

January 2026 – Classes

Valleywise Community Health Center – West Maryvale
Family Resource Center
7808 W Thomas Rd, Phoenix, AZ 85033 | 602-655-6906



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Monday 8 am - 4:30 pm Tuesday 8 am - 5:30 pm Wednesday 8 am - 4:30 pm Thursday 8 am - 4:30 pm Friday 8 am - 4:30 pm Saturday 01/10 8 am - 11:30 am			01 FRC Closed	02 ● 10 am – Dance Party: Music and Movement	03
05 ● 10 am – Start with Music	06 ● 10 am – Fun Arts ● 1:30 pm – Safe Sleep★ ● 4 pm – Creative Play	07 ● 9 am – Zumbini® ● 10 am – ZooToYou - Home Tweet Home	08 ◆ 9 am – Zumbini® ● 10 am – A Healthy Holiday ● 11 am – Baby Signing Time®★ ● 1:30 pm – Newborn Care	09 ● 11 am – Play & Learn	10 FRC Open 8 am - 11:30 am ● 9:30 am – Fun Arts
12 ● 10 am – Start with Music ● 1:30 pm – Healthy Smiles	13 ● 10 am – Sticker Day ● 4 pm – Creative Play ◆ 5 pm – Safe Sleep	14 ● 9 am – Zumbini® ● 10 am – Preschool Science on Wheels - Dino-mite!	15 ◆ 9 am – Zumbini® ● 9:30 am – Vision Board: Setting Goals that Inspire Us★ ● 11 am – Baby Signing Time®★	16 ◆ 9:30 am – Play & Learn ● 11 am – Play & Learn ● 1:30 pm – MyChart	17
19 FRC Closed	20 ● 9 am – Friends in Our Community: WIC ● 10 am – Storytime and Fun Arts ● 4 pm – Creative Play	21 ● 9 am – Zumbini® ● 10 am – Organize Your Family's Health Care Information	22 ◆ 9 am – Zumbini® ● 9 am – Car Seat Safety★ ● 11 am – Baby Signing Time®★	23 ◆ 9:30 am – Play & Learn ● 11 am – Play & Learn	24
26 ● 10 am – Start with Music	27 ● 10 am – Sensory Play ● 4 pm – Creative Play ◆ 5 pm – Safe Sleep	28 ● 9 am – Zumbini®	29 ◆ 9 am – Zumbini® ● 11 am – Baby Signing Time®★	30 ◆ 9:30 am – Play & Learn ● 10 am – Sensory Play	31

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ **Registration Required**