BaylorScott&White
HEALTH AND WELLNESS CENTER
AT JUANITA J. CRAFT RECREATION CENTER
DALLAS

# Community Calendar

**2025**
September

## Fitness Activities

Fitness classes are free.

| | Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---|---|---|---|---|---|---|---|
| **9:00 - 10:00 AM** | | **Rise Shine Move** (G) | | **Rise Shine Move** (G) | | | |
| **9:15 - 10:00 AM** | | | **Yoga** (MB) | | **Yoga** (MB) | | |
| **10:00 - 11:00 AM** | | **SAIL*** (G)<br>**Stay Active and Independent for Life* | **Line Dancing** (MB) | **SAIL** (G)<br>**Walk With A Doc** (G)<br>(3rd Wednesday only) | **SAIL** (G) | | |
| **11:00 AM - 12:00 PM** | | **Zumba®** (MB) | **Walk with Ease** (G) | **Zumba®** (MB) | **Walk with Ease** (G) | | |
| **12:00 - 1:00 PM** | | | | | | | |
| **5:30 - 6:30 PM** | | **Line Dancing** (MB) | **Cardio Blast** (MB) | **Zumba®** (MB) | **Shape Up** (MB) | | |

## BSW Health and Wellness Center

### Become a community health worker

Make a difference in the health of your community by becoming a community health worker (CHW). Introducing Education Hub, BSW HWC's virtual and self-paced eLearning environment for community health worker certification.

**Certification benefits:**

- Prepare yourself for a career in healthcare
- Develop professionally and enhance your existing skills
- Affect real change and make a difference in the health of your community

**Learn more**

## Juanita J. Craft Recreation Center

**City of Dallas 214.670.8391**
**Visit the website for additional activities:**
**https://www.dallasparks.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377**

| | | |
|---|---|---|
| Monday - Friday | 9:00 AM - 1:00 PM | **ASAP** (Active Senior Adult Program) |
| Tuesday & Thursday | 5:30 - 7:30 PM | **Rae's Hope Youth Volleyball** |
| Friday | 6:00 - 9:00 PM | **Teen Late Night** |
| Monday - Friday | 3:00 - 6:00 PM | **J.J. Craft After School Program** |

## Community Farm Stands

**Juanita J. Craft Recreation Center**
4500 Spring Avenue Dallas, TX 75210

| | | |
|---|---|---|
| Wednesday | 10:00 AM - 2:00 PM | Walk-in |
| Friday | 10:00 AM - 1:00 PM | Walk-in |

**Healthy Cities locations:** See page 3

## Health and Wellness Assessments (Biometrics)

**Free A1C, cholesterol, blood pressure, height and weight measured for members**

Participants receive a $10 (health and wellness assessment/biometrics farm stand voucher.
Call **214.865.3060** or register here: **https://bit.ly/3beZFF4**

## Hours of Operation

**Health and Wellness Center**

**(Open for in-person classes and consultations)**
**Monday - Friday**
8:00 AM - 5:00 PM

**Family Health Center**

**Appointments**
**214.817.6240**
**Mon./Wed./Thurs./Fri.**
8:00 AM - 5:00 PM
**Tuesday**
8:00 AM - 8:00 PM

**Juanita J. Craft Recreation Center**

**Monday - Thursday**
9:00 AM - 8:00 PM
**Friday**
9:00 AM - 7:00 PM
**Saturday**
9:00 AM - 2:00 PM

## Class Location

**BR** = Boardroom
**CA** = Classroom A
**CB** = Classroom B
**FC** = Fitness Center
**G** = Gym
**GR** = Game Room
**L** = Lobby
**O** = Outside
**TC** = Tennis Court
**WT** = Walking Trail
**MA** = Multi-purpose A
**MB** = Multi-purpose B (Aerobics)
**MAB** = Multi-purpose A & B (Teaching Kitchen)

# Weekly Class Schedule

**2025**
September

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---|---|---|---|---|---|---|
| | **1** | **2** | **3** | **4** | **5** | **6** |
| | **LABOR DAY**<br> <br>**OFFICE CLOSED** | 11:00 AM - 12:00 PM, Spanish<br>**Community Bible Study** | 11:00 AM - 12:00 PM, English<br>**Community Bible Study** (MB)<br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | | 11:00 AM - 1:00 PM<br>**Farm Stand food samples** (MAB) | |
| **7** | **8** | **9** | **10** | **11** | **12** | **13** |
| | 12:30 - 1:30 PM<br>**Balanced Living** (CA)<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | 11:00 AM - 12:00 PM, Spanish<br>**Community Bible Study**<br><br>11:00 AM - 12:00 PM, Spanish<br>**Group Lifestyle Balance™** (monthly, 2nd Tuesday) | 10:00 - 11:00 AM<br>**Group Lifestyle Balance™** (monthly)<br><br>11:00 AM - 12:00 PM, English<br>**Community Bible Study** (MB)<br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | | 11:00 AM - 1:00 PM<br>**Farm Stand food samples** (MAB) | |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
| | 12:30 - 1:30 PM<br>**Balanced Living** (CA)<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | 11:00 AM - 12:00 PM, Spanish<br>**Community Bible Study** | 10:00 - 11:00 AM<br>**Walk-with-a-Doc** (MAB)<br><br>11:00 AM - 12:00 PM, English<br>**Community Bible Study** (MB)<br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | | 11:00 AM - 1:00 PM<br>**Farm Stand food samples** (MAB) | |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
| | 12:30 - 1:30 PM<br>**Balanced Living** (CA)<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | 11:00 AM - 12:00 PM, Spanish<br>**Community Bible Study** | 11:00 AM - 12:00 PM<br>**Group Lifestyle Balance™**<br><br>11:00 AM - 12:00 PM, English<br>**Community Bible Study** (MB)<br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | | 11:00 AM - 1:00 PM<br>**Farm Stand food samples** (MAB) | |
| **28** | **29** | **30** | | | | |
| | 4:30 - 7:00 PM<br>**Tweeners Activities** (MA) | 11:00 AM - 12:00 PM, Spanish<br>**Community Bible Study** | | | | |

# Healthy Cities

## Program Schedule

**2025**
September

| Location | Class \| Community Farm Stand | Time | Day | Dates |
|---|---|---|---|---|
| **Anita Martinez*** 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840 | **Cooking Well with Diabetes,** Bilingual | 10:30 - 11:30 AM | Monday | Sept. 8, 15, 22 |
| | **Cooking Well with Diabetes,** Spanish | 10:00 - 11:00 AM | Tuesday | Sept. 2, 9, 16, 23, 30 |
| | **Cooking Well with Diabetes,** Spanish | 6:00 - 7:00 PM | Wednesday | Sept. 3, 10, 17, 24 |
| | **SAIL,** Bilingual | 10:30 - 11:30 AM | Thursday | Sept. 4, 11, 18, 25 |
| | **Community Farm Stand** | 10:00 AM - 3:00 PM | Wednesday | Sept. 3, 10, 17, 24 |
| **Beckley-Saner*** 114 W Hobson Ave. Dallas, TX 75224 945.323.0997 | **A Taste of African Heritage** | 10:30 - 11:30 AM | Monday | Sept. 15, 22, 29 |
| | **SAIL,** Bilingual | 9:00 - 10:00 AM | Tuesday | Sept. 2, 9, 16, 23, 30 |
| | **Balanced Living,** Spanish | 10:30 - 11:30 AM | Thursday | Sept. 4, 11 |
| | **Community Farm Stand** | 10:00 AM - 2:00 PM | Thursday | Sept. 11 |
| **Bonton Wellness Center** 6407 Carlton Garrett St. Dallas, TX 75215 945-323-0990 | **Cooking Well for a Healthy Blood Pressure** | 5:30 - 6:30 PM | Tuesday | Sept. 2 |
| | **Cooking Well During the Holidays** | 5:30 - 6:30 PM | Tuesday | Sept 23, 30 |
| | **Cardio Blast** | 5:30 - 6:30 PM | Wednesday | Sept. 3, 10, 17, 24 |
| **Grauwyler*** 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932 | **Balanced Living,** Bilingual | 11:00 AM - 12:00 PM | Monday | Sept. 8, 15, 22, 29 |
| | **Zumba®** | 11:00 AM - 12:00 PM | Tuesday | Sept. 2, 9, 16, 23, 30 |
| **Hiawatha Williams*** 2976 Cummings St. Dallas, TX 75216 945.323.0939 | **A Taste of Latin Heritage** | 10:30 - 11:30 AM | Monday | Sept. 15, 22, 29 |
| | **Cardio Blast** | 5:30 - 6:30 PM | Monday | Sept. 8, 15, 22, 29 |
| | **Community Farm Stand** | 10:00 AM - 3:00 PM | Thursday | Sept, 4, 11, 18, 25 |
| **Jaycee Zaragoza*** 3114 Clymer St. Dallas, TX 75212 214.208.5932 | **SAIL,** Bilingual | 9:30 - 10:30 AM | Tuesday | Sept. 2, 9, 16, 23, 30 |
| | **Balanced Living,** Bilingual | 6:00 - 7:00 PM | Wednesday | Sept. 3, 10, 17, 24 |
| | **Community Farm Stand** | 10:00 AM - 2:00 PM | Tuesday | Sept. 9 |
| **Jubilee Park Community Clinic** 820 Ann Ave. Dallas, TX 75223 214.235.5737 | **A Taste of African Heritage** | 1:00 - 2:00 PM | Thursday | Sept. 4, 11, 18, 25 |
| **Samuell Grand*** 6200 E Grand Ave. Dallas, TX 75223 214.235.5737 | **A Taste of African Heritage** | 11:00 AM - 12:00 PM | Tuesday | Sept. 2, 9 |
| | **A Taste of African Heritage** | 11:00 AM - 12:00 PM | Wednesday | Sept. 3, 10 |
| | **Zumba®** | 10:30 - 11:30 AM | Friday | Sept. 5, 12, 19, 26 |
| **Singing Hills*** 6805 Patrol Way Dallas, TX 75241 469.274.5107 | **Cooking Well for a Healthy Blood Pressure** | 1:30 - 2:30 PM | Wednesday | Sept. 3, 10, 17, 24 |
| | **SAIL** | 10:30 – 11:30 AM | Thursday | Sept 4, 11, 18, 25 |
| | **Community Farm Stand** | 10:00 AM - 1:00 PM | Tuesday | Sept. 9 |
| **Thurgood Marshall*** 5150 Mark Trail Way Dallas, TX 75232 945.323.0990 | **Cooking Well for a Healthy Blood Pressure** | 6:00 - 7:00 PM | Wednesday | Sept. 10, 17, 24 |

***City of Dallas Park & Recreation Center**

# Outreach - Community Health Fairs

**Baylor Scott & White Health and Wellness Center is planning to attend the following community events.**

**2025**
September

| Date | Day | Time | Event | Location |
|---|---|---|---|---|
| 9/13/2025 | Saturday | 10:00 AM - 1:00 PM | **Children on the Mend Health Fair** | **Cedar Hill ISD: Collegiate Academy**<br>1515 W. Belt Line Rd.<br>Dallas, TX 75104 |
| 9/20/2025 | Saturday | 10:00 AM - 1:00 PM | **Community Bash** | **Arcadia Park Library**<br>1302 N. Justin Ave<br>Dallas, TX 75211 |
| 9/27/2025 | Saturday | 10:00 AM - 1:00 PM | **Spiritual Health and Wellness Fair** | **New Mount Moriah Missionary Baptist Church**<br>2735 Marder St<br>Dallas, TX 75215 |

## Upcoming Events

| | | | |
|---|---|---|---|
| **Healthy Aging Month** | September 24, 2025 | 12:00 - 2:00 PM | **Baylor Scott & White Health and Wellness Center**<br>**4500 Spring Ave Dallas, TX 75210** |
| **National Hispanic Heritage Month** | October 14, 2025 | 12:00 - 2:00 PM | **Baylor Scott & White Health and Wellness Center**<br>**4500 Spring Ave Dallas, TX 75210** |
| **11th Annual Chef Cookoff** | October 3, 2025 | 11:00 AM - 3:30 PM | **Middleby Innovation Kitchens**<br>2701 E. State Hwy 121<br>Lewisville, TX 75056 |