

November 2024 – Classes

Valleywise Community Health Center – West Maryvale
 Family Resource Center
 7808 W Thomas Rd, Phoenix, AZ 85033 | 602-655-6906



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 11/16: 8 am - 12 pm				01	02
04 ● 10 am - Play & Learn	05 ● 4 pm - Raising A Reader ◆ 5 pm - Safe Sleep	06 ● 9 am - Zumbini® ◆ 9:30 am - Play & Learn ● 10 am - ZooToYou - Sharing Our World ◆ 1 pm - Women's Self-Improvement Series	07 ◆ 9 am - Women's Self-Improvement Series ● 10 am - Creative Supports ◆ 10:30 am - Zumbini®	08 ● 10 am - NutriMiniKids / Adventuring with food	09
11 FRC Closed	12 ● 4 pm - Raising A Reader	13 ● 9 am - Zumbini® ◆ 9:30 am - Play & Learn ◆ 1 pm - Women's Self-Improvement Series	14 ◆ 9 am - Women's Self-Improvement Series ● 10 am - Creative Supports ◆ 10:30 am - Zumbini®	15 ● 10 am - NutriMiniKids / Adventuring with food	16 FRC Open - 8 am - 12 pm ● 9:30 am - Fun Arts
18 ● 10 am - Play & Learn	19 ◆ 1:30 pm - Baby Shower* ● 4 pm - Raising A Reader ◆ 5 pm - Safe Sleep	20 ● 9 am - Zumbini® ◆ 9:30 am - Play & Learn ● 10 am - Preschool Science on Wheels - Build It ◆ 1 pm - Women's Self-Improvement Series	21 ◆ 9 am - Women's Self-Improvement Series ● 10 am - Creative Supports ◆ 10:30 am - Zumbini® ● 12 pm - A Healthy Holiday	22 ● 10 am - NutriMiniKids / Adventuring with food ◆ 10 am - Turkey Dance Time!	23
25	26 ◆ 1:30 pm - Baby Shower* ● 1:30 pm - Car Seat Program*	27 ● 9 am - Zumbini® ◆ 9:30 am - Play & Learn	28 FRC Closed	29	30

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

*Registration Required