

# WEST COUNTY FIRST 5 CENTER: SEPTEMBER 2025

2707 Dover Avenue, San Pablo, CA 94806 (510) 232-5650

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|---|--|--|--|
| <b>CENTER CLOSED</b><br>   | <b>1</b><br><b>Nurturing Parents (ENG)</b><br>5:30-7:00 pm  | <b>2</b><br><b>Onesies (12-23m)</b><br>10:30-11:30 am<br><b>Tiempo de Te (SPAN)</b><br>1:00-2:30 pm   | <b>3</b><br><b>Art with Heart (2-3y)</b><br>10:00-11:00 am<br><b>Art Masters (2-3y)</b><br>12:30-1:30 pm   | <b>4</b><br><b>Tiny Sparks (1-2y)</b><br>9:15-10:15 am<br><b>Nature Surrounds Me (2-3y)</b> 10:00-11:00 am   | <b>5</b><br><b>Story Train w/ Mr. Ty (2-5y)</b><br>10:00-10:45 am<br><b>Read Aloud w/ Mr. Ty (0-5y)</b><br>11:00-12:00 pm<br><b>Tiempo de Te Event</b><br>9:00-12:00 pm  |
| <b>8</b><br><b>Help Me Grow Developmental Playgroup (1.5-5y)</b><br>9:15am-10:15 am  | <b>9</b><br><b>Grandparents' Day Celebration</b><br>10:00-11:00 am<br><b>Nurturing Parents (ENG)</b><br>5:30-7:00 pm  | <b>10</b><br><b>Swap</b><br>10:00-11:00 am<br><b>Fatherhood Group</b><br>4:30-6:00pm  | <b>11</b><br><b>Storytime w/ Bella (2-5y)</b><br>11:00-12:00 pm  | <b>12</b><br><b>The Power of the Early Years w/ Ms. Mayte (SPA)</b><br>2:00-3:30 pm  | <b>13</b><br><b>The Village Gathering</b><br>11:00-12:00 pm  |
| <b>15</b><br><b>Help Me Grow Developmental Playgroup (1.5-5y)</b><br>9:15am-10:15 am<br><b>Baby Zumbini (11-23m)</b><br>9:30-10:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>10:30-11:30 am<br><b>Zumbini (2-3y)</b><br>10:30-11:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>12:00-1:00 pm<br><b>Happy Hearts (2-3y)</b><br>12:30-1:30 pm | <b>16</b><br><b>Snuggles &amp; Cuddles (0-10m)</b><br>9:30-10:30 am<br><b>Roadmap to Kinder (4y)</b><br>10:00-11:30 am<br><b>Rising Stars (3-5y)</b><br>11:30-12:30 pm<br><b>Rainbow Art (2-3y)</b><br>1:00-2:00 pm<br><b>Tiny Creators (3-5yr)</b><br>2:00-3:00 pm<br><b>Nurturing Parents (ENG)</b><br>5:30-7:00 pm | <b>17</b><br><b>My Sensory World (12-23m)</b><br>9:30-10:30 am<br><b>World of Imagination (2-3y)</b><br>10:00-11:00 am<br><b>Baby Signs (6-23m)</b><br>11:30-12:30 pm<br><b>Nutrition Workshop</b><br>11:00-12:00 pm<br><b>Harvest Hooray! (2-3y)</b><br>1:00-2:00 pm<br><b>Tiempo de Te (SPAN)</b><br>1:00-2:30 pm<br><b>Fatherhood Group</b><br>4:30-6:00pm | <b>18</b><br><b>Amazing Creations (2-3y)</b><br>9:30-10:30 am<br><b>Mindful Movement (3-5y)</b><br>10:00-11:00 am<br><b>The Village (ENG)</b><br>10:30-11:30 am<br><b>Peekaboo Baby (0-12m)</b><br>11:30-12:30 pm<br><b>Art Masters (2-3y)</b><br>12:30-1:30 pm<br><b>Melody Makers (1-2y)</b><br>1:30-2:30 pm | <b>19</b><br><b>I Spy Nature (2-3y)</b><br>9:30-10:30 am<br><b>Choo-Choo Express! (12-23 m)</b><br>11:15-12:15 pm<br><b>Choo-Choo Express! (12-23m)</b><br>12:30-1:30 pm | <b>20</b><br><b>Story Train w/ Mr. Ty (2-5y)</b><br>10:00-10:45 am<br><b>Art Studio (2-5y)</b><br>10:00-11:00 am<br><b>Read Aloud w/ Mr. Ty (0-5y)</b><br>11:00-12:00 pm<br><b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b><br>12:00-1:00 pm |
| <b>22</b><br><b>Help Me Grow Developmental Playgroup (1.5-5y)</b><br>9:15am-10:15 am<br><b>Baby Zumbini (11-23m)</b><br>9:30-10:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>10:30-11:30 am<br><b>Zumbini (2-3y)</b><br>10:30-11:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>12:00-1:00 pm<br><b>Happy Hearts (2-3y)</b><br>12:30-1:30 pm | <b>23</b><br><b>Snuggles &amp; Cuddles (0-10m)</b><br>9:30-10:30 am<br><b>Roadmap to Kinder (4y)</b><br>10:00-11:30 am<br><b>Rising Stars (3-5y)</b><br>11:30-12:30 pm<br><b>Rainbow Art (2-3y)</b><br>1:00-2:00 pm<br><b>Tiny Creators (3-5yr)</b><br>2:00-3:00 pm<br><b>Nurturing Parents (ENG)</b><br>5:30-7:00 pm | <b>24</b><br><b>My Sensory World (12-23m)</b><br>9:30-10:30 am<br><b>World of Imagination (2-3y)</b><br>10:00-11:00 am<br><b>Baby Signs (6-23m)</b><br>11:30-12:30pm<br><b>Harvest Hooray! (2-3y)</b><br>1:00-2:00 pm<br><b>Tiempo de Te (SPAN)</b><br>1:00-2:30 pm<br><b>Fatherhood Group</b><br>4:30-6:00pm   | <b>25</b><br><b>Amazing Creations (2-3y)</b><br>9:30-10:30 am<br><b>Mindful Movement (3-5y)</b><br>10:00-11:00 am<br><b>The Village (ENG)</b><br>10:30-11:30 am<br><b>Peekaboo Baby (0-12m)</b><br>11:30-12:30 pm<br><b>Art Masters (2-3y)</b><br>12:30-1:30 pm<br><b>Melody Makers (1-2y)</b><br>1:30-2:30 pm | <b>26</b><br><b>I Spy Nature (2-3y)</b><br>9:30-10:30 am<br><b>Choo-Choo Express! (12-23 m)</b><br>11:15-12:15 pm<br><b>Choo-Choo Express! (12-23m)</b><br>12:30-1:30 pm | <b>27</b><br><b>Story Train w/ Mr. Ty (2-5y)</b><br>10:00-10:45 am<br><b>Art Studio (2-5y)</b><br>10:00-11:00 am<br><b>Read Aloud w/ Mr. Ty (0-5y)</b><br>11:00-12:00 pm<br><b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b><br>12:00-1:00 pm |
| <b>29</b><br><b>Help Me Grow Developmental Playgroup (1.5-5y)</b><br>9:15am-10:15 am<br><b>Baby Zumbini (11-23m)</b><br>9:30-10:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>10:30-11:30 am<br><b>Zumbini (2-3y)</b><br>10:30-11:15 am<br><b>Fantastic Fall (2.5-3y)</b><br>12:00-1:00 pm<br><b>Happy Hearts (2-3y)</b><br>12:30-1:30 pm | <b>30</b><br><b>Snuggles &amp; Cuddles (0-10m)</b><br>9:30-10:30 am<br><b>Roadmap to Kinder (4y)</b><br>10:00-11:30 am<br><b>Rising Stars (3-5y)</b><br>11:30-12:30 pm<br><b>Rainbow Art (2-3y)</b><br>1:00-2:00 pm<br><b>Tiny Creators (3-5yr)</b><br>2:00-3:00 pm<br><b>Nurturing Parents (ENG)</b><br>5:30-7:00 pm |   | <b>CLASS SIGN-UPS</b><br>  | <b>CENTER HOURS</b><br>MON, WED, THURS<br>FRI:<br>9:00AM-5:00PM<br>TUES:<br>9:00AM-7:30PM<br>SAT:<br>9:30AM-1:30PM   | <b>PLAYROOM HOURS</b><br>TUES: 2-4PM<br>WED: 2-4PM<br>THURS: 2-4PM<br>FRI: 2-4PM<br>SAT: 9:30AM-1:30PM   |

HIGHLIGHTED = Virtual Classes SPAN = Spanish parent classes ENG = English parent classes

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## Class Descriptions

2707 Dover Avenue, San Pablo, CA 94806 (510) 232-5650

### CHILD CLASSES

#### **Amazing Creations (2-3 years)**

It is wonderful to see what our children can do when we allow them to express themselves freely. Through this art class children will practice self-expression, self-regulation, language skills and their fine-motor skills as they have fun exploring using different mediums of art, different textures, and colors!

#### **Art Masters (2-3 years)**

Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!

#### **Art Studio (2-5 years)**

Explore the joy of transformation and discovery through art using a variety of materials and techniques to create works of art inspired by color, shape and line. Children will learn the importance of cooperation, self-help and responsibility as they work together to create a shared art experience. The *process* of art-making is emphasized over the product!

#### **Baby Signs (6-23 months)**

Baby Signs teaches signing through songs and games. Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family.

#### **Baby Zumbini (11-23 months)**

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.

#### **Rising Stars (3-5 years)**

Big energy, big imagination! This class is all about trying new things, having fun, and exploring together. From active play to creative projects, families will enjoy quality time while children use their energy in exciting and positive ways.

#### **Choo-Choo Express! (12-23 months)**

This is a space to explore, learn, and grow. Participants will embark on a journey to discover their fullest potential. Along the way, we will learn together how to develop motor, language, thinking, and communication skills. If you want to play, have fun, and make new friends, you've arrived at the right station—it's time to hop aboard! Choo, choo!!

#### **Fantastic Fall (2.5-3 years)**

Join us this Fall for a class filled with seasonal activities designed to spark creativity, exploration, and connection. Families will enjoy sensory play, hands-on art projects, and special family time together—all inspired by the colors and wonders of fall.

#### **Happy Hearts (2-3 years)**

Curiosity leads the way in this fun and engaging class! Children and families will explore, create, and discover through hands-on activities that spark imagination and encourage learning. Every session is a chance to enjoy time together while letting little ones' sense of wonder shine.

#### **Harvest Hooray! (2-3 years)**

Celebrate the season with creativity! In this art-based class, children and families will explore fall-inspired activities that spark imagination and joy. Together, we'll enjoy hands-on fun, colorful projects, and time to connect while embracing the spirit of autumn.

#### **Help Me Grow Developmental Playgroup (1.5-5 years)**

These playgroups support child development, offer social interaction, and give parents tips for addressing developmental challenges. Referrals are based on First 5 developmental screenings—ask a First 5 Center staff member to request one.

#### **I Spy Nature (2-3 years)**

Nature and natural items provide infinite benefits to children: a sense of beauty and calmness; exposure to things that are alive and growing; increased curiosity and exploration. Imagination increases the fun as children use natural items to create stories and play.

#### **Johnnie Greenstock & the 4 P's of Nutrition (3-5 years)**

Through his special book and fun activities, "Johnnie Greenstock" helps parents and children easily connect the four pillars of nutrition: Planting, Plate, Palate, and Play. The four pillars help parents and children identify the basics of nutrition through connecting seeds to food, preparation of fruit and vegetables, and how food is turned into energy for play and exercise. In short, without seed we will not have food on our plates, our palates will not be pleased, and we will not have energy for play.

#### **Melody Makers (1-2 years)**

A class filled with music, movement, and fun! Children and families will explore rhythm, sound, and song through playful activities that inspire creativity and togetherness. It's the perfect space to enjoy music while making lasting memories.

#### **Mindful Movement (3-5 years)**

Families will practice how to be present and focused on the "now" through movement, music and more!

#### **My Sensory World (12-23 months)**

One year olds learn and discover best through their senses! Children will delight in sensory activities that will also highlight words like "squishy", "scented", "smooth", "sour," "floral", "textured" and more!

#### **Peekaboo Baby (0-12 months)**

It's playtime with your baby! You have everything you need to sing, hug, tickle, and play with your baby while learning how to increase the baby's language and self identity.

#### **Rainbow Art (2-3 years)**

Let's give children the opportunity to recreate the colors they see in their world. They'll use a rainbow of art materials to express themselves, from markers to homemade paints using natural materials.

#### **Read Aloud with Mr. Ty (0-5 years)**

Join the Amazing Mr. Ty for fun virtual storytelling and circle time sessions for Black and African American children ages 0-5. These read-alouds support language, literacy, and cognitive development through songs, books, and family interactions.

#### **Roadmap to Kinder (4 years)**

Journey with us on the Roadmap to Kindergarten. Parents will review topics including K entry requirements, social skills and practicing responsibility, healthy habits, safety, feelings, partnering with your child's teacher, practicing routines and separation, standards, and more. This class is for children entering kindergarten next year.

#### **Snuggles & Cuddles - Infant Massage (0-10 months)**

Infant massage and cuddling boost social skills like confidence, empathy, and stress management. Parents will learn how to nurture these through massage, songs, and playtime

#### **Story Train with Mr. Ty (2-5 years)**

Join Mr. Ty for a fun storytime with stories, fingerplays, and interactive games! Children will explore creativity, routines, and sharing ideas with friends.

#### **Tiny Creators (3-5 years)**

A space made just for little artists! In this class, children will get to explore their creativity through playful, hands-on activities. With plenty of opportunities to imagine, build, and create, families can enjoy quality time together while little ones express themselves in fun and colorful ways.

#### **World of Imagination (2-3 years)**

Step into a world of creativity! In this class, children and families will dive into hands-on activities that encourage self-expression, play, and big ideas. It's all about exploring together, having fun, and letting imaginations run free.

#### **Zumbini (2-3 years)**

Yay for Zumbini! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun!

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## Class Descriptions

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### PARENT CLASSES

#### Fatherhood Group

Calling all dads and father figures! Join us for a fun and supportive group just for you. This is a space to connect with other dads, share laughs, swap stories, and explore the ups and downs of parenting together. Whether you're a new dad or a seasoned pro, come hang out, get inspired, and enjoy some time dedicated to fatherhood—because dads deserve it too!

#### Nurturing Parents (ENG)

This program focuses on recognizing and understanding feelings, handling stress, communication, and child development. For parents of children ages 0-5 years. Dinner and childcare provided.

#### VIRTUAL: Stepping Stones (ESP)

Stepping Stones Triple P has been developed for parents with children with a disability. It has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behavior.

#### VIRTUAL: The Village (ENG)

Black parenting is a unique experience with challenges and joys, and "The Village" offers support for all caregivers. Share strategies, explore identity, and build community through conversations, support, and self-care activities.

#### VIRTUAL: Tiempo de Té (SPAN)

Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.

**HIGHLIGHTED** = Virtual Classes **SPAN** = Spanish parent classes **ENG** = English parent classes

### COMMUNITY EVENTS

**Grandparents' Day Celebration:** September 9th, 10:00-11:00 am

**Swap:** September 10th, 10:00-11:00 am

**Storytime w/ Bella:** September 11th 11:00-12:00 pm & October 15th, 12:30-1:30 pm

**The Power of the Early Years w/ Ms. Mayte (SPA):** September 12th, 2:00-3:30 pm

**The Village Gathering:** September 13th, 11:00-12:00 pm

**Nutrition Workshop:** September 17th and October 29th, 11:00-12:00 pm

**Diaper Distribution:** October 8th, 9:00-12:00 pm

**Fall Festival:** October 31st, 10:00-12:00 pm