

# May 2024 – Classes

Valleywise Community Health Center – Mesa  
 Family Resource Center  
 950 E. Main St., Mesa, AZ 85203 | 602-655-6206



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>01</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Dance Party: Music and Movement	<b>02</b> ◆ 9 am – Women's Self-Improvement Series ◆ 10:30 am – Zumbini®	<b>03</b> FRC Closed	<b>04</b>
<b>06</b> ● 10:30 am – Fun Arts - Painting ● 1 pm – Zumbini®	<b>07</b> ● 10:30 am – Baby Massage (Birth to 11 months old - Registration Required) ◆ 5 pm – Safe Sleep for Babies	<b>08</b> ◆ 9:30 am – Play & Learn ● 10 am – Storytime - Mother's Day	<b>09</b> ◆ 9 am – Women's Self-Improvement Series ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	<b>10</b> ● 10:30 am – Mother's Day Celebration	<b>11</b>
<b>13</b> ● 10 am – ZooToYou - Active Animal ● 1 pm – Zumbini®	<b>14</b> ● 10:30 am – Baby Massage (Birth to 11 months old - Registration Required)	<b>15</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Sensory Play - Playdough ◆ 11 am – Baby Shower	<b>16</b> ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	<b>17</b> ● 10:30 am – Dance Party: Music and Movement ● 2 pm – Newborn Care	<b>18</b>
<b>20</b> ● 10:30 am – Storytime ● 1 pm – Zumbini®	<b>21</b> ● 10:30 am – Baby Massage (Birth to 11 months old - Registration Required) ◆ 5 pm – Safe Sleep for Babies	<b>22</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Fun Arts - Super Heros ◆ 11 am – Baby Shower	<b>23</b> ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	<b>24</b>	<b>25</b>
<b>27</b> FRC Closed	<b>28</b> ● 10:30 am – Baby Massage (Birth to 11 months old - Registration Required)	<b>29</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Sensory Play - Mindfulness ◆ 11 am – Baby Shower	<b>30</b> ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	<b>31</b> ● 10 am – ZooToYou - Sharing Our World ● 2 pm – Safe Sleep for Babies	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