

November 2025 – Classes

Valleywise Community Health Center – South Phoenix/Laveen
Family Resource Center
5650 S. 35th 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
03 ● 9:30 am – Farm Express Mobile Market ● 10 am – Wellness Warriors	04 ● 1 pm – Zumbini® ● 2 pm – Let's talk turkey: planning a healthy holiday meal ◆ 5 pm – Safe Sleep	05 ● 2 pm – It's Scrapbooking Time★ ● 2:15 pm – Fun Arts	06 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini® ● 3 pm – Diabetes Bingo	07 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	08
10	11 FRC Closed	12 ● 8:30 am – Car Seat Safety★ ● 2 pm – Preschool Science on Wheels - Bubble-Ology	13 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini®	14 ◆ 9:30 am – Play & Learn ● 1 pm – Bike Helmet Give-A-Way	15
17 ● 9:30 am – Farm Express Mobile Market ● 10 am – Wellness Warriors	18 ● 1 pm – Zumbini® ● 2 pm – Great Arizona Puppet Theater - Baby Bunny Brushes His Teeth	19 ● 2 pm – ZooToYou ● 3 pm – Healthy Holiday	20 FRC Closed	21 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	22 ◆ 9:30 am – Storytime and Fun Arts
24 ● 9 am – Organize Your Family's Health Care Information	25 ● 9 am – Family & Friends® CPR ● 1 pm – Zumbini® ◆ 5 pm – Safe Sleep	26 ● 9 am – MyChart	27 FRC Closed	28 ● 9 am – Board Games	29

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required