

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Classes in Blue Children Classes in Green Events in Purple Scan the QR code to enroll!		Free Play Available Mon-Fri 8:30-12:30 & 1:30-4:30 Sat 8:30-12:30	1 Story Time & Art AM (3yrs) 9-10 Give Me 5 Math (3yrs) 10-11 Kinder Readiness Eng (4-5yrs) 11-12 Mentes Positivas Virtual Spanish (Adults) 10-12 Kinder Readiness Span (4-5yrs) 2-3 24/7 Dads Virtual (Adults) 3-4 Story Time & Art PM (3yrs) 4-5	2 Rosh Hashanah (Jewish New Year) ABC Yoga AM (3yrs) 9-10 Fall Story Time & Art (3-5yrs) 10-11 Zumbini (3yrs) 11:45-12:45	3 Kids & Sports (3-5yrs) 9:30-10:30 Super Saturday Surprise (2-5yrs) 11-12
5 Nat. Child Health Day Art Adventures Span (3yrs) 9-10 Stress Relief thru Art (Adults) 10-11 Bright & Beyond AM (2yrs) 11-12 Art Adventures Eng (3yrs) 2-3 Bright & Beyond PM (2yrs) 3-4 STEM & Sprouts (3-5yrs) 4-5	6 Help Me Grow (By Invite) 9-10 Curious Ones (1yr) 10-11 Help Me Grow (By Invite) 11-12 Highlights for Toddlers (2yrs) 1:30-2:30 Let's Count and Math with Ms. Bernice (3-5yrs) 4:30-5:30 Food Distribution (Adults) 11-12:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	7 Walking & Nutrition (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 9:30-11 Road Map to Kindergarten (Adults) 9:30-11 Jump Bunch (3yrs) 11-12 ABC Yoga PM (3yrs) 2-3 Bright & Beyond Babies (8-18mos) 3:30-4:30 Triple P Baby English (Adults) 6-8	8 Nat. Hero's Day Story Time & Art AM (3yrs) 9-10 Virtual Coffee with the CRS (Adults) 10-11 Give Me 5 Math (3yrs) 10-11 Kinder Readiness Eng (4-5yrs) 11-12 Mentes Positivas Virtual Spanish (Adults) 10-12 Kinder Readiness Span (4-5yrs) 2-3 24/7 Dads Virtual (Adults) 3-4 Story Time & Art PM (3yrs) 4-5	9 ABC Yoga AM (3yrs) 9-10 Fall Story Time & Art (3-5yrs) 10-11 Zumbini (3yrs) 11:45-12:45	10 CLOSED
12 CLOSED Indigenous Peoples Day 	13 Help Me Grow (By Invite) 9-10 Curious Ones (1yr) 10-11 Help Me Grow (By Invite) 11-12 Let's Count and Math with Ms. Bernice (3-5yrs) 4:30-5:30 Parent Café (Adults) 10-11:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	14 Walking & Nutrition (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 9:30-11 Road Map to Kindergarten (Adults) 9:30-11 Jump Bunch (3yrs) 11-12 Potty Training Workshop English Virtual (Adults) 2:30-3:30 Bright & Beyond Babies (8-18mos) 3:30-4:30 Triple P Baby English (Adults) 6-8	15 Enrollment Begins Story Time & Art AM (3yrs) 9-10 Mentes Positivas Virtual Spanish (Adults) 10-12 Melanin Chat Group (Adults) 10-11 24/7 Dads Virtual (Adults) 3-4 Story Time & Art PM (3yrs) 4-5	16 Fall Story Time & Art (3-5yrs) 10-11 Zumbini (3yrs) 11:45-12:45 Bilingual Stories with a Librarian (All Ages) 1:15-2	17 Kids & Sports (3-5yrs) 9:30-10:30 Super Saturday Surprise (2-5yrs) 11-12
19 Diwali Art Adventures Span (3yrs) 9-10 Stress Relief thru Art (Adults) 10-11 Bright & Beyond AM (2yrs) 11-12 Art Adventures Eng (3yrs) 2-3 Bright & Beyond PM (2yrs) 3-4 STEM & Sprouts (3-5yrs) 4-5	20 Help Me Grow (By Invite) 9-10 Help Me Grow (By Invite) 11-12 Food Distribution (Adults) 11-12:30 Highlights for Toddlers (2yrs) 1:30-2:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	21 Bridge to Kindergarten (4-5yrs) 9:30-11 Road Map to Kindergarten (Adults) 9:30-11 De Familia a Familia (Adults) 11-12 ABC Yoga PM (3yrs) 2-3 Triple P Baby English (Adults) 6-8	22 Kinder Readiness Eng (4-5yrs) 11-12 Mentes Positivas Virtual Spanish (Adults) 10-12 Kinder Readiness Span (4-5yrs) 2-3	23 ABC Yoga AM (3yrs) 9-10	24 Dad & Me Field Trip to Contra Loma with EBRP (All Ages) 10-12
26 Art Adventures Span (3yrs) 9-10 Stress Relief thru Art (Adults) 10-11 Bright & Beyond AM (2yrs) 11-12 Art Adventures Eng (3yrs) 2-3 Bright & Beyond PM (2yrs) 3-4 STEM & Sprouts 4-5	27 Help Me Grow (By Invite) 9-10 Help Me Grow (By Invite) 11-12 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	28 Bridge to Kindergarten (4-5yrs) 9:30-11 Road Map to Kindergarten (Adults) 9:30-11 Triple P Baby English (Adults) 6-8	29 Fall Fest (All Ages) 10:30-12:30 Mentes Positivas Virtual Spanish (Adults) 10-12	30 CLOSED 	31 Halloween CLOSED

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

Delta First 5 Center



ABC Yoga – Wednesdays & Fridays

(In Person) 3yrs

This beginner-friendly yoga class introduces the basic foundations of yoga through simple poses, breathing techniques, and mindful movement.

Art Adventures - Mondays

(In Person) 3yrs

In this class, children will have the opportunity to engage with different materials and practice sharing what they create with others.

Bridge to Kindergarten – Wednesdays

(In Person) 4-5yrs

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten. This class begins in the Fall and continues through the Spring

Bright & Beyond - Mondays

(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.

Bright & Beyond for Babies - Wednesdays

(In Person) 8-18mos

This class will demonstrate how to use the Bright & Beyond activity cards at home with your baby. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and baby 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.

Curious Ones – Tuesdays

(In Person) 1yr

This art and movement program will help your child 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.

Fall Storytime & Art – Fridays

(In Person) 3-5yrs

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

Give Me 5 Littles – Mondays – CLASS FULL

(In Person) – 1yrs

Families can engage with high-quality literacy resources, and activities that encourage learning and a love for reading (in collaboration with Tandem, Partners in Literacy).

Give Me 5 Math – Thursdays

(In Person) – 3yrs

Discover new books and math activities with Tandem, Partners in Early Learning, through interactive sessions designed for both caregivers and children.

Highlights for Toddlers – Tuesdays

(In Person) – 2yrs

This class focuses on joyful, play-based learning. It blends early literacy, sensory exploration, and social-emotional growth through stories, music, and creative play.

Jump Bunch - Wednesdays

(In Person) 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!

Kids & 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!

Kinder Readiness – Thursdays

(In Person) 4-5yrs

Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin 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.

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.

Storytime & Art – Thursdays

(In Person) 3yrs

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

Super Surprise Saturday – Saturdays

(In Person) 2-5yrs

Join us for Super Saturday Surprise Class! Each week brings 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.

Zumbini – Fridays

(In Person) 3yrs

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.

24/7 Dads – Thursdays

(Virtual) Adults

An evidence-based fatherhood program that helps empower father and male caregivers to improve their knowledge behavior and skills of dads of all races, religions, and demographics.

Mentes Positivas (in Spanish) – Thursdays

(Virtual) Adults

Mentes Positivas is an 8-week wellness program teaching practical tools to manage stress, reduce anxiety, and build emotional balance. Sessions focus on cognitive-behavioral skills, positive thinking, and healthy coping habits for everyday life.

Nurturing Parents in Spanish – Tuesdays

(In Person) Adults

This is a 24-week group-based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept.

Roadmap to Kindergarten – Wednesdays

(In Person) Adults

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of

child development and school readiness. This class begins in the Fall and continues through the spring.

Stress Relief Through Art – Mondays

(In Person) Adults

In this class, parents 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.

Triple P English Virtual – Tuesdays

(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 Baby English Virtual – 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.

Walking & Nutrition – Wednesdays

(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.

Dad and Me Field Trip to Contra Loma with EBRP – October 24

(In Person) All Ages

Join us as we partner with East Bay Regional Parks for a field trip at Contra Loma in Antioch. Families are welcome. **Dad must be present.**

EBRP Naturalists Present: Birds – September 4

(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 birds. They might even bring some friends with them!

Fall Fest – October 29

(In Person) All Ages

Celebrate the season at our Fall Fest! Join us for a fun event where you can create autumn-themed crafts and engage in seasonal activities

Food Distribution – September 1 & 15, October 6 & 20

(In Person) Adults

Stop by our center 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.

Grandparents & Me Time – September 12

(In Person) 2-5yrs

This special class invites grandparents to spend quality time and bond with their little learners through fun activities designed to support early childhood development

Parent Café – September 8 & October 13

(In Person) Adults

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

Potty Training Workshop English Virtual – October 14

(Virtual) All Ages

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.

Potty Training Workshop Spanish Virtual – September 9

(Virtual) All Ages

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.

Bilingual Stories with a Librarian – September 18 & October 16

(In Person) All Ages

In this class children and families will enjoy sharing stories in both English and Spanish, then follow up with an activity based on the story read.

Virtual Coffee with CRS – September 10 & October 8

(Virtual) Adults

Join the CRS team to learn about available resources in the community. This is a bilingual virtual workshop with our Community Resource Specialists: Chelsea, Rocio and Ty.

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.