

| Monday                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                   | Saturday                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|                                                                                                                                                                    | 1                                                                                                                                                                                                                                                                                                                                       | 2                                                                                                                                                                                                                                             | 3                                                                                                                                                                                                                                          | 4                                                                                                                                                                                                                        | 5                                                                                        |
| CLOSED 7                                                                                                                                                           | 8<br><b>Session Begins</b><br>Help Me Grow<br>(By Invite) 9-10<br>Bright & Beyond AM<br>(1-2yrs) 10-11<br>Help Me Grow<br>(By Invite) 11-12<br>Zumbini<br>(3yrs) 12-1<br>Bright & Beyond PM<br>(1-2yrs) 1-2<br>Story Time Plus<br>(3yrs) 3-4<br>Count and Match with<br>Ms. Bernice<br>(3-5yrs) 4:30-5:30                               | 9<br>Kinder Readiness<br>(4-5yrs) 9-10<br>Sensory Art AM<br>(2-3yrs) 10-11<br>Sensory Art PM<br>(2-3yrs) 2:30-3:30<br>Stories, Songs and<br>Sign Language<br>(4-5yrs) 4-5                                                                     | 10<br>CLOSED                                                                                                                                                                                                                               | 11<br>CLOSED                                                                                                                                                                                                             | 12<br>CLOSED                                                                             |
| 14<br>Belly Dancing &<br>Nutrition<br>(Adults) 9-10<br>Baby Signs<br>(6-16mos) 10-11<br>Ready for Learning<br>(3yrs) 12-1<br>Ready for Learning Sp.<br>(3-yrs) 3-4 | 15<br>Help Me Grow<br>(By Invite) 9-10<br>Bright & Beyond AM<br>(1-2yrs) 10-11<br>Help Me Grow<br>(By Invite) 11-12<br><b>Food Distribution<br/>Event (Adults) 12-2pm</b><br>Zumbini<br>(3yrs) 12-1<br>Bright & Beyond PM<br>(1-2yrs) 1-2<br>Story Time Plus<br>(3yrs) 3-4<br>Count and Match with<br>Ms. Bernice<br>(3-5yrs) 4:30-5:30 | 16<br>Kinder Readiness<br>(4-5yrs) 9-10<br>Sensory Art AM<br>(2-3yrs) 11-12<br>Sensory Art PM<br>(2-3yrs) 2:30-3:30<br>Stories, Songs and<br>Sign Language<br>(4-5yrs) 4-5                                                                    | 17<br>Garden Science<br>(3-4yrs) 9-10<br>Dino Adventures AM<br>(2yrs) 11-12<br>Dino Adventures PM<br>(3yrs) 2:30-3:30<br>Virtual Make<br>Parenting A Pleasure<br>(Adults 5-6)                                                              | 18<br>Unidas Por Un<br>Proposito<br>(Adults) 9-10:30<br>Mini Garden Science<br>(2yrs) 9-10<br>Build with Me<br>(3-4yrs) 10-11<br><b>STEM with CC<br/>Libraries Event<br/>(All Ages) 11-12</b><br>Jump Bunch<br>(3yr) 1-2 | 19<br>Recycled Art<br>(3-5yrs) 9:30-10:30<br><b>Dad &amp; Me Time<br/>(2-5yrs) 11-12</b> |
| 21<br>Belly Dancing &<br>Nutrition<br>(Adults) 9-10<br>Baby Signs<br>(6-16mos) 10-11<br>Ready for Learning<br>(3yrs) 12-1<br>Ready for Learning Sp.<br>(3-yrs) 3-4 | 22<br>Help Me Grow<br>(By Invite) 9-10<br>Bright & Beyond AM<br>(1-2yrs) 10-11<br>Help Me Grow<br>(By Invite) 11-12<br>Zumbini<br>(3yrs) 12-1<br>Bright & Beyond PM<br>(1-2yrs) 1-2<br>Story Time Plus<br>(3yrs) 3-4<br>Count and Match with<br>Ms. Bernice<br>(3-5yrs) 4:30-5:30                                                       | 23<br>Kinder Readiness<br>(4-5yrs) 9-10<br>Sensory Art AM<br>(2-3yrs) 11-12<br>Sensory Art PM<br>(2-3yrs) 2:30-3:30<br>Stories, Songs and<br>Sign Language<br>(4-5yrs) 4-5                                                                    | 24<br>Garden Science<br>(3-4yrs) 9-10<br><b>Virtual Coffee<br/>with the CRS<br/>(Adults) 10-11</b><br>Dino Adventures AM<br>(2yrs) 11-12<br>Dino Adventures PM<br>(3yrs) 2:30-3:30<br>Virtual Make<br>Parenting A Pleasure<br>(Adults 5-6) | 25<br>Unidas Por Un<br>Proposito<br>(Adults) 9-10:30<br>Mini Garden Science<br>(2yrs) 9-10<br>Build with Me<br>(3-4yrs) 10-11<br>Jump Bunch<br>(3yr) 1-2                                                                 | 26<br>Recycled Art<br>(3-5yrs) 9:30-10:30                                                |
| 28<br>Belly Dancing &<br>Nutrition<br>(Adults) 9-10<br>Baby Signs<br>(6-16mos) 10-11<br>Ready for Learning<br>(3yrs) 12-1<br>Ready for Learning Sp.<br>(3-yrs) 3-4 | 29<br>Help Me Grow<br>(By Invite) 9-10<br>Bright & Beyond AM<br>(1-2yrs) 10-11<br>Help Me Grow<br>(By Invite) 11-12<br>Zumbini<br>(3yrs) 12-1<br>Bright & Beyond PM<br>(1-2yrs) 1-2<br>Story Time Plus<br>(3yrs) 3-4<br><b>Parent Café<br/>Adults 2:30-3:30</b><br>Count and Match with<br>Ms. Bernice<br>(3-5yrs) 4:30-5:30            | 30<br>Kinder Readiness<br>(4-5yrs) 9-10<br>Sensory Art AM<br>(2-3yrs) 11-12<br><b>Virtual Potty Training<br/>Workshop Sp.<br/>(Adults) 2-3</b><br>Sensory Art PM<br>(2-3yrs) 2:30-3:30<br>Stories, Songs and<br>Sign Language<br>(4-5yrs) 4-5 | 31<br>Garden Science<br>(3-4yrs) 9-10<br>Dino Adventures AM<br>(2yrs) 11-12<br>Dino Adventures PM<br>(3yrs) 2:30-3:30<br>Virtual Make<br>Parenting A Pleasure<br>(Adults 5-6)                                                              | Parent Classes in Blue<br>Children Classes in Green<br>Events in purple<br>Scan the QR code to<br>enroll                            |                                                                                          |

## **Delta First 5 Center**

### **Class and Event Descriptions**

### **July/August 2025**

Delta First 5 Center



#### **Baby Signs- Mondays**

**(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.

#### **Build with Me- Fridays**

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

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.

#### **Bright & Beyond – Tuesdays**

**(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 and Me Time- Saturdays**

**(In Person) All Ages**

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.

#### **Dino Adventures- Thursdays**

**(In Person) 3yrs**

In this class we will take a journey back millions of years ago to a time where Dinosaurs ruled the world! We'll have fun activities that will teach children about the different types of dinosaurs; behaviors, diet, habitat, are just some of the things we'll explore. So come learn about the prehistoric world.

#### **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- Thursdays**

**(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

### **Kinder Readiness - Wednesdays**

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

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.

### **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.

### **Make Parenting a Pleasure – Thursdays**

**(Virtual) – Adults**

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

### **Mini Garden Science- Fridays**

**(In Person) 2yrs**

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.

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

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

This is an 18 weeks 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.

### **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.

### **Ready for Learning Eng.- Mondays**

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

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

### **Recycled Art – Saturdays**

#### **(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.

### **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 Plus- Tuesdays

*(In Person) 3yrs*

This class includes engaging story reading, songs, and hands-on arts and crafts activities that encourage creativity and support early literacy. Families also can borrow a **Tandem Book Bag**, which includes 4 age-appropriate books to enjoy reading together at home. Bags need to be return to get another one each week. This class will help with reading habits.

### Sensory Art- 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.

### Unidas Por Un Proposito - Fridays

*(In Person) Adults*

United for a Purpose- Spanish only-in person-Fridays 9:00am-10:30am. United for a Purpose is a class that has an initiative filled with love for the human being and with a valuable purpose: the internal recognition, love, and respect that one must have for oneself to shine with one's own light

### 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...