

November 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
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 ● 10 am – Fun Arts - Día de los muertos ● 11 am – Raising A Reader	02
04 ● 10:30 am – Storytime - Bear Says Thanks ● 1 pm – Zumbini®	05 ● 10 am – Baby Signing Time® ◆ 5 pm – Safe Sleep	06 ◆ 9:30 am – Play & Learn ● 10 am – ZooToYou ◆ 1 pm – Women's Self-Improvement Series* ● 1:30 pm – Diabetes Bingo	07 ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	08 ● 11 am – Raising A Reader	09
11 FRC Closed	12 ● 10 am – Baby Signing Time®	13 ◆ 9:30 am – Play & Learn ● 10:30 am – A Healthy Holiday ◆ 1 pm – Women's Self-Improvement Series*	14 ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	15 ● 10:30 am – Dance Party: Music and Movement ● 11:30 am – Creative Play	16
18 ● 10:30 am – Fun Arts - Disguise a Turkey ● 1 pm – Zumbini®	19 ● 10 am – Baby Signing Time® ◆ 1:30 pm – Baby Shower* ◆ 5 pm – Safe Sleep	20 ◆ 9:30 am – Play & Learn ● 10:30 am – Fun Arts ◆ 1 pm – Women's Self-Improvement Series*	21 ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	22 ◆ 10 am – Turkey Dance Time! ● 10:30 am – Sensory Play - Fall	23
25 ● 1 pm – Zumbini®	26 ● 10 am – Baby Signing Time® ◆ 1:30 pm – Baby Shower*	27 ◆ 9:30 am – Play & Learn	28 FRC Closed	29	30

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

***Registration Required**