

# November 2024 – Classes

Valleywise Comprehensive Health Center – Phoenix  
 Family Resource Center  
 2525 E. Roosevelt St., Phoenix, AZ 85008 | 602-344-1352



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 11/23: 8 am - 11 am				01	02
<b>04</b> ● 10 am – ESL Café	<b>05</b> ● 9 am – Zumbini® ● 10 am – Raising A Reader ◆ 5 pm – Safe Sleep	<b>06</b> ◆ 9:30 am – Play & Learn ● 10 am – Fun Arts ◆ 1 pm – Women’s Self-Improvement Series* ● 2 pm – Board Games	<b>07</b> ◆ 9 am – Women’s Self-Improvement Series* ● 10 am – Creative Play ◆ 10:30 am – Zumbini® ● 11 am – ZooToYou - Animal Habitats	<b>08</b> ● 9 am – Diabetes Bingo	<b>09</b>
<b>11</b> FRC Closed	<b>12</b> ● 9 am – Zumbini® ● 10 am – Raising A Reader	<b>13</b> ◆ 9:30 am – Play & Learn ● 10 am – Fun Arts ◆ 1 pm – Women’s Self-Improvement Series* ● 2 pm – Board Games	<b>14</b> ◆ 9 am – Women’s Self-Improvement Series* ● 9:30 am – Preschool Science on Wheels - Whirly, Twirly, Flying Things! ● 10:30 am – Creative Play ◆ 10:30 am – Zumbini®	<b>15</b> ● 10 am – Fall Math For Littles	<b>16</b>
<b>18</b> ● 9 am – Storytime ● 10 am – Organize Your Family’s Health Care Information	<b>19</b> ● 9 am – Zumbini® ● 10 am – Raising A Reader ◆ 1:30 pm – Baby Shower* ◆ 5 pm – Safe Sleep	<b>20</b> ◆ 9:30 am – Play & Learn ● 10 am – Fun Arts ◆ 1 pm – Women’s Self-Improvement Series* ● 2 pm – Board Games	<b>21</b> ◆ 9 am – Women’s Self-Improvement Series* ● 9:30 am – Walking Club ● 10:30 am – Creative Play ◆ 10:30 am – Zumbini®	<b>22</b> ◆ 10 am – Turkey Dance Time!	<b>23</b> ● 8 am – 11 am - Craft-To-Go Join us in the new hospital cafeteria for a make and take craft. Learn more about the FRC programs and services.
<b>25</b> ● 10 am – Fun Arts ● 2 pm – Family & Friends® CPR	<b>26</b> ● 9 am – Zumbini® ● 10 am – STEM for Littles ● 11 am – Start with Music ◆ 1:30 pm – Baby Shower*	<b>27</b> ◆ 9:30 am – Play & Learn ● 10 am – Fun Arts	<b>28</b> FRC Closed	<b>29</b> ● 9:30 am – Walking Club	<b>30</b>

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

**\*Registration Required**