

November 2024 – Classes

Valleywise Community Health Center – South Central Phoenix
 Family Resource Center
 33 W. Tamarisk St., Phoenix, AZ 85041 | 602-344-6660



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 11/2: 8 am - 12 pm				01 ● 10 am – Start with Music	02 FRC Open – 8am - 12pm ● 10 am – Storytime and Fun Arts
04	05 ● 10 am – Play & Learn ● 11 am – ZooToYou - Movin' and Groovin' ● 4 pm – Adult Craft Hour ◆ 5 pm – Safe Sleep	06 ◆ 9:30 am – Play & Learn ● 10:30 am – Zumbini® ◆ 1 pm – Women's Self-Improvement Series*	07 ◆ 9 am – Women's Self-Improvement Series* ● 10 am – Kinder Readiness ◆ 10:30 am – Zumbini® ● 11 am – Storytime and Fun Arts	08 ● 10 am – Start with Music	09
11 FRC Closed	12 ● 10 am – Play & Learn ● 4 pm – Adult Craft Hour	13 ◆ 9:30 am – Play & Learn ● 10:30 am – Zumbini® ● 11:30 am – Fun Arts ◆ 1 pm – Women's Self-Improvement Series*	14 ◆ 9 am – Women's Self-Improvement Series* ● 10 am – Kinder Readiness ◆ 10:30 am – Zumbini®	15 ● 10 am – Start with Music	16
18 ● 9:30 am – Farm Express Mobile Market	19 ● 10 am – Play & Learn ● 11 am – Sensory Play ◆ 1:30 pm – Baby Shower* ● 4 pm – Adult Craft Hour ◆ 5 pm – Safe Sleep	20 ◆ 9:30 am – Play & Learn ● 10:30 am – Zumbini® ● 11:30 am – Family & Friends® CPR ◆ 1 pm – Women's Self-Improvement Series*	21 ◆ 9 am – Women's Self-Improvement Series* ● 10:15 am – Preschool Science on Wheels - Build It ◆ 10:30 am – Zumbini® ● 11:30 am – Kinder Readiness	22 ● 10 am – Start with Music ◆ 10 am – Turkey Dance Time!	23
25	26 ● 10 am – Play & Learn ◆ 1:30 pm – Baby Shower* ● 4 pm – Adult Craft Hour	27 ◆ 9:30 am – Play & Learn ● 10:30 am – Zumbini®	28 FRC Closed	29	30

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

*Registration Required