

# November 2024 – Classes

Valleywise Community Health Center – South Phoenix/Laveen  
 Family Resource Center  
 5650 S. 35<sup>th</sup> 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 ● 9 am – Adult Craft Hour	02
04 ● 9:30 am – Farm Express Mobile Market	05 ● 1 pm – Zumbini® ◆ 5 pm – Safe Sleep	06 ◆ 9:30 am – Play & Learn ● 10 am – BINGO ◆ 1 pm – Women’s Self-Improvement Series*	07 ◆ 9 am – Women’s Self-Improvement Series* ● 10 am – Storytime and Fun Arts ◆ 10:30 am – Zumbini®	08 ● 9 am – Adult Craft Hour	09
11 FRC Closed	12 ● 1 pm – Zumbini®	13 ◆ 9:30 am – Play & Learn ◆ 1 pm – Women’s Self-Improvement Series* ● 2 pm – Math for Littles	14 ◆ 9 am – Women’s Self-Improvement Series* ● 10:30 am – Wellness Warriors ◆ 10:30 am – Zumbini®	15 ● 9 am – Adult Craft Hour	16
18 ● 2 pm – Bike Helmet Give-A-Way	19 ● 1 pm – Zumbini® ◆ 1:30 pm – Baby Shower* ◆ 5 pm – Safe Sleep	20 ◆ 9:30 am – Play & Learn ● 10 am – Fall STEM for Littles ◆ 1 pm – Women’s Self-Improvement Series*	21 ◆ 9 am – Women’s Self-Improvement Series* ● 9:30 am – Sensory Play ◆ 10:30 am – Zumbini®	22 ● 9 am – Adult Craft Hour ◆ 10 am – Turkey Dance Time!	23
25 ● 9:30 am – Farm Express Mobile Market	26 ● 1 pm – Zumbini® ◆ 1:30 pm – Baby Shower* ● 2 pm – Friendsgiving	27 ◆ 9:30 am – Play & Learn ● 10:30 am – Storytime and Fun Arts	28 FRC Closed	29 ● 9 am – Adult Craft Hour	30

● In person | ◆ Virtual

[valleywisehealth.org/FRC](http://valleywisehealth.org/FRC) | [frc@valleywisehealth.org](mailto:frc@valleywisehealth.org)

**\*Registration Required**