

January 2025 – 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 FRC Closed	02	03 ● 10:30 am – Dance Party: Music and Movement	04
06 ● 10 am – ZooToYou ● 1 pm – Zumbini®	07 ● 10:30 am – Diggin' Dinos	08 ◆ 9:30 am – Play & Learn ● 10:30 am – Creative Play	09 ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	10 ● 10:30 am – Sensory Play - Slime	11
13 ● 10:30 am – Fun Arts ● 1 pm – Zumbini®	14 ● 2 pm – Family & Friends® CPR* ◆ 5 pm – Safe Sleep	15 ◆ 9:30 am – Play & Learn ● 10:30 am – Dance Party: Music and Movement ◆ 1 pm – Book Club	16 ● 10:30 am – ESL Café ◆ 10:30 am – Zumbini®	17 ● 10:30 am – Storytime	18
20 FRC Closed	21	22 ◆ 9:30 am – Play & Learn ● 10:30 am – Storytime ◆ 1 pm – Book Club	23 ◆ 10:30 am – Zumbini® ● 11 am – Bike Helmet Give-A-Way	24 ● 10:30 am – Creative Play	25
27 ● 1 pm – Zumbini®	28 ◆ 5 pm – Safe Sleep	29 ◆ 9:30 am – Play & Learn ● 10 am – Kith & Kin* ◆ 1 pm – Book Club	30 ◆ 10:30 am – Zumbini®	31 ● 10:30 am – Fun Arts	

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

*Registration Required