

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>	1 Danzability (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Make Parenting a Pleasure English (Adults) 2-3:30 Mini Fall Science (2-3yrs) 3-4	2 Wiggle Ones (1yr) 9-10 Terrific Toddlers (2yrs) 11-12 Ready for Learning (3yrs) 3-4	3 Unidas Por un Propósito (Adults) 9-10:30 Baby Signs (8-18mos) 9:30-10:30 Jump Bunch (3yr) 1-2 Gross Motor Play (3yrs) 3:30-4:30	4 Fall Art (2-5yrs) 9:30-10:30
6 Bloom and Wellness for Moms (Adults) 9:30-10:30 Drop In Fall Art (All Ages) 10-11 Ready for Learning in Spanish (3yrs) 3-4 Road Map to Kindergarten Virtual (Adults) 3-4 Virtual Triple P (Adults) 6-8	7 Help Me Grow (By Invite) 9-10 Fall Science (3yrs) 10-11 Helo Me Grow (By Invite) 11-12 Zumbini (3yrs) 12-1 Food Distribution Event (Adults) 12-2 Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Sp. (Adults) 5:30-8	8 Danzability (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Make Parenting a Pleasure English (Adults) 2-3:30 Mini Fall Science (2-3yrs) 3-4	9 Wiggle Ones (1yr) 9-10 Coffee with the CRS (Adults) 10-11 Terrific Toddlers (2yrs) 11-12 Ready for Learning (3yrs) 3-4 	10 Unidas Por un Propósito (Adults) 9-10:30 Baby Signs (8-18mos) 9:30-10:30 Jump Bunch (3yr) 1-2 Gross Motor Play (3yrs) 3:30-4:30	11 Fall Art (2-5yrs) 9:30-10:30
13 Bloom and Wellness for Moms (Adults) 9:30-10:30 Drop In Fall Art (All Ages) 10-11 Ready for Learning in Spanish (3yrs) 3-4 Road Map to Kindergarten Virtual (Adults) 3-4 Virtual Triple P (Adults) 6-8	14 Help Me Grow (By Invite) 9-10 Fall Science (3yrs) 10-11 Helo Me Grow (By Invite) 11-12 Zumbini (3yrs) 12-1 Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Sp. (Adults) 5:30-8	15 Enrollment Begins Danzability (3yrs) 9:30-10:30 Read Aloud with Tandem (All Ages) 11-12 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Make Parenting a Pleasure English (Adults) 2-3:30 Mini Fall Science (2-3yrs) 3-4	16 Wiggle Ones (1yr) 9-10 Terrific Toddlers (2yrs) 11-12 Ready for Learning (3yrs) 3-4	17 Unidas Por un Propósito (Adults) 9-10:30 Baby Signs (8-18mos) 9:30-10:30 STEM with CC Libraries (All Ages) 11-12 Jump Bunch (3yr) 1-2 Gross Motor Play (3yrs) 3:30-4:30	18 Fall Art (2-5yrs) 9:30-10:30 Dad & Me Time (2-5yrs) 11-12
20 Virtual Triple P (Adults) 6-8	21 Food Distribution Event (Adults) 12-2 Nurturing Parents Sp. (Adults) 5:30-8	22 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Virtual Potty-Training Workshop English (Adults) 2:30-3:30	23 Parent Café (Adults) 10-11	24 CLOSED	25
27 Virtual Triple P (Adults) 6-8	28 Fall Fest Event (All Ages) 10-12 Nurturing Parents Sp. (Adults) 5:30-8	29 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30	30	31 	

Delta First 5 Center **Class and Event Descriptions** **September/ October 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.

Bloom and Wellness for Moms with Hind – Mondays

(In Person) Adults

Hind's Bloom and Wellness for Moms provide a supportive space for mothers to explore the ways stress impacts both mental and physical health. Through these classes, moms learn to identify stress triggers, gain practical tools for managing daily pressures, and develop coping strategies that promote resilience and well-being. It's a chance to build a personalized toolbox of techniques to handle life's challenges with confidence and balance.

Bridge to Kindergarten - Wednesday

(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

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.

Danzability – Wednesdays

(In Person) 3yrs

In this class children and families will get a chance to explore different types of dance from all around the world for any abilities. This class will be offered bilingual and will engage families to explore their physical skills through movement.

Drop In Fall Art!- Mondays

(In Person) All Ages

This drop in will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, and intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

Fall Science – Tuesdays

(In Person) 3yrs old

This class offers the opportunity to engage with nature and discover the science behind seasonal changes. Through hands-on activities and exploration, children can learn about the world around them in a fun and interactive way.

Mini Fall Science – Wednesdays

(In Person) 2-3yrs old

This class offers the opportunity to engage with nature and discover the science behind seasonal changes. Through hands-on activities and exploration, children can learn about the world around them in a fun and interactive way.

Fall Art – Saturdays

(In Person) 2-5yrs old

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, and intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

Fall Fest – Tuesday Oct. 28th

(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

Father and Family Social Event at Pixieland Park in Concord

(In Person) All Ages

Fathers must be present to attend. Join us for an exciting day out with the entire family. We will provide tickets for activities and food for the day. Pre-registration is required, and space is limited.

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.

Gross Motor Skills – Fridays

(In Person) 2-5yrs old

In this class children will get a chance to explore using their big muscles through activities such as jumping, kicking, throwing and more. Families will discover ways to encourage children building these large muscle groups to help develop and grow.

EB Parks Naturals present Birds Event

(In Person) All Ages

Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of birds. They might even bring some friends with them.

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.

Infant Massage Workshop– Thursdays

(Virtual) Adults

Infant massage offers a way to enhance the connection between infants and their parents. Parents will learn about different stroking movements that stimulate an infant's growth and development, help soothe common discomforts, and promote restful sleep.

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.

Make Parenting a Pleasure Eng. – Thursdays

(In person) – Adults

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

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 - Thursdays

(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) 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.

Read Aloud with Tandem

(In Person) All Ages

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

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.- Thursdays

(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.

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.

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).

Terrific Toddlers- Thursdays

(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.

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.

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

Vitality Workshop – Thursdays

(Virtual) Adults

In this workshop we will have conversations about working together to create a sustainable future for families bridging generations and community together.

Wiggly Ones – Thursdays

(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...