

# Monument First 5 Center: APRIL 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CENTER HOURS:</b> MON-WED, FRI 9:00-5:00pm THU 9:00-8:00pm SAT 9:00-1:00pm  <b>Virtual Classes</b> <b>Adult classes</b> <b>Events</b> <b>SP</b> = Spanish <b>ENG</b> = English adult classes	<b>Help Me Grow (18-36m)</b> 9:00-10:00am <b>Exploramos SP (12-23m)</b> 10:30-11:30am <b>Little Scientist (24-35m)</b> 1:30-2:30pm <b>Science Exploration (24-71m)</b> 6:30-7:10pm	<b>1.</b> <b>2.</b> <b>Haga de la Paternidad un Placer SP</b> 9:15-11:00am <b>Jump Bunch (24-35m)</b> 11:45-12:30pm <b>Mini Movers (12-23m)</b> 1:00-2:00pm <b>Clay Modeling (36-47m)</b> 4:30-5:30pm <b>Crianza Con Cariño SP</b> 6:00-8:00pm	<b>3.</b> <b>Mi Mundo en Pañales SP (0-11m)</b> 9:15-10:15am <b>Ballet (36-47m)</b> 9:15-10:15am <b>Kinder Adventures</b> 10:30-12:00pm <b>Caring Connections ENG</b> 3:00-4:00pm	<b>4.</b> <b>Drop In (24-71m): Scavenger Hunt</b> 10:00-11:00am	
<b>SPRING BREAK! NO CLASSES</b>	<b>6.</b> <b>Field Trip : Ruth Bancroft Garden 9:30-11:30am</b>  <b>SPRING BREAK! NO CLASSES</b>	<b>7.</b> <b>SPRING BREAK! NO CLASSES</b>	<b>8.</b> <b>SPRING BREAK! NO CLASSES</b>  <b>Crianza Con Cariño SP</b> 6:00-8:00pm	<b>9.</b> <b>SPRING BREAK! NO CLASSES</b>	<b>10.</b> <b>SPRING BREAK! NO CLASSES</b>
<b>13.</b> <b>Baby Sensory (0-11m)</b> 9:15-10:15am <b>Outdoor Explorers (12-23m)</b> 10:00-11:00am <b>Mentes Positivas SP</b> 10:30-12:30pm <b>Parent Passions</b> 1:00-2:30pm <b>Triple P ENG</b> 6:00-8:00pm	<b>14.</b> <b>Mundo Matemático SP (24-35m)</b> 9:10-10:10am <b>Under the Sea (12-35m)</b> 9:30-10:00am <b>Cooking Matters ENG</b> 10:30-12:30pm <b>All About Birds (36-71m)</b> 2:00-2:45pm <b>Garden With Me (48-71m)</b> 3:00-4:00pm	<b>15.</b> <b>Help Me Grow (18-36m)</b> 9:00-10:00am <b>Exploramos SP (12-23m)</b> 10:30-11:30am <b>Little Scientist (24-35m)</b> 1:30-2:30pm <b>Science Exploration (24-71m)</b> 6:30-7:10pm	<b>16.</b> <b>Haga de la Paternidad un Placer SP</b> 9:15-11:00am <b>Jump Bunch (24-35m)</b> 11:45-12:30pm <b>Mini Movers (12-23m)</b> 1:00-2:00pm <b>Clay Modeling (36-47m)</b> 4:30-5:30pm <b>Crianza Con Cariño SP</b> 6:00-8:00pm	<b>17.</b> <b>Mi Mundo en Pañales SP (0-11m)</b> 9:15-10:15am <b>Ballet (36-47m)</b> 9:15-10:15am <b>Kinder Adventures</b> 10:30-12:00pm <b>Caring Connections ENG</b> 3:00-4:00pm	<b>18.</b> <b>EVENT: Neurodiversity And Abilities Celebration! 10:30-12:00pm</b>  
<b>20.</b> <b>Baby Sensory (0-11m)</b> 9:15-10:15am <b>Outdoor Explorers (12-23m)</b> 10:00-11:00am <b>Mentes Positivas SP</b> 10:30-12:30pm <b>Triple P ENG</b> 6:00-8:00pm	<b>21.</b> <b>Mundo Matemático SP (24-35m)</b> 9:10-10:10am <b>Under the Sea (12-35m)</b> 9:30-10:00am <b>Cooking Matters ENG</b> 10:30-12:30pm <b>All About Birds (36-71m)</b> 2:00-2:45pm <b>Garden With Me (48-71m)</b> 3:00-4:00pm	<b>22.</b> <b>Help Me Grow (18-36m)</b> 9:00-10:00am <b>Exploramos SP (12-23m)</b> 10:30-11:30am <b>Little Scientist (24-35m)</b> 1:30-2:30pm <b>Daddy And Me Social 5:30-7:00pm</b>  	<b>23.</b> <b>Haga de la Paternidad un Placer SP</b> 9:15-11:00am <b>Jump Bunch (24-35m)</b> 11:45-12:30pm <b>Mini Movers (12-23m)</b> 1:00-2:00pm <b>Clay Modeling (36-47m)</b> 4:30-5:30pm <b>Crianza Con Cariño SP</b> 6:00-8:00pm	<b>24.</b> <b>Mi Mundo en Pañales SP (0-11m)</b> 9:15-10:15am <b>Ballet (36-47m)</b> 9:15-10:15am <b>Kinder Adventures</b> 10:30-12:00pm <b>Caring Connections ENG</b> 3:00-4:00pm	<b>25.</b>
<b>27.</b>	<b>28.</b> <b>CENTER CLOSED FOR STAFF PROFESSIONAL DEVELOPMENT</b>	<b>29.</b>	<b>30.</b> <b>Crianza Con Cariño SP</b> 6:00-8:00pm	<b>CLASS SIGN UPS:</b> April 15-22  	<b>PLAY ROOM HOURS:</b> <b>MON</b> 12:30-4:45pm <b>TUES</b> 9:00-10:00, 1:00-4:45pm <b>WED</b> 9:15-4:45pm <b>THUR</b> 11:00-5:30pm <b>FRI</b> 12:30-2:30pm <b>SAT</b> 9:15-12:45pm

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

## CLASS DESCRIPTIONS

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### 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 pequeño 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.***

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ADULT CLASSES	FOR DADS
<p><b><u>MENTES POSITIVAS <span style="color: red;">SPANISH</span></u></b>  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><b><u>HAGA DE LA PATERNIDAD UN PLACER <span style="color: red;">SPANISH</span></u></b>  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><b><u>COOKING MATTERS <span style="color: red;">ENGLISH</span></u></b>  In this series for parents, families learn and prepare healthy recipes each week, while also learning about different nutrition topics.</p> <p><b><u>VIRTUAL: TRIPLE P <span style="color: red;">ENGLISH</span></u></b>  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><b><u>CARING CONNECTIONS <span style="color: red;">ENGLISH</span></u></b>  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><b><u>DADDY &amp; ME SOCIAL</u></b>  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><b><u>VIRTUAL: SCIENCE EXPLORATION (2-5Y)</u></b>  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)

**REGIONAL PARK VISIT: PLANTS (SIGN UP ONLINE: 2/23 )**

Event on March 3rd, 11:30-12:30pm

**FAMILY PLANTING DAY (SIGN UP ONLINE: 3/9 )**

Event on March 28, 10:30-12:00pm

**FIELD TRIP: RUTH BANCROFT GARDEN (SIGN UP ONLINE: 3/23 )**

Event on April 7, 9:30-11:30am

**NEURODIVERSITY AND ABILITIES CELEBRATION (SIGN UP ONLINE : 4/1 )**

Event on April 18, 10:30-12:00pm