

# November 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><br><br>Monday 8 am - 4:30 pm<br>Tuesday 8 am - 5:30 pm<br>Wednesday 8 am - 4:30 pm<br>Thursday 8 am - 4:30 pm<br>Friday 8 am - 4:30 pm<br>Saturday 11/15 9 am - 11:30am |                                                                                                                                    |                                                                                                                            |                                                                                                                                       |                                                                                             | 01                                                                   |
| <b>03</b><br>● 10 am – Start with Music                                                                                                                                               | <b>04</b><br>● 9:30 am – Baby Signing Time@★<br>● 11 am – Potty Training Workshop<br>● 4 pm – Creative Play<br>◆ 5 pm – Safe Sleep | <b>05</b><br>● 9 am – Zumbini®<br>● 10 am – ZooToYou - Critter Cuisine<br>● 1:30 pm – Bike Helmet Give-A-Way               | <b>06</b><br>◆ 9 am – Women's Self-Improvement Series★<br>● 9:30 am – Car Seat Safety★<br>◆ 10:30 am – Zumbini®<br>● 11 am – Fun Arts | <b>07</b><br>● 9:30 am – Newborn Care<br>◆ 9:30 am – Play & Learn<br>● 11 am – Play & Learn | 08                                                                   |
| <b>10</b><br>● 10 am – Start with Music<br>● 1:30 pm – MyChart                                                                                                                        | <b>11</b><br>FRC Closed                                                                                                            | <b>12</b><br>● 9 am – Zumbini®<br>● 10 am – Let's talk turkey: planning a healthy holiday meal★<br>● 1:30 pm – Board Games | <b>13</b><br>◆ 9 am – Women's Self-Improvement Series★<br>◆ 10:30 am – Zumbini®<br>● 1 pm – Family & Friends® CPR★                    | <b>14</b><br>◆ 9:30 am – Play & Learn<br>● 11 am – Play & Learn                             | <b>15</b><br>FRC Open 9am – 11:30am<br><br>● 9:30 am – Friendsgiving |
| <b>17</b><br>● 10 am – Safe Sleep★                                                                                                                                                    | <b>18</b><br>● 10 am – Turkey Dance Time!<br>● 4 pm – Creative Play                                                                | <b>19</b><br>● 9 am – Zumbini®<br>● 10 am – Mad Science - Up Up Away<br>● 1:30 pm – Board Games                            | <b>20</b><br>FRC Closed                                                                                                               | <b>21</b><br>◆ 9:30 am – Play & Learn<br>● 11 am – Play & Learn                             | 22                                                                   |
| <b>24</b><br>● 10 am – Start with Music                                                                                                                                               | <b>25</b><br>● 10 am – A Healthy Holiday<br>● 4 pm – Creative Play<br>◆ 5 pm – Safe Sleep                                          | <b>26</b><br>● 9 am – Zumbini®<br>● 10 am – Preschool Science on Wheels - Bubble-ology<br>● 1:30 pm – Healthy Smiles       | <b>27</b><br>FRC Closed                                                                                                               | <b>28</b><br>● 10 am – Fun Arts                                                             | 29                                                                   |