



Must be enrolled during the designated enrollment period to attend class. Limit one class per child

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12 1
3 Eric Carle Adventures AM (3yrs) 9-10 Baby Signs Span (8-18mos) 9:30-10:30 Baby Sensory (1yr) 11-12 Eric Carle Adventures PM (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	4 Collage Making AM (2yrs) 9-10 Baby Signs Eng. (8-18mos) 9:30-10:30 Food Distribution (Adults) 11-12:30 Collage Making PM (2yrs) 1:30-2:30 Little Scientists (4-5yrs) 3:30-4:30	5 Big Letters, Small Letters AM (4-5yrs) 9-10 Stress Relief Through Art (Adults) 9:30-10:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Colors (2yrs) 2-3 Big Letters, Small Letters PM (4-5yrs) 3-4 Triple P English Virtual (Adults) 6:30-8:30	6 Bight & Beyond (1-2yrs) 9-10 AMCE with La Clinica (Adults) 9:30-11 Scissor Skills (3yrs) 11-12 Ready for Learning Eng. (3yrs) 1:30-2:30 Ready for Learning Span. (3yrs) 3-4	7 Songs, Stories & Signs (3-5yrs) 9-10 Tummy Time & Music (6-12mos) 11-12 Book Adventures (3yrs) 1:30-2:30	8 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
10 Eric Carle Adventures AM (3yrs) 9-10 Baby Signs Span (8-18mos) 9:30-10:30 Baby Sensory (1yr) 11-12 Eric Carle Adventures PM (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	11 Collage Making AM (2yrs) 9-10 Baby Signs Eng. (8-18mos) 9:30-10:30 Collage Making PM (2yrs) 1:30-2:30 Little Scientists (4-5yrs) 3:30-4:30	12 Big Letters, Small Letters AM (4-5yrs) 9-10 Stress Relief Through Art (Adults) 9:30-10:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Colors (2yrs) 2-3 Big Letters, Small Letters PM (4-5yrs) 3-4 Triple P English Virtual (Adults) 6:30-8:30	13 Bight & Beyond (1-2yrs) 9-10 AMCE with La Clinica (Adults) 9:30-11 Coffee with the CRS (Adults) 10-11 Scissor Skills (3yrs) 11-12 Ready for Learning Eng. (3yrs) 1:30-2:30 Ready for Learning Span. (3yrs) 3-4	14 Songs, Stories & Signs (3-5yrs) 9-10 Tummy Time & Music (6-12mos) 11-12 Book Adventures (3yrs) 1:30-2:30	15 Enrollment Begins Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
17 Eric Carle Adventures AM (3yrs) 9-10 Baby Signs Span (8-18mos) 9:30-10:30 Baby Sensory (1yr) 11-12 Eric Carle Adventures PM (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	18 Collage Making AM (2yrs) 9-10 Baby Signs Eng. (8-18mos) 9:30-10:30 Parent Café (Adults) 11-12:30 Food Distribution (Adults) 11-12:30 Collage Making PM (2yrs) 1:30-2:30 Little Scientists (4-5yrs) 3:30-4:30	19 Big Letters, Small Letters AM (4-5yrs) 9-10 Stress Relief Through Art (Adults) 9:30-10:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Colors (2yrs) 2-3 Big Letters, Small Letters PM (4-5yrs) 3-4 Triple P English Virtual (Adults) 6:30-8:30	20 Bight & Beyond (1-2yrs) 9-10 AMCE with La Clinica (Adults) 9:30-11 Scissor Skills (3yrs) 11-12 Ready for Learning Eng. (3yrs) 1:30-2:30 Ready for Learning Span. (3yrs) 3-4	21 Songs, Stories & Signs (3-5yrs) 9-10 Melanin Group Chat (Adults) 10-11 Tummy Time & Music (6-12mos) 11-12 Book Adventures (3yrs) 1:30-2:30 STEM with a Librarian (All Ages) 3-3:45	22 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
24 Triple P Baby in Spanish (Adults) 6-8	25	26 Help Me Grow (By Invite) 11-12 Triple P English Virtual (Adults) 6:30-8:30	27	28 CLOSED	Scan the QR code to Enroll ->

Antioch First 5 Center

Class and Event Descriptions

July/August 2026

Antioch First 5 Center



in partnership with:



Eric Carle Adventures – Mondays

(In person) 3yrs

Join us as we explore the colorful world of Eric Carle through stories, art, music, and hands-on activities. Children will build early literacy, creativity, and social skills while bringing beloved books to life through play and imagination.

Baby Signs, Spanish & English– Mondays & Tuesdays

(In person) 8-18 months

An interactive play group that will help parents and children learn useful signs, songs, and games. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin singing right away.

Baby Sensory– Mondays

(In person) 1yrs

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

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

(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.

Collage Making– Tuesdays

(In person) 2yrs

Toddlers will explore colors, textures, and shapes while creating fun collages with a variety of materials. A playful art experience that encourages creativity and fine motor skill development.

Little Scientist – Tuesdays

(In person) 4-5yrs

Get ready to mix, splash, explore, and create! In this class, children will explore the topic of science, build fine motor skills, and creative thinking through hands-on experiments and art projects.

Big Letters, Small Letters – Wednesdays

(In person) 4-5yrs

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

Songs, Stories & Signs – Wednesdays & Fridays

(In person) 3-5yrs

In this class we will read stories and sing songs that will help build a love for literacy while learning some signs to go along with the books and songs. This will help encourage communication skills in a variety of ways.

Colors – Wednesdays

(In person) 2yrs

This class, we will work on age-appropriate multi-sensory activities that introduce and reinforce color recognition through play. This includes sorting objects by color, creating art with different colored material, and using everyday items to identify and name colors.

Bright & Beyond – Thursdays

(In person) 1-2yrs

This class will demonstrate how to use the Bright & Beyond activity cards at home with your child. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and child activities. The cards provide intriguing, age specific activities that promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

Scissor Skills – Thursdays

(In person) 3yrs

Children will practice safe scissor use through fun cutting activities, crafts, and games. This class helps build fine motor skills, hand strength, and confidence while creating simple projects.

Ready for Learning, English & Spanish – Thursdays

(In person) 3yrs

In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

Tummy Time & Music – Fridays

(In person) 6-12months

This class will give you the opportunity to spend some time with your child doing tummy time. Tummy time helps to strengthen muscles in the neck, back, arms, shoulders, and

legs. You will get the chance to connect with other families while participating in various activities.

Book Adventures – Fridays

(In person) 3 years

A playful introduction to books with stories, songs, and sensory play. Designed for babies and caregivers to enjoy early literacy together.

Super Surprise Saturday – Saturdays

(In person) 2-5yrs

Join us for our Super Saturday Surprise Class! Each week brings a new fun-filled activity for parents and children ages 2–5 to enjoy together. From creative crafts to playful games, you never know what exciting surprise awaits.

Triple P Baby in Spanish - Mondays

(Virtual) Adults

Triple P class is a positive parenting class. In this class parents will learn how to discipline their child, and the tough part of parenting, establishing a positive learning environment using assertive discipline.

Triple P - Wednesdays

(Virtual) Adults

Triple P class is a positive parenting class. In this class parents will learn how to discipline their child, and the tough part of parenting, establishing a positive learning environment using assertive discipline.

Stress Relief Through Art - Wednesdays

(In Person) Adults

In this class, mothers will be able to discuss the different types and triggers of stress while exploring different stress -relieving activities that can also be held in-home or around the community. Some topics covered include meditation, painting and essential oils.

AMCE with La Clinica - Wednesdays

(In Person) Adults

AMCE-Opening Minds, Closing Stigmas. The Clinic is pleased to invite the community to participate in the series of 5 classes. At AMCE, parents will learn about: STRESS, ANXIETY, AND DEPRESSION. Parents will learn techniques for everyday use.

Parent Cafe, 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.

Food Distribution

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.

Virtual Potty Training, 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 Coffee with the CRS, 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 community resource specialists.

Father Social Club, Adults

Fathers gather to connect, relax, and enjoy great conversation in a welcoming adult environment. Join fellow dads for an opportunity to build friendships, share experiences, and celebrate fatherhood together.

Melanin Group Chat, 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.