



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>Session Begins</b>                      Belly Dancing and Nutrition (Adults) 9-10                      Wiggly Ones (1yr) 10-11                      Music &amp; Movement (2-3yrs) 2-3                      Ready for Learning in Spanish (3yrs) 3-4</p>	<p><i>Food Distribution (Adults) 12-2</i>                      Help Me Grow (By Invite) 9-10                      Terrific Toddlers AM (2yrs) 10-11                      Help Me Grow (By Invite) 11-12                      Zumbini (3yrs) 12-1                      Terrific Toddlers PM (2yrs) 3-4                      Let's Count &amp; Match with Ms. Bernice (3-5yrs) 4:30-5:30</p>	<p>Walking and Nutrition (Adults) 9-10                      Baby Signs (8-18mo) 9-10                      Recycled Art (3-5yrs) 11-12                      Songs, Stories &amp; Sign Language (3-5yrs) 3-4</p>	<p>Mini Garden Science (2yrs) 9-10                      Smart Bites (3-5yrs) 11-12</p>	<p><i>Muffins with Moms Event (All Ages) 10:00-12:00</i></p> 	<p><b>CLOSED</b></p> <p>Social Skills (3-5yrs) 9:30-10:30                      Story Time &amp; Art (2-5yrs) 11-12</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p><b>CLOSED Holiday</b></p> 	<p>Help Me Grow (By Invite) 9-10                      Terrific Toddlers AM (2yrs) 10-11                      Help Me Grow (By Invite) 11-12                      Zumbini (3yrs) 12-1                      Parent Café (Adults) 2-3                      Terrific Toddlers PM (2yrs) 3-4                      Let's Count &amp; Match with Ms. Bernice (3-5yrs) 4:30-5:30</p>	<p>Walking and Nutrition (Adults) 9-10                      Baby Signs (8-18mo) 9-10                      Recycled Art (3-5yrs) 11-12                      Songs, Stories &amp; Sign Language (3-5yrs) 3-4</p>	<p>Mini Garden Science (2yrs) 9-10                      Smart Bites (3-5yrs) 11-12</p>	<p>Garden Science (3-4yrs) 9:00-10:00                      Jump Bunch (3yrs) 1:00-2:00</p>	<p>Social Skills (3-5yrs) 9:30-10:30                      Story Time &amp; Art (2-5yrs) 11-12</p>
				<p>Parent Classes in Blue                      Children Classes in Green                      Events in purple                      Scan the QR code to enroll</p>	

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

# **Delta First 5 Center**

## **Class and Event Descriptions**

### **May/ June 2025**

Delta First 5 Center



#### **Baby Signs- Tuesdays**

**(In Person) 6mo-16mo**

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.

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

**(In Person) 4-5yrs**

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 TK – Wednesdays**

**(In Person) 3-4yrs**

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

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

**(In Person) 1-2yrs**

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

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

**(Adult) Virtual**

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's Box Car Show – 06/18/2025**

**(In Person) All ages**

We hope that you stop by and join us for our Father's day event. Everyone will get the chance to help build cars out of box with their dads. It will be a special event.

#### **Music & Movement - Thursdays**

**(In Person) 2yrs**

This energetic class gets toddlers moving, dancing, and singing! With fun songs, instruments and playful movements, children will develop coordination, rhythm and early listening skills all while having lots of fun.

#### **EB Parks Naturals present Plants Event**

**(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 Plants. They might even bring some leafy friends with them.

### **Fitness and 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 - 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.

### **Garden Science- Fridays**

***(In Person) 3-4yrs***

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- Fridays**

***(In Person) 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- Tuesdays**

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

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.

### **Mini Garden Science- Thursdays**

***(In Person) 2-3yrs***

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 from 2-3 years old will get a chance to work hands on in our garden and use what they grow in various ways.

### **Muffins with Moms Event – 05/09/2025**

***(In person) All ages***

Come help us celebrate moms and all they do for us each and every day. We will have muffins, activities, of course music and more.

### **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.

### **Potty Training Sp. & Eng.– Wednesdays**

*(Virtual & In Person) 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.

### **Ready for Learning Sp.– Mondays**

*(In person) 3yrs*

Children will be introduced to the concepts of colors, shapes, and letters. Research shows that children who learn a second language exhibit better problem-solving skills, language development, and overall success in school.

### **Recycled Art – Wednesdays**

*(In person) All ages*

We're celebrating and honor the earth to demonstrate support and take action to make a positive impact on the environment.

### **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 TK- Wednesdays**

### *(In Person) Adults*

This class is designed to help parents prepare for their children'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.

### **Smart Bites-Thursdays**

*(In Person) 3yrs*

In this class children will learn about the healthy plate. They will have the opportunity to prepare healthy meals and then they will taste.

### **Summer Story Time with Tandem – Fri.**

*(In Person) Adults*

Come and join Tandem as they share fun stories to read during the summer

### **Social Skills- Saturdays**

*(In Person) 3-5yrs*

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.

### **Songs, Stories, & Sign Language- Wednesdays**

*(In Person) 3-5yrs*

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.

### **STEM with Contra Costa Libraries**

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

Come explore the world of STEM (science, technology, engineering, and mathematics with the Contra Costa Libraries through fun educational activities).

**Story Time & Art- Saturdays**

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

In the class, families will listen and interact with stories and songs. Then families will have the opportunity to engage in activities that will reflex the stories they heard.

**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.

**Walking and Nutrition-Wednesdays**

***(In Person) Adults***

In this class we will be discussing the importance of good health. The adults will be introduced to the benefits of walking for exercise as we take a walk around downtown and learn about highlighted nutritional foods.

**Wiggly Ones- Mondays**

***(In Person) 1yrs***

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 – Tuesdays**

***(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...