

# May 2025 – 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
<b>Hours:</b> 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 5/17: 8 am - 11 am			<b>01</b> ♦ 9 am – Women's Self-Improvement Series* ♦ 10:30 am – Zumbini®	<b>02</b> ● 10 am – Dance Party: Music and Movement	<b>03</b>
<b>05</b> ● 10:30 am – A Healthy Holiday	<b>06</b> ● 9:30 am – NutriMiniKids / Adventuring with food ● 4 pm – Healthy Smiles ♦ 5 pm – Safe Sleep	<b>07</b> ● 9 am – Zumbini® ♦ 9:30 am – Play & Learn ● 10 am – ZooToYou - Sharing Our World ● 1 pm – Car Seat Program*	<b>08</b> ● 10 am – Raising a Reader * ♦ 10:30 am – Zumbini®	<b>09</b> ● 10 am – Bike Helmet Give-A-Way ● 11 am – Play & Learn	<b>10</b>
<b>12</b>	<b>13</b> ● 9:30 am – NutriMiniKids / Adventuring with food ● 4 pm – Sensory Play	<b>14</b> ● 9 am – Zumbini® ♦ 9:30 am – Play & Learn ● 10 am – A Healthy Holiday ♦ 11 am – Baby Shower	<b>15</b> ● 10 am – Raising a Reader * ♦ 10:30 am – Zumbini® ● 1 pm – Newborn Care	<b>16</b> ● 10 am – Creative Supports*	<b>17</b> FRC Open – 8 am - 11 am  ● 9:30 am – Mother's Day Celebration
<b>19</b> ● 10 am – Dance Party: Music and Movement	<b>20</b> ● 9:30 am – NutriMiniKids / Adventuring with food ● 4 pm – Storytime and Fun Arts ♦ 5 pm – Safe Sleep	<b>21</b> ● 9 am – Zumbini® ♦ 9:30 am – Play & Learn ● 10 am – Preschool Science on Wheels ♦ 11 am – Baby Shower	<b>22</b> ● 10 am – Raising a Reader * ♦ 10:30 am – Zumbini® ● 1 pm – MyChart	<b>23</b> ● 11 am – Play & Learn	<b>24</b>
<b>26</b> FRC Closed	<b>27</b> ● 9:30 am – NutriMiniKids / Adventuring with food ● 4 pm – Math for Littles	<b>28</b> ● 9 am – Zumbini® ♦ 9:30 am – Play & Learn ● 10 am – Nutrition Workshop ♦ 11 am – Baby Shower	<b>29</b> ● 10 am – Raising a Reader * ♦ 10:30 am – Zumbini®	<b>30</b> ● 10 am – Sensory Play	

● In person | ♦ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

\*Registration Required