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

Community Calendar

2025
November

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		**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**

Closed Tuesday, November 11th for Veteran's Day

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:** Bit.ly/39v8uta

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
Monday through Friday
8:00 AM - 5:00 PM

Juanita J. Craft Recreation Center

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

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
November

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	**3**	**4**	**5**	**6**	**7**	**8**
	12:30 - 1:30 PM **A Taste of Latin Heritage** (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, Spanish **Group Lifestyle Balance™**	11:00 AM - 12:00 PM **Group Lifestyle Balance™** (October 1 - December 10) 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	**10**	**11**	**12**	**13**	**14**	**15**
	12:30 - 1:30 PM **A Taste of Latin Heritage** (CA) 4:30 - 7:00 PM **Tweeners Activities** (MA)	11:00 AM - 12:00 PM, Spanish **Community Bible Study** **(Recreation Center only, closed for Veteran's Day)**	10:00 - 11:00 AM **Group Lifestyle Balance™** (2nd Wednesday) 11:00 AM - 12:00 PM **Group Lifestyle Balance™** (October 1 - December 10) 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)	
16	**17**	**18**	**19**	**20**	**21**	**22**
	12:30 - 1:30 PM **A Taste of Latin Heritage** (CA) 4:30 - 7:00 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 **Group Lifestyle Balance™** (October 1 - December 10) 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)	
23	**24**	**25**	**26**	**27**	**28**	**29**
	12:30 - 1:30 PM **A Taste of Latin Heritage** (CA)	11:00 AM - 12:00 PM, Spanish **Community Bible Study** 10:00 AM - 1:00 PM **Farm Stand**	11:00 AM - 12:00 PM **Group Lifestyle Balance™** 10:00 AM - 2:00 PM **Farm Stand**			
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Healthy Cities

Program Schedule

2025
November

Location	Class | Community Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	**Cooking Well During the Holidays,** Spanish	10:00 - 11:00 AM	Tuesday	Nov. 4, 18, 25
	Cooking Well During the Holidays, Spanish	6:00 - 7:00 PM	Wednesday	Nov. 5, 12, 19
	SAIL *(**S**tay **A**ctive and **I**ndependent for **L**ife),* Bilingual	10:30 - 11:30 AM	Thursday	Nov. 6, 13, 20
	Community Farm Stand	10:00 AM - 3:00 PM	Wednesday	Nov. 5, 12, 19
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0997	**A Taste of African Heritage**	10:30 - 11:30 AM	Monday	Nov. 3
	Cooking Well During the Holidays	10:30 - 11:30 AM	Monday	Nov. 24
	SAIL, Bilingual	9:00 - 10:00 AM	Tuesday	Nov. 4, 18, 25
	A Taste of Latin Heritage	10:30 - 11:30 AM	Thursday	Nov. 6, 13, 20
	Community Farm Stand	10:00 AM - 2:00 PM	Thursday	Nov. 13
Bonton Wellness Center 6407 Carlton Garrett St. Dallas, TX 75215	**Cooking Well During the Holidays**	5:30 - 6:30 PM	Tuesday	Nov. 4
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Nov. 5, 12, 19
	SAIL	9:00 - 10:00 AM	Thursday	Nov. 6, 13, 20
Grauwyler* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	**Cooking Well with Diabetes,** Bilingual	11:00 AM - 12:00 PM	Monday	Nov. 10, 17, 24
	Zumba®	11:00 AM - 12:00 PM	Tuesday	Nov. 4, 18, 25
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	**A Taste of Latin Heritage**	10:30 - 11:30 AM	Monday	Nov. 3, 10
	Cardio Blast	5:30 - 6:30 PM	Monday	Nov. 3, 10, 17, 24
	Community Farm Stand	10:00 AM - 3:00 PM	Thursday	Nov. 6, 13, 20
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	**SAIL,** Bilingual	9:30 - 10:30 AM	Tuesday	Nov. 4, 18
	Cooking Well with Diabetes, Bilingual	6:00 - 7:00 PM	Wednesday	Nov. 5, 12, 19
	Community Farm Stand			
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.235.5737	**Balanced Living,** Spanish	1:00 - 2:00 PM	Thursday	Nov. 6
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	**Dinner Tonight**	11:00 AM - 12:00 PM	Tuesday	Nov. 4
	Cooking Well with Diabetes, Spanish	11:00 AM - 12:00 PM	Wednesday	Nov. 5
Singing Hills* 6805 Patrol Way Dallas, TX 75241 469.274.5107	**SAIL**	10:30 - 11:30 AM	Tuesday	Nov. 4, 18, 25
	Zumba®	6:00 - 7:00 PM	Tuesday	Nov. 4, 18, 25
	Cooking Well During the Holidays	1:30 - 2:30 PM	Wednesday	Nov. 5, 12, 19
	SAIL	10:30 - 11:30 AM	Thursday	Nov. 6, 13, 20
	Community Farm Stand			
Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 945.323.0990				

***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
November

Date	Day	Time	Event	Location
11/1/2025	Saturday	11:00 AM - 1:00 PM	**Kidney Screenings and Health Discussions**	**The Star Baptist Fellowship** 8702 Eden Valley Ln Dallas, TX 75217
11/6/2025	Thursday	10:00 AM - 1:00 PM	**Diabetes Awareness Month: Dallas County Health and Human Services**	**DCHHS: Stemmons Office** 2377 N. Stemmons Fwy Dallas, TX 75207
11/6/2025	Thursday	10:00 AM - 1:00 PM	**Dallas Park & Recreation: Senior Health and Wellness Expo 2025**	**Grand Place - Fair Park** 3701 Grand Ave Dallas, TX 75210
11/12/2025	Wednesday	10:00 AM - 1:00 PM	**Diabetes Awareness Month: Dallas County Health and Human Services**	**South Dallas Cultural Center** 3400 S. Fitzhugh Ave Dallas, TX 75210
11/19/2025	Wednesday	12:00 PM - 2:00 PM	**Diabetes and Your Wellbeing: Take charge today!**	**Baylor Scott & White Health and Wellness Center at J. J. Craft Recreation Center** 4500 Spring Ave Dallas, TX 75210
11/22/2025	Saturday	9:00 AM - 2:00 PM	**Wheels of Giving**	**TBD**

Upcoming Events

Community Thanksgiving Dinner	November 13, 2025	6:00 - 7:30 PM	**Baylor Scott & White Health and Wellness Center at Juanita J. Craft Recreation Center** 4500 Spring Ave. | Dallas, TX 75210
Diabetes Awareness Month Diabetes and Your Wellbeing: Take charge today!	November 19, 2025	12:00 - 2:00 PM	**Baylor Scott & White Health and Wellness Center at Juanita J. Craft Recreation Center** 4500 Spring Ave. | Dallas, TX 75210