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

Community Calendar

2025
August

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) **Stay Active and Independent for Life*	**Line Dancing** (MB)	**SAIL** (G) **Walk With A Doc** (G) (3rd Wednesday only)	**SAIL** (G)		
11:00 AM - 12:00 PM		**Line Dancing** (MB)	**Walk with Ease** (G)	**Line Dancing** (MB)	**Walk with Ease** (G)		
12:00 - 1:00 PM							
5:30 - 6:30 PM		**Line Dancing** (MB)	**Cardio Blast** (MB)	**Yoga** (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	**Senior ASAP Program**
Tuesday & Thursday	5:30 - 7:30 PM	**Rae's Hope Youth Volleyball**
Friday August	6:00 - 9:00 PM	**Teen Late Night**
Monday - Friday (beginning August 11)	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
August

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

Program Schedule

2025
August

Location	Class | Community Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	**Dinner Tonight,** Bilingual	10:00 - 11:00 AM	Monday	Aug. 4, 11
	Cooking Well with Diabetes, Bilingual	10:30 - 11:30 AM	Monday	Aug. 25
	Cooking Well with Diabetes, Spanish	10:00 - 11:00 AM	Tuesday	Aug. 26
	Cooking Well with Diabetes, Spanish	6:00 - 7:00 PM	Wednesday	Aug. 27
	Dinner Tonight, Spanish	6:00 - 7:00 PM	Wednesday	Aug. 6
	SAIL, Bilingual	10:30 - 11:30 AM	Thursday	Aug. 7, 14, 21, 28
	Community Farm Stand	10:00 AM - 3:00 PM	Wednesday	Aug. 6, 13, 20, 27
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0997	**Balanced Living**	10:30 - 11:30 AM	Monday	Aug. 4, 11, 18, 25
	SAIL, Bilingual	9:00 - 10:00 AM	Tuesday	Aug. 5, 12, 19, 26
	Balanced Living, Spanish	10:30 - 11:30 AM	Thursday	Aug. 7, 14, 21, 28
	Community Farm Stand	10:00 AM - 2:00 PM	Thursday	Aug. 14
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	Aug. 5, 12, 19, 26
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Aug. 6, 13, 20, 27
	SAIL	9:00 - 10:00 AM	Thursday	Aug. 7, 14, 21 28
Grauwyler* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	**The Happy Kitchen®,** Bilingual	11:00 AM - 12:00 PM	Monday	Aug. 4, 11, 18
	Mobile Community Health Unit	12:00 - 4:00 PM	Tuesday	Aug. 12
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	**Cooking Well for a Healthy Blood Pressure**	10:00 - 11:00 AM	Monday	Aug. 18, 25
	Cardio Blast	5:30 - 6:30 PM	Monday	Aug. 4, 11, 18
	Community Farm Stand	10:00 AM - 3:00 PM	Thursday	Aug. 7, 14, 21, 28
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	**SAIL,** Bilingual	9:30 - 10:30 AM	Tuesday	Aug. 5
	Balanced Living, Bilingual	6:00 - 7:00 PM	Wednesday	Aug. 20, 27
	Community Farm Stand	10:00 AM - 2:00 PM	Tuesday	Aug. 12
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.235.5737	**A Taste of African Heritage**	1:00 - 2:00 PM	Thursday	Aug. 7, 14, 21, 28
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	**A Taste of African Heritage**	11:00 AM - 12:00 PM	Tuesday	Aug. 5, 12, 19, 26
	A Taste of African Heritage	11:00 AM - 12:00 PM	Wednesday	Aug. 6, 13, 20, 27
Singing Hills* 6805 Patrol Way Dallas, TX 75241	**Cooking Well for a Healthy Blood Pressure**	1:30 - 2:30 PM	Wednesday	Aug. 13, 20, 27
	Community Farm Stand	10:00 AM - 1:00 PM	Tuesday	Aug. 12
Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 945.323.0990	**Dinner Tonight**	6:00 - 7:00 PM	Wednesday	Aug. 6, 13, 20

***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
August

Date	Day	Time	Event	Location
8/1/2025	Friday	8:00 AM - 2:00 PM	**Dallas Mayor's Back to School Fair**	**Fair Park Centennial Hall** 3809 Grand Ave. Dallas, TX 75210
8/2/2025	Saturday	10:00 AM - 4:00 PM	**Back to School and Health Fair**	**Beckley-Saner Recreation Center** 114 W. Hobson Ave. Dallas, TX 75224
8/2/2025	Saturday	1:00 - 3:00 PM	**Health Discussion and Kidney Screening**	**St. Matthew's Missionary Baptist Church** 2719 Michigan Ave. Dallas, TX 75216
8/5/2025	Tuesday	10:00 AM - 2:00 PM	**Association of Black Nurses Health Event**	**Martin Luther King, Jr. Recreation Center** 2901 Pennsylvania Ave. Dallas, TX 75215
8/9/2025	Saturday	11:00 AM - 3:00 PM	**Motivate the City: Back to School Event**	**J.J. Craft Recreation Center** 4500 Spring Ave. Dallas, TX 75210
8/9/2025	Saturday	11:00 AM - 3:00 PM	**Back to School and Health Fair**	**Light Church** 2606 John West Rd. Mesquite, TX 75150
8/12/2025	Tuesday	12:00 - 4:00 PM	**Bringing Care to You: Mobile Community Health Unit**	**Grauwyler Recreation Center** 7780 Harry Hines Blvd. Dallas, TX 75235
8/16/2025	Saturday	10:00 AM - 2:00 PM	**Health Discussion and Kidney Screenings**	**Salem Institutional Baptist Church** 3918 Crozier St. Dallas, TX 75215
8/23/2025	Saturday	11:00 AM - 3:00 PM	**Unity Fest 2025 Health Fair**	**Bruton Terrace Church** 8851 Bruton Rd. Dallas, TX 75217