

NOVEMBER 2025

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



In partnership with:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
3 9:15am-10:00am Baby Fun Zone (6M-12M) 9:30am-11:30am Manual para la Prevención del Abuso Sexual (P) SPA - 6 Weeks 10:30am-11:30am LEGO Lab Innovators (4Y-5Y) 11:00am-12:00pm Winter Wonderland (1Y) 12:00pm-1:00pm Born 2 Be Wild (3Y) 12:30pm-1:30pm Zumbini (2Y-3Y) 4:30pm-5:30pm Reading Room (5Y) 1st Week of the Session! ☑	4 9:30am-10:30am Lee y Canta (1Y) SPA ONLY 10:00am-11:00am Fall into Winter (3Y) 10:30am-11:30am Danzability for Adults (P) 11:00am-12:00pm Juegolandia (2Y) SPA ONLY 11:30am-12:30pm Ballet (3Y-5Y) 3:00pm-4:30pm T.E.A.M. Dad (P) ENG - HYBRID 3:30pm-4:30pm Sensory Seekers (1Y)	5 10:00am-11:30am ✳️ KinderTools (4Y-5Y) ENROLLMENT CLOSED FOR THE ENTIRE FY 25-26 ✳️ RTK (P) ONLY FOR KINDERTOOLS PARENTS 2:30pm-3:30pm Hop, Bounce, Skip (2Y) 4:00pm-5:00pm Season Art (3Y) 4:30pm-5:30pm Sanja Mann (P) PUN/HIN/URDU	6 9:00am-10:00am HMG - By Invite 9:30am-11:00am Mamá con Mamá (P) SPA 10:30am-11:30am HMG - By Invite 11:00am-12:00pm ✳️ Shape Explorers (2Y) ✳️ Move & Groove (2Y-5Y) OFFSITE - Enrollment through Pittsburg Library 12:00pm-1:00pm My 5 Senses (3Y) 2:30pm-3:30pm ✳️ Creative Minds (3Y) 7 Days of Kwanzaa (2Y-5Y) 4:30pm-5:30pm Daddy & Me Art (2Y-5Y) 5:00pm-6:00pm ✳️ Exploring the Planets (4Y-5Y) ✳️ Handwriting without Tears Part 2 (4Y) CONTINUATION	7 9:30am-10:30am Discovery Den (2Y) 10:00am-11:00am Playing Together (1Y) 10:00am-12:00pm Vitaminas de Apego (P) SPA - CONTINUATION 12:30pm-1:30pm Dinosaur Discovery (2.5Y-3Y)  FOR ACTIVE PARTICIPATING FAMILIES (2024-2025) 10:00am-1:00pm FOOD PANTRY	8 12:00pm-1:00pm Calm Minds, Happy Families (3Y-5Y)	
10 9:15am-10:00am Baby Fun Zone (6M-12M) 9:30am-11:30am Manual para la Prevención del Abuso Sexual (P) SPA - 6 Weeks 10:30am-11:30am LEGO Lab Innovators (4Y-5Y) 11:00am-12:00pm Winter Wonderland (1Y) 12:00pm-1:00pm Born 2 Be Wild (3Y) 12:30pm-1:30pm Zumbini (2Y-3Y) 4:30pm-5:30pm Reading Room (5Y) WORKSHOP 6:00pm-7:30pm Health Career Opportunities (P) VIRTUAL - ONLY IN ENG	11 9:30am-10:30am Lee y Canta (1Y) SPA ONLY 10:00am-11:00am Fall into Winter (3Y) 10:30am-11:30am Danzability for Adults (P) 11:00am-12:00pm Juegolandia (2Y) SPA ONLY 11:30am-12:30pm Ballet (3Y-5Y) 3:00pm-4:30pm T.E.A.M. Dad (P) ENG - HYBRID 3:30pm-4:30pm Sensory Seekers (1Y) EVENT 5:00pm-7:00pm Sisters in Parenting Social - Only By Invite	12 10:00am-11:30am ✳️ KinderTools (4Y-5Y) ENROLLMENT CLOSED FOR THE ENTIRE FY 25-26 ✳️ RTK (P) ONLY FOR KINDERTOOLS PARENTS 2:30pm-3:30pm Hop, Bounce, Skip (2Y) 4:00pm-5:00pm Season Art (3Y) 4:30pm-5:30pm Sanja Mann (P) PUN/HIN/URDU	13 9:00am-10:00am HMG - By Invite 9:30am-11:00am Mamá con Mamá (P) SPA 10:30am-11:30am HMG - By Invite 11:00am-12:00pm ✳️ Shape Explorers (2Y) ✳️ Move & Groove (2Y-5Y) OFFSITE - Enrollment through Pittsburg Library 12:00pm-1:00pm My 5 Senses (3Y) 2:30pm-3:30pm ✳️ Creative Minds (3Y) 7 Days of Kwanzaa (2Y-5Y) 4:30pm-5:30pm Daddy & Me Art (2Y-5Y) 5:00pm-6:00pm ✳️ Exploring the Planets (4Y-5Y) ✳️ Handwriting without Tears Part 2 (4Y) CONTINUATION	14 9:30am-10:30am Discovery Den (2Y) 10:00am-12:00pm Vitaminas de Apego (P) SPA - CONTINUATION  FOR ACTIVE PARTICIPATING FAMILIES (2024-2025) 10:00am-1:00pm FOOD PANTRY EVENT 4:00pm-6:00pm Cafe para Padres - SPA ONLY 	15 12:00pm-1:00pm Calm Minds, Happy Families (3Y-5Y)	
17 9:15am-10:00am Baby Fun Zone (6M-12M) 9:30am-11:30am Manual para la Prevención del Abuso Sexual (P) SPA - 6 Weeks 10:30am-11:30am LEGO Lab Innovators (4Y-5Y) 11:00am-12:00pm Winter Wonderland (1Y) 12:00pm-1:00pm Born 2 Be Wild (3Y) 12:30pm-1:30pm Zumbini (2Y-3Y) 4:30pm-5:30pm Reading Room (5Y)	18 9:30am-10:30am Lee y Canta (1Y) SPA ONLY 10:00am-11:00am Fall into Winter (3Y) 10:30am-11:30am Danzability for Adults (P) 11:00am-12:00pm Juegolandia (2Y) SPA ONLY 11:30am-12:30pm Ballet (3Y-5Y) 3:00pm-4:30pm T.E.A.M. Dad (P) ENG - HYBRID 3:30pm-4:30pm Sensory Seekers (1Y)	19 10:00am-11:30am ✳️ KinderTools (4Y-5Y) ENROLLMENT CLOSED FOR THE ENTIRE FY 25-26 ✳️ RTK (P) ONLY FOR KINDERTOOLS PARENTS 2:30pm-3:30pm Hop, Bounce, Skip (2Y) 4:00pm-5:00pm Season Art (3Y) 4:30pm-5:30pm Sanja Mann (P) PUN/HIN/URDU	20 9:00am-10:00am HMG - By Invite 9:30am-11:00am Mamá con Mamá (P) SPA 10:30am-11:30am HMG - By Invite 11:00am-12:00pm ✳️ Shape Explorers (2Y) ✳️ Move & Groove (2Y-5Y) OFFSITE - Enrollment through Pittsburg Library 12:00pm-1:00pm My 5 Senses (3Y) 2:30pm-3:30pm ✳️ Creative Minds (3Y) 7 Days of Kwanzaa (2Y-5Y) 4:30pm-5:30pm Daddy & Me Art (2Y-5Y) 5:00pm-6:00pm ✳️ Exploring the Planets (4Y-5Y) ✳️ Handwriting without Tears Part 2 (4Y) CONTINUATION	21 9:30am-10:30am Discovery Den (2Y) 10:00am-11:00am Playing Together (1Y) 10:00am-11:30am A Taste of Africa (P) ENG ONLY 12:30pm-1:30pm Dinosaur Discovery (2.5Y-3Y)  FOR ACTIVE PARTICIPATING FAMILIES (2024-2025) 10:00am-1:00pm FOOD PANTRY	22 12:00pm-1:00pm Calm Minds, Happy Families (3Y-5Y)	
24	25	26	27	28	29	
EVENT 10:00am-12:00pm Multicultural Potluck  ☑ CENTER CLOSED FOR THANKSGIVING BREAK ☑						
CENTER OPERATING HOURS Monday-Friday 9:00am-1:00pm, 2:00pm-6:00pm Saturday 9:00am-2:00pm CLOSED FOR LUNCH MONDAY-FRIDAY 1:00pm-2:00pm		PLAY AREA HOURS (SUBJECT TO CHANGE) Monday-Thursday 9:30am-12:30pm, 2:30pm-4:30pm Friday CLOSED Saturday 10:00am-1:30pm CLOSED FOR LUNCH MONDAY-FRIDAY 1:00pm-2:00pm		Guide: W = Weeks M = Months Y = Years P = Parents HIGHLIGHTED IN YELLOW = VIRTUAL CLASS HIGHLIGHTED IN BLUE = OFFSITE CLASS ENG = CLASS TAUGHT ONLY IN ENGLISH SPA = CLASS TAUGHT ONLY IN SPANISH B = BILINGUAL CLASS		SCAN QR CODE TO ACCESS OUR CENTER'S LINKTREE! 

NOVEMBER-DECEMBER 2025 SESSION: CLASS DESCRIPTIONS

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



In partnership with:



CHILDREN CLASSES

OFFSITE CLASSES:

[Move and Groove \(2 years - 5 years\) - ENROLLMENT THROUGH PITTSBURG LIBRARY](#)

Encourage children to explore this movement class using music, develop physical skills and work on an age-appropriate craft activity after.

IN-PERSON CLASSES:

[Baby Fun Zone \(6 months - 12 months\)](#)

Activities that are fun and entertaining will help promote infant development and early learning.

[Lee y Canta \(1 year\) SPANISH ONLY](#)

Practicing the Spanish language. Let's explore the first steps of reading and singing! In this class, we'll explore many books and other activities focused on fun topics.

[Playing Together \(1 year\)](#)

This class focuses on the developmental milestones of infants. We will do a variety of hands-on activities that parents can continue at home with their child.

[Sensory Seekers \(1 year\)](#)

In this class we will work on age appropriate multi-sensory activities that are designed to encourage infants with their tactile, visual and auditory stimulation.

[Winter Wonderland \(1 year\)](#)

How can we have fun during the Winter? In this class we are going to explore fun activities for the Winter season.

[Discovery Den \(2 years\)](#)

In this class we will explore many fun activities in order to practice many important skills like problem-solving, exploring and socializing.

[Hop, Bounce, Skip \(2 years\)](#)

Movement will be highly encouraged in this class with age-appropriate gross motor activities.

[Juegolandia \(2 years\) SPANISH ONLY](#)

How do we play together? In this class, we'll practice the basics of using space, sharing toys, and continuing to build important skills for this stage of development.

[Shape Explorers \(2 years\)](#)

What can we do with SHAPES? In this class, we will explore many different ways to use shapes like in art, building, and many more activities.

[Zúmbini \(2 years - 3 years\)](#)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

[Daddy & Me Art \(2 years - 5 years\)](#)

Join us for a fun-filled 6-week art series designed especially for dads and their little ones! This hands-on class is all about creativity, bonding, and making memories through art.

[7 Days of Kwanzaa \(2 years - 5 years\)](#)

Beginning on December 26, families across the United States will honor the start of Kwanzaa by laying out their mats, gathering unity cups, and lighting the first candle on the kinara. Join us to learn more about this meaningful celebration as we explore each of the seven days of Kwanzaa, highlighting the symbols and principles that bring this tradition to life.

[Dinosaur Discovery \(2.5 years - 3 years\)](#)

Come and discover the world of dinosaurs through art, play, conversations, sensory and much more.

[Born 2 be Wild \(3 years\)](#)

Let's get together to go wild with our age and developmentally appropriate wildlife themed crafts and activities.

[Creative Minds \(3 years\)](#)

What can you create? In this class we will explore our creativity. Each class will provide an opportunity to practice and learn many

skills in a fun way while creating art.

[Fall Into Winter \(3 years\)](#)

Join our fun oriented, engaging and change of season age-appropriate activities that will revolve around the development domains of children.

[My 5 Senses \(3 years\)](#)

This class is designed to introduce young learners to the world through their senses. By having engaging activities, children will explore sound, smell, taste, sight and touch.

[Season Art \(3 years\)](#)

This Season Art class provides the development your children need to know how to express their emotions through art, creating seasonal art crafts. Great for their fine and gross motor, creativity and imagination and where children will have the opportunity to develop their own creativity.

[Ballet \(3 years - 5 years\)](#)

Exposure to dance reinforces important life skills like creativity, discipline, and team participation. Come introduce young children to the Pre ballet techniques, focusing on proper body alignment, basic ballet skills and terminology, and musicality.

[Calm Minds, Happy Families \(3 years - 5 years\) ONLY IN ENGLISH](#)

An interactive workshop for children ages 3-5 and their caregivers, focused on calm, co-regulation, and emotional connection. Caregivers and children will practice calming together through age-appropriate activities that support emotional development and strengthen relationships.

[Handwriting without Tears Part 2 \(4 years\) CONTINUATION](#)

Handwriting without tears is a multi-sensory approach to teach K-5 writing. This class will target to incorporate fun, engaging and developmentally appropriate techniques into practice.

[Exploring the Planets \(4 years - 5 years\)](#)

In this class the children will have the opportunity to explore the solar system and the planets, as they create art and learn the planet's names.

[KinderTools \(4 years - 5 years\) ENROLLMENT FOR THE FY 25-26](#)

In this class we will support the children in developing the linguistic, cognitive, social and emotional building blocks for later development. Providing the foundation for learning both socially and academically that will help your child succeed in kindergarten. With the use of age appropriate curricula children will use their skills and knowledge to help them acquire new skills and knowledge.

[LEGO Lab Innovators \(4Y-5Y\)](#)

In this playful, hands-on class, children will explore the exciting world of STEAM (Science, Technology, Engineering, Art, and Math) through LEGO building and beginner-friendly coding. LEGO Lab Innovators is the perfect space for young minds to experiment, imagine, and discover how fun learning can be!

[Reading Room \(5 years\)](#)

Get your listening ears and looking eyes ready for this story adventure! In our reading room class students will be exploring a new book and theme every week.

PARENTING CLASSES

VIRTUAL CLASSES:

[Sisters in Parenting \(P\) ENG - FOR AA/BLACK MOTHERS](#)

[Dates: 12/09/2025 - 5:00PM-7:00PM](#)

Sisters in Parenting is a nurturing and empowering safe space created for African American/Black mothers to come together in sisterhood. Rooted in cultural relevance and collective wisdom, this group centers on open dialogue, shared experiences, and meaningful connections.

[HYBRID - VIRTUAL & IN-PERSON:](#)

CONTINUED →

T.E.A.M. Dad (P) [ENGLISH ONLY - FOR FATHERS](#)

Teach, Experience and Meaningful Conversation
What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dad's experience on a daily. Discuss tips and tricks, share resources and more!

IN-PERSON CLASSES:

A Taste of Africa (P) [ENGLISH ONLY](#)

Join us for a hands-on cooking experience where parents and families come together to explore the vibrant flavors of African cuisine. This class offers an introduction to the rich culture, distinctive spices, and culinary traditions of African cooking. Following the lesson, we will gather to share a family-style meal.

Danzability for Adults (P)

Whether you're a beginner or have some dance experience, this class will help you move, groove, and build confidence while enjoying music. It's about having fun, staying active, and connecting with others through the joy of dance.

Mamá con Mamá (P) [SPANISH ONLY - FOR SPANISH SPEAKING MOTHERS](#)

Looking for an opportunity to talk with other moms about their questions, joys, and challenges as a mom? Each week, this class will meet to discuss various parenting topics, such as staying organized, discipline, healthy food ideas, and more. It's more than a class: it's a support group: Moms Helping Moms!

Manual para la Prevención del Abuso Sexual (P) [SPA ONLY - 6 WEEKS](#)

Objetivo General: Empoderarse para reconocer y prevenir el abuso sexual, a través de la educación integral, aprender sobre el consentimiento, el autocuidado y el acceso a recursos de apoyo, con el propósito de crear familias conscientes y seguras.

Sanja Mann (P) [PUN/HIN](#)

Focused towards all Punjabi/Hindi/Urdu speaking families, this class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

Kwanzaa Karamu, a celebration marking the close of Kwanzaa and the beginning of a new year of shared traditions.

Follow us on social media!



Instagram: @eastcountyfirst5center



Facebook: East County First 5 Center

East County First 5 Center's Linktree



EVENTS

Health Career Opportunities - [VIRTUAL](#) - ONLY IN ENGLISH

Whether you're just curious or ready to take the next step, this workshop will help you discover opportunities to build a rewarding career in healthcare.

Sisters in Parenting Social - [FOR SIP MOTHERS, BY INVITE ONLY - Tuesday, 11/11 from 5:00pm-7:00pm](#)

For our Sisters in Parenting mothers! Come and join us for a sisters' friendsgiving celebration!

Cafe para Padres - [SPANISH ONLY - Friday, 11/14 from 4:00pm-6:00pm](#)

Parent Cafés engage parents in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors. Our Parent Cafés are focused on building the 5 research based protective factors.

Multicultural Potluck - [Tuesday, 11/25 from 10:00am-12:00pm](#)

Join us in celebrating the rich diversity of cultures within our community! At our potluck, we welcome you to share the unique flavors of your favorite dishes and invite you to wear traditional clothing that represents your heritage.

Holiday Movie Night - [Friday, 12/5 from 4:00pm-6:00pm](#)

Come join us for a holiday movie night here at our center. We invite you all to wear your pajamas to have a cozy and comfy night while we enjoy a movie together.

Daddy & Me Holiday Social - [Tuesday, 12/16 from 3:00pm-4:30pm](#)

Celebrate the season at our cozy and festive Daddy & Me Holiday Social! Dads and their families are invited to enjoy a fun-filled time creating art and decorating holiday ornaments together.

Joyous Kwanzaa Karamu - [Saturday, 12/20 from 11:00am-1:00pm](#)

Every day of Kwanzaa is an opportunity to celebrate with loved ones, create lasting memories, and enjoy time together. On the final day, a feast known as Karamu is held, with a special focus on unity and community. We invite you to join us for our Joyous