

# October 2025 – Classes

Valleywise Community Health Center – South Phoenix/Laveen  
 Family Resource Center  
 5650 S. 35<sup>th</sup> Ave, Phoenix, AZ 85041 | 602-655-6406



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	02 ● 9 am – Car Seat Safety★ ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini®	03 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	04
06 ● 9:30 am – Bike Helmet Give-A-Way	07 ● 10 am – Wellness Warriors ● 1 pm – Zumbini® ◆ 5 pm – Safe Sleep	08 ● 11 am – ZooToYou - Active Animals ● 12 pm – Great Arizona Puppet Theater - Baby Bunny Brushes His Teeth	09 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini® ● 1:30 pm – Fun Arts	10 ◆ 9:30 am – Play & Learn ● 10 am – Mad Science	11
13 FRC Closed	14 ● 10 am – Wellness Warriors ● 1 pm – Zumbini®	15 ● 1:30 pm – It's Scrapbooking Time	16 ◆ 9 am – Women's Self-Improvement Series★ ● 9:30 am – Family & Friends® CPR ◆ 10:30 am – Zumbini®	17 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	18
20 ● 9:30 am – Farm Express Mobile Market	21 ● 10 am – Wellness Warriors ● 1 pm – Zumbini® ◆ 5 pm – Safe Sleep	22 ● 2:15 pm – Show and Tell	23 ● 9 am – Fun Arts ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini®	24 ● 9 am – MyChart ◆ 9:30 am – Play & Learn	25
27	28 ● 10 am – Wellness Warriors ● 1 pm – Zumbini®	29 ● 2:15 pm – Dance Party: Music and Movement	30 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini® ● 1 pm – It's Scrapbooking Time	31 ◆ 9:30 am – Play & Learn ● 11 am – Fun Arts★	

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required