

Monument First 5 Center: APRIL 2026

1736 Clayton Rd, Concord, CA 94520 (925)849-8861



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER HOURS: MON-WED, FRI 9:00-5:00pm THU 9:00-8:00pm SAT 9:00-1:00pm Virtual Classes Adult classes Events SP = Spanish ENG = English adult classes		1. Help Me Grow (18-36m) 9:00-10:00am Exploremos SP (12-23m) 10:30-11:30am Little Scientist (24-35m) 1:30-2:30pm Science Exploration (24-71m) 6:30-7:10pm	2. Haga de la Paternidad un Placer SP 9:15-11:00am Jump Bunch (24-35m) 11:45-12:30pm Mini Movers (12-23m) 1:00-2:00pm Clay Modeling (36-47m) 4:30-5:30pm Crianza Con Cariño SP 6:00-8:00pm	3. Mi Mundo en Pañales SP (0-11m) 9:15-10:15am Ballet (36-47m) 9:15-10:15am Kinder Adventures 10:30-12:00pm Caring Connections ENG 3:00-4:00pm	4. Drop In (24-71m): Scavenger Hunt 10:00-11:00am
6. SPRING BREAK! NO CLASSES	7. Field Trip : Ruth Bancroft Garden 9:30-11:30am SPRING BREAK! NO CLASSES	8. SPRING BREAK! NO CLASSES	9. SPRING BREAK! NO CLASSES Crianza Con Cariño SP 6:00-8:00pm	10. SPRING BREAK! NO CLASSES	11. SPRING BREAK! NO CLASSES
13. Baby Sensory (0-11m) 9:15-10:15am Outdoor Explorers (12-23m) 10:00-11:00am Mentes Positivas SP 10:30-12:30pm Parent Passions 1:00-2:30pm Triple P ENG 6:00-8:00pm	14. Mundo Matemático SP (24-35m) 9:10-10:10am Under the Sea (12-35m) 9:30-10:00am Cooking Matters ENG 10:30-12:30pm All About Birds (36-71m) 2:00-2:45pm Garden With Me (48-71m) 3:00-4:00pm	15. Help Me Grow (18-36m) 9:00-10:00am Exploremos SP (12-23m) 10:30-11:30am Little Scientist (24-35m) 1:30-2:30pm Science Exploration (24-71m) 6:30-7:10pm	16. Haga de la Paternidad un Placer SP 9:15-11:00am Jump Bunch (24-35m) 11:45-12:30pm Mini Movers (12-23m) 1:00-2:00pm Clay Modeling (36-47m) 4:30-5:30pm Crianza Con Cariño SP 6:00-8:00pm	17. Mi Mundo en Pañales SP (0-11m) 9:15-10:15am Ballet (36-47m) 9:15-10:15am Kinder Adventures 10:30-12:00pm Caring Connections ENG 3:00-4:00pm	18. EVENT: Neurodiversity And Abilities Celebration! 10:30-12:00pm 
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27.	28. CENTER CLOSED FOR STAFF PROFESSIONAL DEVELOPMENT	29.	30. Crianza Con Cariño SP 6:00-8:00pm	CLASS SIGN UPS: April 15-22 	PLAY ROOM HOURS: MON- 12:30-4:45pm TUES- 9:00-10:00, 1:00-4:45pm WED- 9:15-4:45pm THUR- 11:00-5:30pm FRI- 12:30-2:30pm SAT- 9:15-12:45pm

FOOD PANTRY IN CLASSROOM RESTOCKED EVERY 2ND THURSDAY OF THE MONTH, AVAILABLE TO ALL FAMILIES.



CHILD CLASSES

MI MUNDO EN PANALES (0-11m) *SPANISH*

Únete a esta expedición guiada y diseñada para transformar tu forma de jugar. No es solo diversión; es una inmersión intencionada y profunda en los 5 pilares críticos de su desarrollo. Ven a descifrar su lenguaje, potenciar su movimiento y construir hoy el éxito de su futuro. ¡Descubre el mundo a través de sus ojos!

BABY SENSORY (0-11m)

If you're the parent of a curious baby ready for adventure, then this class is for you. In this space, curiosity and discovery will become the heart of the learning experience. Through exploration, in a safe and nurturing environment, the senses will be stimulated while supporting the cognitive, motor, and emotional development of the participants.

EXPLOREMOS (12-23m) *SPANISH*

Acompaña a tu peque a explorar temas maravillosos. Iniciación divertida a la ciencia, matemáticas y arte para despertar su curiosidad natural.

MINI MOVERS (12-23m)

Designed for toddlers on the go, Mini Movers helps little ones build confidence through guided movement, music, and playful exploration. Children develop coordination, balance, and early listening skills while strengthening emotional growth and independence — all in a fun, supportive environment!

OUTDOOR EXPLORERS (12-23m)

In this class children will explore outdoor sensory play. The theme of this class will be nature so be ready to explore and engage your child with hands-on activities that support children's growth and learning about the natural world around them. Play stations will include plants, bugs, mud and water, and more!

VIRTUAL UNDER THE SEA (12-35m)

Dive into an ocean of fun! Little ones explore sea animals through engaging art projects and playful activities while building fine motor skills, creativity, listening skills, and social connections — all from the comfort of home.

HELP ME GROW (18-36m)

An 8-week developmental playgroup designed to support children who need extra support. **Participation is by referral and requires completing an ASQ. If interested, please speak with Ms. Jenny**

LITTLE SCIENTIST (24-35m)

Get ready to mix, splash, explore, and create! In Little Scientists, toddlers build fine motor skills and creative thinking through hands-on experiments and art projects.

JUGANDO CON MATEMÁTICAS (24-35m) *SPANISH*

¡Contar, clasificar y descubrir jugando! Los niños explorarán las matemáticas a través de cuentos, actividades divertidas y juegos interactivos mientras desarrollan pensamiento lógico y habilidades sociales.

JUMP BUNCH (24-35m)

Ready, set, play! Children build gross motor skills while exploring a new sport each week, developing coordination, balance, and confidence through active, high-energy fun.

CLAY MODELING (36-48m)

Little artists squish, roll, and shape clay while strengthening fine motor skills and enjoying a rich hands-on sensory experience.

BALLET (36-48m)

This class introduces young children to pre-ballet through basic movements, proper body alignment, simple ballet terms, and musicality. Dance helps build creativity, discipline, and teamwork.

VIRTUAL: ALL ABOUT BIRDS (36-71m)

Children will get to explore the amazing world of birds through fun, guided art projects and interactive activities online. Along the way, they build fine motor skills, spark creative thinking, practice following directions, and connect with friends — all from home!

GARDEN WITH ME (48-71m)

Dig, plant, and grow! Children learn how seeds sprout, why water and sunlight matter, and practice safe gardening skills while caring for their very own plants.

KINDER ADVENTURES

Children and parents will develop the skills needed to be ready for school. This special class runs from September through April. ***Please note: sign-ups for this class are already closed.***

CLASS DESCRIPTIONS

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ADULT CLASSES	FOR DADS
<p><u>MENTES POSITIVAS</u> <i>SPANISH</i> Mentes Positivas en Acción es una clase que brinda herramientas para manejar el estrés, reducir los síntomas de la depresión y mejorar el estado de ánimo.</p> <p><u>HAGA DE LA PATERNIDAD UN PLACER</u> <i>SPANISH</i> Ser padres es el trabajo más desafiante e importante que existe. Disfrute de un ambiente cálido y seguro donde los padres se sientan cómodos compartiendo sus experiencias y aprendiendo sobre la crianza.</p> <p><u>COOKING MATTERS</u> <i>ENGLISH</i> In this series for parents, families learn and prepare healthy recipes each week, while also learning about different nutrition topics.</p> <p><u>VIRTUAL: TRIPLE P</u> <i>ENGLISH</i> Learn how to address child behaviors, promote new skills and help emotional self-regulation, raise happier, more confident and capable kids, and enjoy being a parent more!</p> <p><u>CARING CONNECTIONS</u> <i>ENGLISH</i> A support group for Black parents of children 0–5 to navigate daily stressors, build community, and strengthen your parenting using a strengths-based approach.</p>	<p><u>DADDY & ME SOCIAL</u> In this event, dads and their children are invited to connect and have fun! Enjoy dinner, create a craft, and participate in interactive activities while meeting other dads.</p> <p><u>VIRTUAL: SCIENCE EXPLORATION (2-5Y)</u> In this interactive virtual class, young children and their caregivers will explore simple science concepts through hands-on experiments, and playful discovery. This special series invites the whole family to participate, with an extra warm welcome to dads and father-figures!</p>

EVENTS (SEPARATE SIGN UPS WILL BE POSTED, FIRST COME FIRST SERVE)
<p><u>REGIONAL PARK VISIT: PLANTS</u> (SIGN UP ONLINE: 2/23) Event on March 3rd, 11:30-12:30pm</p> <p><u>FAMILY PLANTING DAY</u> (SIGN UP ONLINE: 3/9) Event on March 28, 10:30-12:00pm</p> <p><u>FIELD TRIP: RUTH BANCROFT GARDEN</u> (SIGN UP ONLINE: 3/23) Event on April 7, 9:30-11:30am</p> <p><u>NEURODIVERSITY AND ABILITIES CELEBRATION</u> (SIGN UP ONLINE : 4/1) Event on April 18, 10:30-12:00pm</p>