Let's Explore - Wednesdays
(In Person) 3yrs
This discovery-based class encourages 3-year-olds to learn through hands-on fun. From nature walks to simple science and art, they explore the world around them while building confidence, curiosity and creativity.

Mini Disco - Thursdays
(In Person) 2-3yrs
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.

Coffee with CRS- 5/15/25 & 6/12/25
(Adult) Virtual
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, Bany and Rocio.

Story Time & Art - Thursdays
(In Person) 3yrs
This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Ready, Set, Learn - Thursdays
(In Person) 4-5yrs
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.

Moms & Stress Relief - Fridays
Adults (In Person)
In this class, mothers will be able to discuss the different types and triggers of stress while exploring different stress-relieving activities that can also be held at home or around the community. Some topics covered include meditation, painting and essential oils

Cooking Together - Fridays
(In Person) 3-5yrs
This fun hands-on class is for little chefs ages 3-5. We will mix, measure and create simple, kid-friendly recipes. This class will build your child's early math, motor, and teamwork skills-all while tasting the joy of learning together.

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.

Saturday Story Time & Art - Saturdays
(In Person) 2-5yrs
This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Build with Me - Saturdays
(In Person) 2-5yrs
Build with Me will focus on using common household items to create homemade 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.

EB Parks Naturals Event 6/20/2025
(In Person) All of ages
Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of reptiles. They might even bring some friends with them.

Food Distribution - Tuesday
(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.