

January 2026 – Classes

Valleywise Community Health Center – South Phoenix/Laveen
Family Resource Center
5650 S. 35th Ave, Phoenix, AZ 85041 | 602-655-6406



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Monday: 8 am - 4:30 pm Tuesday: 8 am - 4:30 pm Wednesday: 8 am - 4:30 pm Thursday: 8 am - 4:30 pm Friday: 8 am - 4:30 pm			01 FRC Closed	02 ● 10 am – Adult Craft Hour ● 11 am – Vision Board: Setting Goals that Inspire Us	03
05	06 ● 11 am – Zumbini®	07 ● 2 pm – Preschool Science on Wheels – Whirly, Twirly, Flying Things! ● 3 pm – Wellness Warriors	08 ● 9 am – Car Seat Safety★ ◆ 9 am – Zumbini®	09 ● 9 am – MyChart ● 10 am – Wellness Warriors	10
12	13 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors ◆ 5 pm – Safe Sleep	14 ● 2 pm – ZooToYou	15 ◆ 9 am – Zumbini®	16 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour ● 11 am – Vision Board: Setting Goals that Inspire Us	17
19 FRC Closed	20 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors	21 ● 2 pm – Show and Tell - Colors	22 ● 9 am – Family & Friends® CPR ◆ 9 am – Zumbini® ● 2 pm – Bike Helmet Give-A-Way	23 ● 9 am – Organize Your Family's Health Care Information ◆ 9:30 am – Play & Learn ● 10 am – Wellness Warriors	24
26	27 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors ◆ 5 pm – Safe Sleep	28 ● 2 pm – Board Games	29 ◆ 9 am – Zumbini®	30 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour ● 11 am – Vision Board: Setting Goals that Inspire Us	31