

# WEST COUNTY FIRST 5 CENTER: JANUARY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CENTER HOURS</b> <b>MON, WED, THURS, FRI:</b> 9:00AM-5:00PM <b>TUES:</b> 9:00AM-7:30PM <b>SAT:</b> 9:30AM-1:30PM	<b>PLAYROOM HOURS</b> <b>TUES:</b> 2-4PM <b>WED:</b> 2-4PM <b>THURS:</b> 2-4PM <b>FRI:</b> 2-4PM <b>SAT:</b> 9:30AM-1:30PM	<b>CLASS SIGN-UPS</b> 	<b>CENTER CLOSED</b> <sup>1</sup>	<b>CENTER CLOSED</b> <sup>2</sup>	<b>CENTER CLOSED</b> <sup>3</sup>
<sup>5</sup> <b>Help Me Grow Developmental Playgroup (1.5-5y)</b> 9:15am-10:15 am <b>Baby Zumbini (11-23m)</b> 9:30-10:15 am <b>Zumbini (2-3y)</b> 10:30-11:15 am <b>Dads' Active Play Hour (2-3y)</b> 12:00-1:00 pm	<sup>6</sup>	<sup>7</sup> <b>Parent Advisory Committee (PAC) Meeting</b> 4:00-5:00pm	<sup>8</sup> <b>Storytime w/ Bella (2-5y)</b> 11:00-12:00 pm	<sup>9</sup>	<sup>10</sup> <b>The Village Gathering</b> 11:00-12:30 pm
<sup>12</sup> <b>Help Me Grow Developmental Playgroup (1.5-5y)</b> 9:15am-10:15 am <b>Baby Zumbini (11-23m)</b> 9:30-10:15 am <b>Sweet Memories (2.5-3y)</b> 10:30-11:30 am <b>Zumbini (2-3y)</b> 10:30-11:15 am <b>Dads' Active Play Hour (2-3y)</b> 12:00-1:00 pm <b>Sweet Memories (2.5-3y)</b> 12:00-1:00 pm	<sup>13</sup> <b>Snuggles &amp; Cuddles (0-10m)</b> 9:30-10:30 am <b>Roadmap to Kinder (4y)</b> 10:00-11:30 am <b>When We Move Together (0-12 m)</b> 11:30-12:30 pm <b>Treasure Play (2-3y)</b> 1:00-2:00 pm <b>Wishing Upon Stars (3-5yr)</b> 2:00-3:00 pm <b>Nurturing Parents (SPAN)</b> 5:30-7:00 pm	<sup>14</sup> <b>Onesies (12-23m)</b> 10:00-11:00 am <b>Baby, You're a Firework! (2-3y)</b> 11:30-12:30 pm <b>Swap</b> 11:30-12:30 pm <b>Tiempo de Te (SPAN)</b> 1:00-2:30 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 5:30-6:30 pm	<sup>15</sup> <b>Making Parenting a Pleasure (ENG)</b> 10:00-11:30am <b>Art, Out of this World! (2-3y)</b> 10:00-11:00 am <b>The Village (ENG)</b> 10:30-11:30 am <b>Discovering Stories (3-5y)</b> 11:00-12:00 pm <b>Art with Heart (2-3y)</b> 12:30-1:30 pm <b>New Years Around the World (2-3y)</b> 1:00-2:00 pm	<sup>16</sup> <b>I Spy Nature (2-3y)</b> 9:30-10:30 am <b>Creative Hands (12-23 m)</b> 11:30-12:30 pm <b>Souper Free! Stirring Calm, Serving Joy! (3-5y)</b> 11:30-12:30 pm <b>Creative Hands (12-23m)</b> 12:45-1:45 pm	<sup>17</sup> <b>Story Train w/ Mr. Ty (2-5y)</b> 10:00-10:45 am <b>Art Studio (2-5y)</b> 10:00-11:00 am <b>Read Aloud w/ Mr. Ty (0-5y)</b> 11:00-12:00 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 12:00-1:00 pm
<sup>19</sup> <b>Martin Luther King Jr. Day</b> <b>CENTER CLOSED</b> 	<sup>20</sup> <b>Snuggles &amp; Cuddles (0-10m)</b> 9:30-10:30 am <b>Roadmap to Kinder (4y)</b> 10:00-11:30 am <b>When We Move Together (0-12 m)</b> 11:30-12:30 pm <b>Treasure Play (2-3y)</b> 1:00-2:00 pm <b>Wishing Upon Stars (3-5yr)</b> 2:00-3:00 pm <b>Nurturing Parents (SPAN)</b> 5:30-7:00 pm	<sup>21</sup> <b>Onesies (12-23m)</b> 10:00-11:00 am <b>Baby, You're a Firework! (2-3y)</b> 11:30-12:30 pm <b>Tiempo de Te (SPAN)</b> 1:00-2:30 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 5:30-6:30 pm	<sup>22</sup> <b>Autism Playgroup (2-5y)</b> 9:30-10:30 am <b>Making Parenting a Pleasure (ENG)</b> 10:00-11:30am <b>Art, Out of this World! (2-3y)</b> 10:00-11:00 am <b>The Village (ENG)</b> 10:30-11:30 am <b>Discovering Stories (3-5y)</b> 11:00-12:00 pm <b>Art with Heart (2-3y)</b> 12:30-1:30 pm <b>New Years Around the World (2-3y)</b> 1:00-2:00 pm	<sup>23</sup> <b>I Spy Nature (2-3y)</b> 9:30-10:30 am <b>Creative Hands (12-23 m)</b> 11:30-12:30 pm <b>Souper Free! Stirring Calm, Serving Joy! (3-5y)</b> 11:30-12:30 pm <b>Creative Hands (12-23m)</b> 12:45-1:45 pm	<sup>24</sup> <b>Story Train w/ Mr. Ty (2-5y)</b> 10:00-10:45 am <b>Art Studio (2-5y)</b> 10:00-11:00 am <b>Read Aloud w/ Mr. Ty (0-5y)</b> 11:00-12:00 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 12:00-1:00 pm
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HIGHLIGHTED = Virtual Classes/Events HIGHLIGHTED = Community Events SPAN = Spanish parent classes ENG = English parent classes

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## Class Descriptions

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### CHILD CLASSES

#### **Art, Out of this World! (2-3 years)**

Houston: Start the countdown to your next masterpiece! Get ready to get messy exploring rockets, stars, and aliens in far off galaxies.

#### **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!

#### **Art with Heart (2-3 years)**

Expressing Feelings with Art provides a safe space for children to express their emotions through art projects. This class will help children reduce stress, improve social skills, develop self-esteem, and enhance cognitive and sensory motor functions. Imagine a world full of art, vibrant colors, and love.

#### **Autism Playgroup (2-5 years)**

Join us for a 4-week playgroup created for children diagnosed with autism, filled with sensory play, movement activities, and a welcoming space for families to learn and grow together.

#### **Baby, You're a Firework! (2-3 years)**

For Black/African American parents with children 2-3 years. We will enjoy making things snap, crackle, and pop as we explore what goes into making a firework, when they are used at the beginning of the year, and creating a firework that sparkles like the people making them.

#### **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.

#### **Creative Hands (12-23 months)**

Welcome to a space where imagination comes to life through color, shapes, and a variety of textures! In this class, your little artist will dive into a world of sensory exploration and creative expression. Each session will be an adventure filled with new discoveries and lots of fun!

#### **Dads' Active Play Hour (2-3 years)**

This energetic class invites dads and their little ones to move, play, and explore together. Activities may include obstacle courses, movement songs, ball play, cooperative games, and simple crafts. A welcoming space for father engagement and family fun.

#### **Discovering Stories (3-5 years)**

Each story encourages children's imagination, curiosity, and play through hands-on activities that incorporate art, math, science, and creative movement concepts. Parents will learn about the foundations of early literacy, how these skills are integrated into a preschool environment, and how to incorporate language and literacy techniques into daily routines with their children.

#### **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" teaches families the four pillars of nutrition: Planting, Plate, Palate, and Play. Children learn how food grows, how fruits and vegetables are prepared, and how food becomes the energy they need to play and grow.

#### **New Years Around the World (2-3 years)**

Come celebrate New Year's around the world as we explore various locations and how they celebrate bringing in the new year. Toddlers will enjoy coloring a firework in pieces, assembling the firework together, and add on some extra flare.

#### **Onesies (12-23 months)**

Onesies' wide variety of activities include art, music, storytelling, and fun games that help them with their social and gross motor skills.

#### **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.

#### **Souper Free! Stirring Calm, Serving Joy! (3-5 years)**

For Black/African American parents with children 3-5 years. Holiday meals are sacred and traditional in various cultures. Let's explore how some African-American families celebrate various holidays and what's coming out of the kitchen to eat.

#### **Sweet Memories (2.5-3 years)**

Join us for a heartwarming family class where we explore seasonal art, enjoy sensory play, and create sweet, unforgettable memories together. Each session invites kids to get creative, discover new textures, colors, and sensations, and celebrate the magic of making art. A joyful experience full of imagination, bonding, and seasonal fun!

#### **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.

#### **Treasure Play (2-3 years)**

We must value and treasure the importance of play for children. Join us in this fun class that prioritizes play, and encourages children to find their own treasures!

#### **When We Move Together (0-12 months)**

Parents learn with practical, movement-based strategies they can use at home, while toddlers leave happy, confident, and energized. Together, families experience the magic of learning through dance and mindfulness, where connection, joy, and development take center stage.

#### **Wishing Upon Stars (3-5 years)**

Start the new year with a wishing star wand and learning a short dance to do with the wand in hand. Children will participate in moving their wand around like a shooting star and will leave with a dazzling star wand and the excitement of having become a shooting star themselves.

#### **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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### PARENT CLASSES

#### IN PERSON

#### VIRTUAL

##### **Nurturing Parents (SPAN)**

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: Making Parenting a Pleasure (ENG)**

Parents identify the values and goals they want for their child, as they "pack their child's suitcase". Parents learn to support their children's emotional development through emotion coaching and will strengthen the parent-child relationship with "Positive Attention Through Play". Learn about current brain development information and the "Effect of Stress" on child development, and more.

##### **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

**VIRTUAL Parent Advisory Committee (PAC) Meeting:** January 7th, 4:00-5:00 pm

**Storytime with Ms. Bella:** January 8th, 11:00-12:00 pm

**The Village Gathering:** January 10th, 11:00-12:30 pm

**Swap:** January 14th, 11:30-12:30 pm

**Little Love Fest:** February 11th, 1:00-2:00 pm

**Storytime with Ms. Bella:** February 12th, 11:00-12:00 pm

**VIRTUAL Parent Advisory Committee (PAC) Meeting:** February 4th, 4:00-5:00 pm

**Storytime: Celebrating Black History:** February 24th, 11:00-12:00 pm

**Diaper Distribution:** February 25th, 9:00-12:00 pm

**Creative Hands Parent Workshop:** February 27th, 11:30-12:30 pm