





Open and Free Play Hours
 Monday-Friday 8:00-5:00
 Saturday 8:00-1:00
 Lunch Closure 12:45-1:15
 Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Classes in Blue Children Classes in Green Events in Purple <u>Scan the QR code to enroll</u>				Muffins with Mom (All Ages) 10-12 Virtual Conversations with Rhea (Adults) 12:30-1:30	1 2 CLOSED
4 Session Begins Garden Science in English (3yrs) 9-10 Garden Science in Spanish (3yrs) 10:30-11:30 Blooming Wellness with Hind (Adults) 10:30-11:30 Jump Bunch (2-3yrs) 11:30-12:30	5 Help Me Grow (By Invite) 9-10 Letter Explores AM (3-4yrs) 10-11 Help Me Grow (By Invite) 11-12 Food Distribution Event (Adults) 11-12:30 Letter Explores PM (3-4yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	6 Farm Animals Group A (2-3yrs) 9-10 Danzability (2-3yrs) 10-11 Farm Animals Group B (2-3yrs) 11-12 Story Time & Art (3-5yrs) 4:30-5:30	7 Little Crawlers Group A (1yr) 9-10 Serenamente (Adults) 9-11 Little Crawlers Group B (1 yr) 11-12 Virtual Parent Café (Adults) 2-3pm Triple P Stepping Stones on Zoom (Adults) 6-8	8 Terrific Toddlers (2yrs) 9:30-10:30 Zumbini (2-3yrs) 11:30-12:30	9 Dad and Me Sports (3-5yrs) 9:30-10:30 Drop In Art (All Ages) 11-12
11 Garden Science in English (3yrs) 9-10 Garden Science in Spanish (3yrs) 10:30-11:30 Blooming Wellness with Hind (Adults) 10:30-11:30 Jump Bunch (2-3yrs) 11:30-12:30	12 Help Me Grow (By Invite) 9-10 Letter Explores AM (3-4yrs) 10-11 Help Me Grow (By Invite) 11-12 Letter Explores PM (3-4yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	13 Farm Animals Group A (2-3yrs) 9-10 Danzability (2-3yrs) 10-11 Farm Animals Group B (2-3yrs) 11-12 Virtual Potty-Training Workshop in Spanish (Adults) 2:30-3:30 Story Time & Art (3-5yrs) 4:30-5:30	14 Little Crawlers Group A (1yr) 9-10 Serenamente (Adults) 9-11 Coffee with the CRS (Adults) 10-11 Little Crawlers Group B (1 yr) 11-12 Triple P Stepping Stones on Zoom (Adults) 6-8	15 Terrific Toddlers (2yrs) 9:30-10:30 Zumbini (2-3yrs) 11:30-12:30 STEM with a Librarian (All Ages) 1:15-2	16 Dad and Me Sports (3-5yrs) 9:30-10:30 Drop In Art (All Ages) 11-12
18 Garden Science in English (3yrs) 9-10 Garden Science in Spanish (3yrs) 10:30-11:30 Blooming Wellness with Hind (Adults) 10:30-11:30 Jump Bunch (2-3yrs) 11:30-12:30 STEM and Sprout (3-5yrs) 4-5	19 Help Me Grow (By Invite) 9-10 Letter Explores AM (3-4yrs) 10-11 Help Me Grow (By Invite) 11-12 Food Distribution Event (Adults) 11-12:30 Letter Explores PM (3-4yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	20 Farm Animals Group A (2-3yrs) 9-10 De Familia a Familia (Adults) 9:30-10:30 Danzability (2-3yrs) 10-11 Farm Animals Group B (2-3yrs) 11-12 Story Time & Art (3-5yrs) 4:30-5:30	21 Little Crawlers Group A (1yr) 9-10 Bright Life Kids Webinar (Adults) 10:45-11:30 Little Crawlers Group B (1 yr) 11-12	22 Terrific Toddlers (2yrs) 9:30-10:30 Zumbini (2-3yrs) 11:30-12:30	23 CLOSED 
25 CLOSED 	26 Help Me Grow (By Invite) 9-10 Letter Explores AM (3-4yrs) 10-11 Help Me Grow (By Invite) 11-12 Letter Explores PM (3-4yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	27 Farm Animals Group A (2-3yrs) 9-10 Danzability (2-3yrs) 10-11 Farm Animals Group B (2-3yrs) 11-12	28 Little Crawlers Group A (1yr) 9-10 Little Crawlers Group B (1 yr) 11-12 Melanin Chat Group (Adults) 11-12	29 Terrific Toddlers (2yrs) 9:30-10:30 Zumbini (2-3yrs) 11:30-12:30	30 Field Trip to Big Break with EBRP Naturalists (All Ages) 10-12 Off Site Programming: Center Closed

Delta First 5 Center

Class and Event Descriptions

May/June 2026

Delta First 5 Center



In partnership with:



Dad and Me Sports - Saturdays

(In Person) 3-5yrs

Introducing sports for kids is a class based on developing our young ones; including their fine motor skills, gross motor skills, increasing hand eye coordination, and finally problem solving!

Danzability - Wednesdays

(In Person) 2-3yrs

In this class children and families will get a chance to explore different types of dances from all around the world for any abilities. This class will be offered bilingual and will engage families to explore their physical skills through movement.

Farm Animals - Wednesdays

(In Person) 2-3yrs

In this class children and families will learn about the different aspects of a farm. Families will be given opportunities to discuss and explore what a farm is, who works on the farm and why farms are important for everyone. We will read books and do fun activities to help us learn more about farms.

Garden Science - Mondays

(In Person) 3yrs

It has been shown that children who grow their own food are more likely to try, and eat, more fresh vegetables and fruits. In this class children will get a chance to work hands on in our garden and use what they grow in various ways.

Jump Bunch - Mondays

(In Person) 2-3yrs

Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

Let's Count & Match with Ms. Bernice – Tuesdays

(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.

Letter Explores - Tuesdays

(In Person) 3-4yrs

The class focus will be recognizing uppercase and lowercase letters through songs and activities.

Little Crawlers - Thursdays

(In Person) 1yr

This class is designed for children who are rolling, crawling, or even taking their first steps. We will play while discussing children's development and how they change a parent's life.

STEM and Sprout – Mondays

(In Person) 3-5yrs

In this class children will explore different activities involving Science, Technology, Engineering, and Mathematics. This class will be lead by a volunteer group.

Story Time & Art – Wednesdays

(In Person) 3-5yrs

This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Terrific Toddlers – Fridays

(In Person) 2yrs

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

Zumbini - Fridays

(In Person) 2-3 yrs

The class includes dancing, singing, and playing different instruments to get exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Blooming Wellness with Hind - Mondays

(In Person) Adults

In this class, mothers will explore different tools and techniques to help them with wellness so they can take good care of themselves as well as their families.

Bright Life Kids Webinar – May 21

(Virtual) Adults

This virtual informational webinar will provide information about how Bright Life can support families with children ages 2-12 years of age with coaching and handling the difficulties and fun of parenting.

Melanin Chat Group– May 28 & June 23

(In Person) Adults

Our support group is a safe space for People of Color to discuss unique racial and cultural experiences and provide connection and healing through peer support.

Serenamente: Es tu Momento, Cuidate, Quierate, Amate - Thursdays

(In Person) Adults

This is an adult class focused on mental and emotional well-being. Through guided discussions and practical tools, participants will learn how to manage stress, strengthen their mindset, and care for their overall well-being to live a healthier life. **Sessions in Spanish.**

Triple P Stepping Stones on Zoom – Thursdays

(Virtual) Adults

This is a positive parenting program. In this class you will learn how to discipline your child, the tough part of parenting, establish a positive learning environment using assertive discipline.

Virtual Conversations with Rhea – May 1 & June 16

(Virtual) Adults

Talk with the director about what you enjoy about the center and what you notice in the community. We want to take some time to listen to what you have to share about the centers and the world with children 5 and under.

Virtual Potty-Training Workshop (English) – June 17

(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

Virtual Potty-Training Workshop (Spanish) – May 13

(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

All-Abilities Event – June 18

(In Person) All Ages

Join us for this chance to explore playing together with all skills: gross motor, fine motor, language and more with Portofino Therapy.

Dad's Box Car Show – June 16

(In Person) All Ages

Decorate a box or a few boxes together to make them look like a car. Bring the car to the show and display it for this event focused on dads and one of their favorite things, "Cars". We will have music, fun, and activities for the whole family.

De Familia a Familia – May 20 & June 17

(In Person) Adults

Parent Support Group in Spanish for parents whose children have special needs. This group will meet every third Wednesday of the month.

Drop-In Art – May 9, 16 & June 6, 13, 20

(In Person) All Ages

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

EBRP Naturalist Present: Reptiles – June 19

(In Person) All Ages

Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of reptiles. They might even bring some friends with them!

Field Trip to Big Break with EBRP Naturalists – May 30

(In Person) All Ages

Sign up for this exciting field trip at Big Break in Oakley where the East Bay Regional Parks' Naturalist will be taking us on a guided tour with activities and fun. The whole family is invited.

Food Distribution – May 5 & 19, June 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.

Muffins with Mom – May 1

(In Person) All Ages

Come help us celebrate moms and all they do for us each and everyday. We will have muffins, activities, of course music and more.

Parent Café Virtual – May 7 & June 18

(Virtual) 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.

STEM Learning with A Librarian – May 15 & June 19

(In Person) All Ages

Come explore the world of STEM (science, technology, engineering, and mathematics) with a librarian through fun educational activities).

Virtual Coffee with CRS – May 14 & June 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: Chelsea & Rocio.

Virtual Office Hours – Mondays and Tuesdays

(Virtual) Adults

If you need assistance or would like to speak with us after hours, please give Ms. Rhea or Ms. Chelsea a call between 5-6:30pm.