

Antioch First 5 Center



Antioch First 5 Center

November 2025

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

Lunch Closure Monday-Friday
12:45-1:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
Session Begins Tummy Time and Music (6-12mos) 10-11 Creating Routines with Love in Spanish (Adults) 11:30-12:30 Let's Count and Match Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30	Holiday Art (3yrs) 9-10 Zumbini (2-3yrs) 11-12 Food Distribution (Adults) 11-12:30 Bright and Beyond (1-2yrs) 3:30-4:30 Virtual Office Hours 5-6:30	Math Adventures (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Colors (2-3yrs) 2-3 Make Parenting a Pleasure Spanish Virtual (Adults) 2:30-4:30 Road Map to Kindergarten Virtual (Adults) 5-6 Virtual Father's Circle (Adults) 6pm	Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30	Mini Disco in Spanish (3-5yrs) 9:30-10:30 Seasonal Crafting with My Child (3-5yrs) 2-3	Super Saturday Surprise Class (2-5yrs) 9:30-10:30
10	11	12	13	14	15
Tummy Time and Music (6-12mos) 10-11 Creating Routines with Love in Spanish (Adults) 11:30-12:30 Let's Count and Match Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30 Virtual Futuro Healthcare Opportunities Orientation (Adults) 6-7:30pm	CLOSED	Math Adventures (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Colors (2-3yrs) 2-3 Make Parenting a Pleasure Spanish Virtual (Adults) 2:30-4:30 Road Map to Kindergarten Virtual (Adults) 5-6	Virtual Coffee with the CRS (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30	Mini Disco in Spanish (3-5yrs) 9:30-10:30 Parents Café (Adults) 11-12:30 Seasonal Crafting with My Child (3-5yrs) 2-3	Super Saturday Surprise Class (2-5yrs) 9:30-10:30
17	18	19	20	21	22
Tummy Time and Music (6-12mos) 10-11 Creating Routines with Love in Spanish (Adults) 11:30-12:30 Let's Count and Match Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30	Holiday Art (3yrs) 9-10 Zumbini (2-3yrs) 11-12 Food Distribution (Adults) 11-12:30 Bright and Beyond (1-2yrs) 3:30-4:30 Virtual Office Hours 5-6:30	Math Adventures (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Colors (2-3yrs) 2-3 Make Parenting a Pleasure Spanish Virtual (Adults) 2:30-4:30 Road Map to Kindergarten Virtual (Adults) 5-6	Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30	Mini Disco in Spanish (3-5yrs) 9:30-10:30 Seasonal Crafting with My Child (3-5yrs) 2-3	Super Saturday Surprise Class (2-5yrs) 9:30-10:30
24	25	26	27	28	29
Scan QR code to register →		CLOSED	CLOSED	CLOSED	CLOSED

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

For Virtual Office Hours Mondays & Tuesdays 5-6:30pm call Rhea at 925-783-9199 or Chelsea at 925-758-0202

Antioch First 5 Center

Class and Event Descriptions

November/December 2025

Antioch First 5 Center



In partnership with:



Tummy Time & Music - Mondays

(In Person) 6-12m

This class will give you the opportunity to spend some time with your child doing tummy time. Tummy time helps to strengthen muscles in the neck, back, arms, shoulders, and legs. You will get the chance to connect with other families while participating in various activities.

Creating Routines with Love (Spanish) - Mondays

(In person) Adults

This class is for families with children ages 0–5 and focuses on building positive daily routines at home. Using the Picture Exchange Communication System (PECS), children learn to express their needs through pictures while parents create supportive, structured routines. The goal is to encourage communication, positive behavior, and language development in young children.

Let's Count & Match with Ms. Bernice- Mondays

(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.

Holiday Art- Tuesdays

(In Person) 3yrs

Come and join us for a fun and creative class. In this class you and your child will engage with different seasonal art activities

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.

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. The cards provide intriguing, age specific activities that promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

Math Adventures– Wednesdays

(In Person) 3yrs

This class helps children build an understanding of basic math concepts in the context of their everyday lives. Children and parents will have the opportunity to count, explore shapes, practice patterning, and play

Colors - Wednesdays

(In Person) 2-3yrs

This class focused on colors will involve hands-on activities that introduce and reinforce color recognition through play. This includes sorting objects by color, creating art with different colored materials, and using everyday items to identify and name colors.

Make Parenting A Pleasure (Spanish) - Wednesdays

(Virtual) Adults

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

Road Map to Kindergarten - Wednesday

(Virtual) 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. This class begins in the Fall and continues through the spring.

Bridge to Kindergarten – Thursdays – CLASS FULL

(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. This class begins in the Fall and continues through the spring.

Road Map to Kindergarten – Thursdays - CLASS FULL

(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. This class begins in the Fall and continues through the spring.

Mini Disco in Spanish - Fridays

(In person) 2-3 yrs

In this class you, your child and the dance will form a strong special bond. At the same time your little one exercises his/her muscles and memory. Develops coordination, balance and body/spatial awareness skills. Join us to dance with the best dance partner your little one can have. Come strengthen ties, create new memories with them and invite your inner child to the party. Dance is a universal language, come express all that love that exists between you by dancing.

Seasonal Crafting with my Child - Fridays

(In person) 3-5 yrs

Come and join us for a fun and creative class. In this class you and your child will engaged and do different seasonal crafts activities.

Super Saturday Surprise Class - Saturdays

(In person) 2-5 yrs

Join us for our Super Saturday Surprise Class! Each week brings a new fun-filled activity for parents and children ages 2–5 to enjoy together. From creative crafts to playful games, you never know what exciting surprise awaits

Food Distribution – November 4 & 18, December 2 & 16

(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.

Virtual Father Circle – November 5, December 3

(Virtual) Adults

A safe and supportive space for Contra Costa County fathers with a baby under one or on the way to connect, share, and grow in confidence together.

Virtual Allied Healthcare Workers Training – November 10

(Virtual) Adults

Join us for an informative presentation from SEIU-UHW to learn about exciting opportunities to start your career as an allied healthcare worker through their training program.

Coffee with CRS – November 13 & December 11

(Virtual) Adults

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, Chelsea & Rocio.

Parent Cafe – November 14 & December 12

(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.

Gift Distribution - December 16-18 by appointment only

Sign up to receive one gift per family during this year's Holiday Gift Drive! Must sign up before October 22 during November/December 2025 class enrollment. (select only one date)