

January 2025 – 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 1/25: 8 am - 11 am		01 FRC Closed	02 ● 10 am – Creative Play	03 ● 10 am – Storytime and Fun Arts	04
06 ● 10 am – Brain Play: Develop Your Baby's Brain for Future Success ● 11 am – Bike Helmet Give-A-Way	07 ● 9 am – Zumbini® ● 11 am – Start with Music	08 ◆ 9:30 am – Play & Learn ● 2 pm – Board Games	09 ● 9:30 am – Preschool Science on Wheels - Lights and Shadows ◆ 10:30 am – Zumbini® ● 11 am – ZooToYou - Sharing our world	10 ● 10 am – Walking Club ● 11 am – Vision Board: Setting Goals that Inspire Us	11
13 ● 10 am – Sensory Play	14 ● 9 am – Zumbini® ● 10 am – Dance Party: Music and Movement ● 11 am – Start with Music ◆ 5 pm – Safe Sleep	15 ◆ 9:30 am – Play & Learn ● 10 am – Family & Friends® CPR ● 2 pm – Board Games ◆ 1 pm – Book Club	16 ● 10 am – Fun Arts ◆ 10:30 am – Zumbini® ● 11 am – STEM for Littles	17 ● 10 am – Walking Club ● 11 am – Vision Board: Setting Goals that Inspire Us	18
20 FRC Closed	21 ● 9 am – Zumbini® ● 10 am – Dance Party: Music and Movement ● 11 am – Start with Music	22 ◆ 9:30 am – Play & Learn ● 10 am – Storytime ◆ 1 pm – Book Club	23 ● 10 am – Fun Arts ◆ 10:30 am – Zumbini® ● 11 am – Creative Play	24 ● 10 am – Walking Club	25 ● 8:00 am – 11:00 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.
27 ● 11 am – Sensory Play ● 2 pm – Family & Friends® CPR	28 ● 9 am – Zumbini® ● 10 am – Dance Party: Music and Movement ● 11 am – Start with Music ◆ 5 pm – Safe Sleep	29 ◆ 9:30 am – Play & Learn ● 10 am – Storytime ◆ 1 pm – Book Club	30 ● 10 am – Cultural Family Event- Lunar New Year ◆ 10:30 am – Zumbini® ● 11 am – Creative Play	31 ● 10 am – Walking Club	