

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scan the QR code to Enroll -> 	Parent Classes in Blue Children Classes in Green Events in Purple No Free Play Available Currently		1 Danzability (3yrs) 9-10 Pretzel Yoga at Big Break (3-5yrs) 10:30-11:30 Ready for Learning Eng. (3yrs) 1:30-2:30 Sensory Play (3yrs) 3:30-4:30 24/7 Dads Virtual (Adults) 3:30-4:30	2 Rush Hashanah (Jewish New Year) Tummy Time & Music (6-12mos) 10-11 Book Adventures (3yrs) 1:30-2:30 <i>Cultural Heritage Decoration Hour (All Ages) 3:30-4:40</i>	3 Art Adventures (2-5yrs) 9:30-10:30 <i>Dad & Me Time (2-5yrs) 11-12</i>
Nat. Child Health Day 5 Walking & Nutrition (Adults) 9:30-10:30 Baby Sensory (1yr) 10-11 Eric Carle Adventures (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	6 Mentes Positivas Virtual (Adults) 9:30-11:30 Terrific Toddlers (2yrs) 10-11 <i>Food Distribution (Adults) 11-12:30</i> Little Scientists (4-5yrs) 3-4	7 Stress Relief thru Art (Adults) 9:30-10:30 Songs, Stories and Signs at Oakley Library (3-5yrs) 10:30-11:30 Help Me Grow (By Invite) 11-12 Big & Small Letters (4-5yrs) 2-3 Songs, Stories and Sign Language at Prewitt Library (2-5yrs) 3-4 Triple P Baby Eng (Adults) 6-8	Nat. Hero's Day 8 Danzability (3yrs) 9-10 <i>Virtual Coffee with the CRS (Adults) 10-11</i> Pretzel Yoga at Big Break (3-5yrs) 10:30-11:30 Ready for Learning Eng. (3yrs) 1:30-2:30 Sensory Play (3yrs) 3:30-4:30 24/7 Dads Virtual (Adults) 3:30-4:30	9 Tummy Time & Music (6-12mos) 10-11 Book Adventures (3yrs) 1:30-2:30 <i>Great Dads Social Club (Adults) 4-6</i>	10 CLOSED
12 CLOSED Indigenous Peoples Day 	13 Mentes Positivas Virtual (Adults) 9:30-11:30 Terrific Toddlers (2yrs) 10-11 Little Scientists (4-5yrs) 3-4	14 Stress Relief thru Art (Adults) 9:30-10:30 Songs, Stories and Signs at Oakley Library (3-5yrs) 10:30-11:30 Help Me Grow (By Invite) 11-12 Big & Small Letters (4-5yrs) 2-3 Songs, Stories and Sign Language at Prewitt Library (2-5yrs) 3-4 <i>Potty Training Workshop Virtual (Adults) 2:30-3:30</i> Triple P Baby Eng (Adults) 6-8	15 Enrollment Begins Danzability (3yrs) 9-10 Pretzel Yoga at Big Break (3-5yrs) 10:30-11:30 Ready for Learning Eng. (3yrs) 1:30-2:30 Sensory Play (3yrs) 3:30-4:30 24/7 Dads Virtual (Adults) 3:30-4:30	16 Tummy Time & Music (6-12mos) 10-11 Book Adventures (3yrs) 1:30-2:30 <i>Bilingual Storytime with a Librarian (All Ages) 3-3:45</i>	17 Nat. Pasta Day Art Adventures (2-5yrs) 9:30-10:30 <i>Pasta Art Drop In (2-5yrs) 11-12</i>
Diwali 19 Walking & Nutrition (Adults) 9:30-10:30 Baby Sensory (1yr) 10-11 Eric Carle Adventures (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	20 Mentes Positivas Virtual (Adults) 9:30-11:30 Terrific Toddlers (2yrs) 10-11 <i>Food Distribution (Adults) 11-12:30</i> Little Scientists (4-5yrs) 3-4	21 Big & Small Letters (4-5yrs) 2-3 Triple P Baby Eng (Adults) 6-8	22 Danzability (3yrs) 9-10 Pretzel Yoga at Big Break (3-5yrs) 10:30-11:30 Ready for Learning Eng. (3yrs) 1:30-2:30 Sensory Play (3yrs) 3:30-4:30 24/7 Dads Virtual (Adults) 3:30-4:30	23 Tummy Time & Music (6-12mos) 10-11 Book Adventures (3yrs) 1:30-2:30	24 <i>Dad and Family Field Trip to Contra Loma with EBRP (All Ages) 10-12</i>
26 Walking & Nutrition (Adults) 9:30-10:30 Baby Sensory (1yr) 10-11 Eric Carle Adventures (3yrs) 2-3 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	27 Mentes Positivas Virtual (Adults) 9:30-11:30 <i>Parent Café Virtual (Adults) 11-12:30</i>	28 <i>Fall Fest (All Ages) 10:30-12:30</i> <i>Virtual Healthcare Options Presentation 3:30-5:00pm (Adults)</i> Triple P Baby Eng (Adults) 6-8	29 24/7 Dads Virtual (Adults) 3:30-4:30	30 CLOSED 	Halloween 31 CLOSED

****Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours**

Antioch First 5 Center

Class and Event Descriptions

September/October 2026

Antioch First 5 Center



Walking & Nutrition

(In Person) Adults

Are you looking for a sustainable way to boost your energy, clear your mind, and fuel your body without the stress of a high-intensity gym environment? Join our **Walking & Nutrition** class—a dual-approach class designed to help you move better and eat smarter. Each week, you will get a nutritious recipe.

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.

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.

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.

Triple P Baby – Mondays (Spanish) & Wednesdays (English)

(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.

Mentes Positivas – Tuesdays

(Virtual) Adults

Positive Minds in Action is an 8-week emotional wellness class designed to help participants understand and manage stress and anxiety. Participants will learn techniques to strengthen their emotional well-being and regain control of their emotions. The class is offered virtually

Antioch First 5 Center Class and Event Descriptions September/October 2026

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and is free of charge. It provides practical tools that participants can use in their everyday lives to support better emotional health and overall well-being.

Terrific Toddlers - Tuesdays

(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.

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.

Stress Relief Through Art Virtual – Wednesdays

(Virtual) 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.

Songs, Stories and Sign Language - Wednesdays

(In person at Oakley & Prewitt Library) 2-5yrs

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.

Big Letters, Small Letters – Wednesdays

(In person) 4-5yrs

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

Danzability – Thursdays

(In person) 3yrs

Antioch First 5 Center ***Class and Event Descriptions*** ***September/October 2026***

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In this class children and families will get a chance to explore different types of dance 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.

Pretzel Yoga at Big Break park

(In person: 69 Big Break Rd, Oakley, CA 94561) 3-5yrs

Pretzel Yoga is a fun, playful yoga class designed for ages 3–5! Kids will explore simple poses, movement games, and imaginative activities while building balance, coordination, and confidence. Come stretch, wiggle, and play with us at Big Break Park!

Ready for learning – Thursdays

(In person) 3 yrs

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.

Sensory Play – Thursdays

(In Person) 3yrs

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

24/7 Dads Virtual - Thursdays

(Virtual) Adults

The 24/7 Dad class is designed to help fathers strengthen their parenting skills and build stronger, healthier relationships with their children. Participants learn practical tools for communication, emotional connection, discipline, responsibility, and positive father involvement. The class provides a supportive environment where fathers can share experiences, learn from one another, and develop strategies for handling the challenges of fatherhood. By the end of the program, fathers will have greater confidence and practical skills to become more consistent, engaged, and positive influences in their children's lives.

Tummy Time & Music – Fridays

(In person) 6-12m

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.

Antioch First 5 Center Class and Event Descriptions September/October 2026

Antioch First 5 Center



Book Adventures – Fridays

(In person) 3yrs

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

Art Adventures-Saturdays

(In person) 2-5yrs

In this class children will explore the world through their senses. We will be focusing on the process, not the product, and children will discover colors, textures and sounds through art.

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 Parent Cafe, Adults

Parent Cafe engages parents/caregivers in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors.

24/7 Dads Virtual, Adults

This class works to increase father involvement by equipping communities and human service organizations with the training, programs, and resources they need to be father inclusive.

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.

Great Dads Social Club, Adults

Antioch First 5 Center Class and Event Descriptions September/October 2026

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In partnership with:



Great Dads Social Club is a welcoming workshop designed to bring fathers together to build friendships, share experiences, and strengthen their parenting skills. Participants have an opportunity to discuss fatherhood, family relationships, communication, and the challenges and rewards of being a dad. The group encourages fathers to support one another by sharing ideas, advice, struggles, and successes in a positive and judgment-free environment. Together, dads will build stronger connections, develop practical parenting tools, and create a supportive community dedicated to being great fathers.

Virtual Healthcare Options Presentation (Bilingual), October 28

Get help with learning what your healthcare options are. Join this presentation to find the right solution for you to get insurance, no matter what your situation may be. / Infórmese sobre sus opciones de atención médica. Acompañenos en esta presentación para encontrar la mejor opción para asegurarse, sin importar su situación.