



The Center for New & Expectant Parents

APRIL 2010

Walnut Creek

1403 N. Main Street, Walnut Creek, CA 94596

To register for classes, please call (925) 933-3291 or email: wcclasses@dayonecenter.com

Calendar subject to change. Please check website for updates: www.DayOneCenter.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Musical Play</i> 1:00 - 1:45p <i>Musical Play</i> 4:00 - 4:45p <i>Musical Play</i> 5:00 - 5:45p	2 <i>NPG: 6 - 12 months</i> 11:00 - 12:00p <i>NPG: 3 - 6 months</i> 1:00 - 2:00p	3 <i>Prenatal Yoga</i> 9:00 - 10:30a
4	5 <i>Mom & Baby Fitness</i> 11:00 - 12:00p <i>Breastfeeding Group (Free)</i> 12:30 - 1:30p	6 <i>Baby Yoga</i> 11:00 - 12:00p <i>Baby Play</i> 3:30 - 4:30p	7 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Prenatal Yoga</i> 6:15 - 7:45p	8 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Musical Play</i> 1:00 - 1:45p <i>Musical Play</i> 4:00 - 4:45p <i>Musical Play</i> 5:00 - 5:45p	9 <i>NPG: 6 - 12 months</i> 11:00 - 12:00p <i>NPG: 3 - 6 months</i> 1:00 - 2:00p	10 <i>Prenatal Yoga</i> 9:00 - 10:30a
11	12 <i>Mom & Baby Fitness</i> 11:00 - 12:00p <i>Breastfeeding Group (Free)</i> 12:30 - 1:30p <div style="border: 1px solid red; padding: 2px; margin-top: 5px;">All About Pumping 2:00 - 3:30p</div> <div style="border: 1px solid red; padding: 2px; margin-top: 5px;">Wills, Trusts & Life Insurance Free for Members 6:00 - 8:00p</div>	13 <i>Baby Yoga</i> 11:00 - 12:00p <i>Baby Play</i> 3:30 - 4:30p	14 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Prenatal Yoga</i> 6:15 - 7:45p	15 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Musical Play</i> 1:00 - 1:45p <i>Musical Play</i> 4:00 - 4:45p <i>Musical Play</i> 5:00 - 5:45p	16 <i>NPG: 6 - 12 months</i> 11:00 - 12:00p <i>NPG: 3 - 6 months</i> 1:00 - 2:00p <div style="border: 1px solid red; padding: 2px; margin-top: 5px;">Infant Massage 2:30 - 4:00p</div>	17 <i>Prenatal Yoga</i> 9:00 - 10:30a
18	19 <i>Mom & Baby Fitness</i> 11:00 - 12:00p <i>Breastfeeding Group (Free)</i> 12:30 - 1:30p <div style="border: 1px solid blue; padding: 2px; margin-top: 5px;">Infant & Child CPR 6:00 - 9:00p</div>	20 <i>Baby Yoga</i> 11:00 - 12:00p <i>Baby Play</i> 3:30 - 4:30p <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">By Baby 11:00 - 2:00p</div> <div style="border: 1px solid red; padding: 2px; margin-top: 5px;">Introducing Solids 12:30 - 2:00p</div>	21 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Prenatal Yoga</i> 6:15 - 7:45p	22 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Musical Play</i> 1:00 - 1:45p <i>Musical Play</i> 4:00 - 4:45p <i>Musical Play</i> 5:00 - 5:45p	23 Member Appreciation Day <i>NPG: 6 - 12 months</i> 11:00 - 12:00p <i>NPG: 3 - 6 months</i> 1:00 - 2:00p	24 Member Appreciation Day <i>Prenatal Yoga</i> 9:00 - 10:30a
25 Member Appreciation Day Alicia Cervenka Photography 11:00 - 4:00p Appointments Only	26 <i>Mom & Baby Fitness</i> 11:00 - 12:00p <i>Breastfeeding Group (Free)</i> 12:30 - 1:30p	27 <i>Baby Yoga</i> 11:00 - 12:00p <i>Baby Play</i> 3:30 - 4:30p <div style="border: 1px solid red; padding: 2px; margin-top: 5px;">Let's Talk About Sleep 12:30 - 2:00p</div>	28 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Prenatal Yoga</i> 6:15 - 7:45p	29 <i>NPG: 0 - 3 months</i> 11:00 - 12:00p <i>Musical Play</i> 1:00 - 1:45p <i>Musical Play</i> 4:00 - 4:45p <i>Musical Play</i> 5:00 - 5:45p <div style="border: 1px solid blue; padding: 2px; margin-top: 5px;">What is Cord Blood Banking? Free Workshop 6:30 - 7:30p</div>	30 <i>NPG: 6 - 12 months</i> 11:00 - 12:00p <i>NPG: 3 - 6 months</i> 1:00 - 2:00p	

- Prenatal Classes
- Infant & Child CPR
- Workshops
- New Parent Groups - Drop In