



The Center for New & Expectant Parents

# February 2012

Palo Alto

855 El Camino Real, #127, Town & Country Village, Palo Alto, CA 94301

To register for classes, please call (650) 322-3291 or email: [paclasses@dayonecenter.com](mailto:paclasses@dayonecenter.com)

Calendar subject to change. Please check website for updates: [www.DayOneCenter.com](http://www.DayOneCenter.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p><b>Prenatal Classes</b></p> <p><b>Infant &amp; Child CPR</b></p> <p><b>Workshops</b></p> <p><b>New Parent Groups – Drop In</b></p> <p><b>Music Program</b></p> </div> <div style="width: 30%; text-align: center;"> <p><b>1</b></p> <p><b>NPG: 0 – 3 months</b> 11:00 – 12:00pm</p> <p><b>Mom &amp; Baby Yoga</b> 3:30-4:45pm</p> </div> <div style="width: 30%; text-align: center;"> <p><b>2</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00 – 11:00am</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>NPG: 0 – 3 months</b> 2:30 – 3:30pm</p> </div> <div style="width: 15%; text-align: center;"> <p><b>3</b></p> <p><b>NPG: 6 – 12 Months</b> 11:15-12:15 pm</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>Musical Play</b> 2:15-3:00 pm</p> <p><b>NPG: 3 - 6 months</b> 4:00-5:00 pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p> </div> <div style="width: 15%; text-align: center;"> <p><b>4</b></p> <p><b>Breastfeeding</b> 11:30 - 2:00 pm</p> <p><b>Signing With Your Baby</b> 3:00-4:30 pm</p> </div> </div>						
<p><b>5</b></p> <p><b>Musical Play</b> 11:00 – 11:45am</p>	<p><b>6</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00-11:00am</p> <p><b>Musical Play</b> 1:00-1:45 pm</p> <p><b>Breastfeeding Group</b> 2:30-3:30 pm</p> <p><b>Dancing For Birth™</b> 5-class series 5:30-6:45 pm</p>	<p><b>7</b></p> <p><b>NPG: 3 – 6 months</b> 11:00 – 12:00pm</p> <p><b>Baby Play</b> 3:30 – 4:30pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p> <p><b>Second Time Parent 4-week Series</b> 9:30 - 10:30 am</p>	<p><b>8</b></p> <p><b>NPG: 0 – 3 months</b> 11:00 – 12:00pm</p> <p><b>Mom &amp; Baby Yoga</b> 3:30-4:45pm</p> <p><b>Intro to Baby Wearing</b> Free for Members 1:00-1:30pm</p> <p><b>Mom &amp; Baby Pilates Reformer Series</b> Balance Health &amp; Motherhood 1:30-3:00pm</p> <p><b>Wills, Trusts &amp; Life Insurance</b> Free for Members 6pm - 8pm</p>	<p><b>9</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00 – 11:00am</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>NPG: 0 – 3 months</b> 2:30 – 3:30pm</p> <p><b>Children's Paw Prints</b> 10:30- 2:30pm *Mother's Day orders*</p> <p><b>Infant &amp; Child CPR</b> 6:00 – 9:00 pm</p>	<p><b>10</b></p> <p><b>NPG: 6 – 12 Months</b> 11:15-12:15 pm</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>Musical Play</b> 2:15-3:00 pm</p> <p><b>NPG: 3 - 6 months</b> 4:00-5:00 pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p>	<p><b>11</b></p> <p><b>Infant &amp; Child CPR</b> 10:00 – 1:00 pm</p> <p><b>Signing Play Group 6 Week Series</b> 3:00 – 4:00 pm</p>
<p><b>12</b></p> <p><b>Newborn Care</b> 9:30am – 1:00 pm</p> <p><b>Gearing Up for Baby</b> 2:00 - 4:00 pm</p>	<p><b>13</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00-11:00am</p> <p><b>Musical Play</b> 1:00-1:45 pm</p> <p><b>Breastfeeding Group</b> 2:30-3:30 pm</p>	<p><b>14</b></p> <p><b>NPG: 3 – 6 months</b> 11:00 – 12:00pm</p> <p><b>Baby Play</b> 3:30 – 4:30pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p> <p><b>Second Time Parent 4-week Series</b> 9:30 - 10:30 am</p> <p><b>Sleep Solutions for the 4-12 month old</b> 1:00 – 3:00 pm</p>	<p><b>15</b></p> <p><b>NPG: 0 – 3 months</b> 11:00 – 12:00pm</p> <p><b>Mom &amp; Baby Yoga</b> 3:30-4:45pm</p>	<p><b>16</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00 – 11:00am</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>NPG: 0 – 3 months</b> 2:30 – 3:30pm</p> <p><b>Breastfeeding</b> 6:30 – 9:00 pm</p>	<p><b>17</b></p> <p><b>NPG: 6 – 12 Months</b> 11:15-12:15 pm</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>Musical Play</b> 2:15-3:00 pm</p> <p><b>NPG: 3 - 6 months</b> 4:00-5:00 pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p>	<p><b>18</b></p> <p><b>Infant Massage</b> 1:00 – 2:30 pm</p>
<p><b>19</b></p> <p><b>Introducing Solids</b> 11:00 – 12:30 pm</p> <p><b>Establishing Good Sleep Habits</b> 2:00 – 4:00 pm</p>	<p><b>20</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00-11:00am</p> <p><b>Musical Play</b> 1:00-1:45 pm</p> <p><b>Breastfeeding Group</b> 2:30-3:30 pm</p>	<p><b>21</b></p> <p><b>NPG: 3 – 6 months</b> 11:00 – 12:00pm</p> <p><b>Baby Play</b> 3:30 – 4:30pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p> <p><b>Second Time Parent 4-week Series</b> 9:30 - 10:30 am</p>	<p><b>22</b></p> <p><b>NPG: 0 – 3 months</b> 11:00 – 12:00pm</p> <p><b>Mom &amp; Baby Yoga</b> 3:30-4:45pm</p> <p><b>Intro to Baby Wearing</b> Free for Members 1:00-1:30pm</p> <p><b>Mom &amp; Baby Pilates Reformer Series</b> Find your Rhythm 1:30-3pm</p> <p><b>Newborn Care</b> 6:00 – 9:30 pm</p>	<p><b>23</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00 – 11:00am</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>NPG: 0 – 3 months</b> 2:30 – 3:30pm</p>	<p><b>24</b></p> <p><b>Member Appreciation Day</b></p> <p><b>NPG: 6 – 12 Months</b> 11:15-12:15 pm</p> <p><b>Musical Play</b> 1:00 – 1:45pm</p> <p><b>Musical Play</b> 2:15-3:00 pm</p> <p><b>NPG: 3 - 6 months</b> 4:00-5:00 pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p>	<p><b>25</b></p> <p><b>Member Appreciation Day</b></p> <p><b>Infant &amp; Child CPR</b> 10:00 – 1:00 pm</p>
<p><b>26</b></p> <p><b>Member Appreciation Day</b></p> <p><b>Childbirth Preparation</b> 9:00 – 5:00 pm</p>	<p><b>27</b></p> <p><b>Member Appreciation Day</b></p> <p><b>Mom &amp; Baby Fitness</b> 10:00-11:00am</p> <p><b>Musical Play</b> 1:00-1:45 pm</p> <p><b>Breastfeeding Group</b> 2:30-3:30 pm</p>	<p><b>28</b></p> <p><b>NPG: 3 – 6 months</b> 11:00 – 12:00pm</p> <p><b>Baby Play</b> 3:30 – 4:30pm</p> <p><b>Prenatal Yoga</b> 5:30 – 6:30pm</p> <p><b>Second Time Parent 4-week Series</b> 9:30 - 10:30 am</p>	<p><b>29</b></p> <p><b>NPG: 0 – 3 months</b> 11:00 – 12:00pm</p> <p><b>Mom &amp; Baby Yoga</b> 3:30-4:45pm</p>			