


| 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><i>*Stay Active and Independent for Life</i> | 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   | JUANITA J. CRAFT RECREATION CENTER   |
|--|--|
| <p><b>Become a community health worker</b></p> <p>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.</p> <p><b>Certification benefits:</b></p> <ul style="list-style-type: none"> <li>• Prepare yourself for a career in healthcare</li> <li>• Develop professionally and enhance your existing skills</li> <li>• Affect real change and make a difference in the health of your community</li> </ul> <p>Learn more </p> | <p>City of Dallas 214.670.8391<br/>Visit the website for additional activities:<br/><a href="https://www.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377">https://www.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377</a></p> <hr/> <p>Monday - Thursday 9:00 AM - 1:00 PM <b>ASAP</b> (Active Senior Adult Program)</p> <p>Tuesday &amp; Thursday 5:30 - 7:30 PM <b>Rae's Hope Youth Volleyball</b></p> <p>Monday - Friday 3:00 - 6:00 PM <b>J. J. Craft After School Program</b></p> |
| COMMUNITY FARM STANDS  | HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)   |
| <p><b>Juanita J. Craft Recreation Center</b><br/>4500 Spring Avenue Dallas, TX 75210</p> <p>Wednesday 10:00 AM - 2:00 PM Farm Stand</p> <p>Wednesday 10:00 AM - 1:00 PM Cooking / Food samples</p> <p>Friday 2:00 PM - 4:00 PM <i>New hours!</i></p>   | <p><b>Free A1C, cholesterol, blood pressure, height and weight measured for members</b></p> <p>Participants receive a \$10 (health and wellness assessment/biometrics) farm stand voucher.</p> <p>Call 214.865.3060 or register here: <a href="https://bit.ly/39v8uta">Bit.ly/39v8uta</a></p>  |
| <p><b>Healthy Cities locations:</b> See page 3</p>   |  |

| HOURS OF OPERATION  |   |   | CLASS LOCATION   |
|---|---|---|--|
| <p><u><b>Health and Wellness Center</b></u></p> <p>(Open for in-person classes and consultations)</p> <p><b>Monday - Friday</b><br/>8:00 AM - 5:00 PM</p> | <p><u><b>Family Health Center</b></u></p> <p><b>Appointments</b><br/>214.817.6240</p> <p><b>Monday through Friday</b><br/>8:00 AM - 5:00 PM</p> | <p><u><b>Juanita J. Craft Recreation Center</b></u></p> <p><b>Monday - Thursday</b><br/>9:00 AM - 8:00 PM</p> <p><b>Friday</b><br/>2:00 - 7:00 PM</p> <p><b>Saturday</b><br/>Closed</p> | <p><b>BR</b> = Boardroom      <b>GR</b> = Game Room</p> <p><b>CA</b> = Classroom A      <b>L</b> = Lobby</p> <p><b>CB</b> = Classroom B      <b>O</b> = Outside</p> <p><b>FC</b> = Fitness Center      <b>TC</b> = Tennis Court</p> <p><b>G</b> = Gym      <b>WT</b> = Walking Trail</p> <p><b>MA</b> = Multi-purpose A</p> <p><b>MB</b> = Multi-purpose B (Aerobics)</p> <p><b>MAB</b> = Multi-purpose A &amp; B (Teaching Kitchen)</p> |

# Weekly Class Schedule

2026  
January

| Sun. | Monday  | Tuesday   | Wednesday  | Thursday                             | Friday | Sat. |
|------|---|---|--|--------------------------------------|--------|------|
|      |   |   |  | 1                                    | 2      | 3    |
|      |   |   |  | Happy New Year!<br><br>Office closed |        |      |
| 4    | 5   | 6   | 7  | 8                                    | 9      | 10   |
|      | 4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b>   | 11:00 AM - 12:00 PM, Spanish<br><b>Community Bible Study</b>  | 11:00 AM - 12:00 PM<br><b>Group Lifestyle Balance™</b><br><br>11:00 AM - 12:00 PM, English<br><b>Community Bible Study (MB)</b><br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b>   |                                      |        |      |
| 11   | 12  | 13  | 14   | 15                                   | 16     | 17   |
|      | 12:30 - 1:30 PM<br><b>A Taste of African Heritage</b><br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b>  | 11:00 AM - 12:00 PM, Spanish<br><b>Community Bible Study</b><br><br>11:00 AM - 12:00 PM, Spanish<br><b>Group Lifestyle Balance™</b> | 10:00 - 11:00 AM<br><b>Group Lifestyle Balance™</b><br>(2nd Wednesday)<br><br>11:00 AM - 12:00 PM, English<br><b>Community Bible Study (MB)</b><br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b>   |                                      |        |      |
| 18   | 19  | 20  | 21   | 22                                   | 23     | 24   |
|      | Honoring<br>Dr. Martin Luther King, Jr.<br>  | 11:00 AM - 12:00 PM, Spanish<br><b>Community Bible Study</b>  | 10:00 - 11:00 AM<br><b>Walk-with-a-Doc (MAB)</b><br><br>11:00 AM - 12:00 PM<br><b>Group Lifestyle Balance™</b><br><br>11:00 AM - 12:00 PM, English<br><b>Community Bible Study (MB)</b><br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b> |                                      |        |      |
| 25   | 26  | 27  | 28   | 28                                   | 30     | 31   |
|      | 10:00 - 11:00 AM<br><b>Group Lifestyle Balance™</b><br><br>12:30 - 1:30 PM<br><b>A Taste of African Heritage</b><br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b> | 11:00 AM - 12:00 PM, Spanish<br><b>Community Bible Study</b><br><br>11:00 AM - 12:00 PM, Spanish<br><b>Group Lifestyle Balance™</b> | 11:00 AM - 12:00 PM, English<br><b>Community Bible Study (MB)</b><br>Teleconference 1-469-208-1641<br>Conference ID: 893 140 443#<br><br>4:30 - 7:00 PM<br><b>Tweeners Activities (MA)</b>   |                                      |        |      |

# Healthy Cities

## Program Schedule

2026  
January

| Location  | Class   Community Farm Stand   | Time                | Day       | Dates              |
|---|--|---------------------|-----------|--------------------|
| <b>Anita Martinez*</b><br>3212 N Winnetka Ave.<br>Dallas, TX 75212<br>214.228.4840            | <b>A Taste of African Heritage</b> , Spanish                           | 10:30 - 11:30 AM    | Tuesday   | Jan. 20, 27        |
|   | <b>A Taste of African Heritage</b> , Spanish                           | 6:00 - 7:00 PM      | Wednesday | Jan. 21, 28        |
|   | <b>SAIL</b> ( <i>Stay Active and Independent for Life</i> ), Bilingual | 10:30 - 11:30 AM    | Thursday  | Jan. 8, 15, 22, 29 |
|   | <b>Community Farm Stand</b>  | 10:00 AM - 3:00 PM  | Wednesday | Jan. 7, 14, 21, 28 |
| <b>Beckley-Saner*</b><br>114 W Hobson Ave.<br>Dallas, TX 75224<br>945.323.0997                | <b>A Taste of Latin Heritage</b>                                       | 10:30 - 11:30 AM    | Monday    | Jan. 5, 12, 26     |
|   | <b>SAIL</b> , Bilingual  | 9:00 - 10:00 AM     | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>A Taste of Latin Heritage</b> , Spanish                             | 10:30 - 11:30 AM    | Thursday  | Jan. 8, 15, 29     |
|   | <b>Community Farm Stand</b>  | 10:00 AM - 2:00 PM  | Thursday  | Jan. 8             |
| <b>Bonton Wellness Center</b><br>6407 Carlton Garrett St.<br>Dallas, TX 75215<br>945-323-0990 | <b>A Taste of African Heritage</b>                                     | 5:30 - 6:30 PM      | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>Cardio Blast</b>  | 5:30 - 6:30 PM      | Wednesday | Jan. 7, 14, 21, 28 |
| <b>Grauwyler*</b><br>7780 Harry Hines Blvd.<br>Dallas, TX 75235<br>214.208.5932               | <b>A Taste of Latin Heritage</b> , Bilingual                           | 11:00 AM - 12:00 PM | Monday    | Jan. 5, 12, 26     |
|   | <b>Zumba®</b>  | 11:00 AM - 12:00 PM | Tuesday   | Jan. 6, 13, 20, 27 |
| <b>Hiawatha Williams*</b><br>2976 Cummings St.<br>Dallas, TX 75216<br>945.323.0939            | <b>Balanced Living</b>   | 10:30 - 11:30 AM    | Monday    | Jan. 5, 12, 26     |
|   | <b>Cardio Blast</b>  | 5:30 - 6:30 PM      | Monday    | Jan. 5, 12, 26     |
|   | <b>Cardio Blast</b>  | 5:30 - 6:30 PM      | Thursday  | Jan. 22            |
|   | <b>Community Farm Stand</b>  | 10:00 AM - 3:00 PM  | Thursday  | Jan. 8, 15, 22, 29 |
| <b>Jaycee Zaragoza*</b><br>3114 Clymer St.<br>Dallas, TX 75212<br>214.208.5932                | <b>SAIL</b> , Bilingual  | 9:30 - 10:30 AM     | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>A Taste of Latin Heritage</b> , Bilingual                           | 6:00 - 7:00 PM      | Wednesday | Jan. 7, 14, 21, 28 |
|   | <b>Community Farm Stand</b>  | 10:00 AM - 2:00 PM  | Tuesday   | Jan. 13            |
| <b>Jubilee Park Community Clinic</b><br>820 Ann Ave.<br>Dallas, TX 75223<br>214.235.5737      | <b>Cooking Well with Diabetes</b> , Spanish                            | 11:00 AM - 12:00 PM | Thursday  | Jan. 15, 22, 29    |
| <b>Samuell Grand*</b><br>6200 E Grand Ave.<br>Dallas, TX 75223<br>214.235.5737                | <b>SAIL</b>  | 2:00 - 3:00 PM      | Monday    | Jan. 5, 12, 26     |
|   | <b>Zumba®</b>  | 6:00 - 7:00 PM      | Monday    | Jan. 5, 12, 26     |
|   | <b>Balanced Living</b>   | 11:00 AM - 12:00 PM | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>Balanced Living</b> , Spanish                                       | 11:00 AM - 12:00 PM | Wednesday | Jan. 7, 14, 21, 28 |
| <b>Singing Hills*</b><br>6805 Patrol Way<br>Dallas, TX 75241<br>945.323.0990                  | <b>SAIL</b>  | 10:30 - 11:30 AM    | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>Zumba®</b>  | 6:00 - 7:00 PM      | Tuesday   | Jan. 6, 13, 20, 27 |
|   | <b>A Taste of African Heritage</b>                                     | 1:30 - 2:30 PM      | Wednesday | Jan. 7, 14, 21, 28 |
|   | <b>SAIL</b>  | 10:30 - 11:30 AM    | Thursday  | Jan. 8, 15, 22, 29 |
|   | <b>Community Farm Stand</b>  | 10:00 AM - 1:00 PM  | Tuesday   | Jan. 13            |
| *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.

2026  
January

| DATE      | DAY      | TIME                | EVENT  | LOCATION   |
|-----------|----------|---------------------|--|--|
| 1/10/2026 | Saturday | 10:30 AM - 2:00 PM  | <b>Health Fair</b><br><b>Dallas Public Library</b> | <b>Dallas Public Library</b><br><b>Martin Luther King, Jr. Branch</b><br>2922 MLK Blvd, Building C<br>Dallas, TX 75215 |
| 1/10/2026 | Saturday | 10:00 AM - 12:00 PM | <b>The Heart of the Matter</b>                     | <b>Juanita J. Craft Recreation Center</b><br>4500 Spring Ave.<br>Dallas, TX 75210                                      |
| 1/12/2026 | Monday   | 9:30 AM - 3:30 PM   | <b>Private Event: GLB Biometrics</b>               | <b>Hope Clinic</b><br>800 S. Sixth St. Suite 100<br>Garland, TX 75040  |
| 1/20/2026 | Tuesday  | 9:00 AM - 4:00 PM   | <b>Private Event: GLB Biometrics</b>               | <b>Juanita J. Craft Recreation Center</b><br>4500 Spring Ave.<br>Dallas, TX 75210                                      |

## UPCOMING EVENTS

### Empowering you to live well in 2026

Are you ready to set your health and wellness goals for 2026? We invite you to meet with our membership team throughout January to set your goals for the new year. Our center offers free programs and services to help support you on your wellness journey in 2026.

#### Join us

- Tuesday, January 6, 13 and 27, 2026
- 10:00 AM – 2:00 PM

### The Heart of the Matter

A community event to raise awareness of a rare heart condition (ATTR-CM) and the symptoms associated with this disease.

- Saturday, January 10, 2026
- 11:00 AM – 12:30 PM

### Holistic Wellness Event

This event will focus on financial literacy, movement-based fitness activities, a panel discussion and other topics.

- Tuesday, January 13, 2026
- 10:00 AM – 12:00 PM

### Black History Month Celebration

Share in the rich traditions of music, food and culture.

- Wednesday, February 4, 2026
- 12:00 - 2:00 PM

**Location for all events:** Baylor Scott & White Health and Wellness Center  
at Juanita J. Craft Recreation Center  
4500 Spring Ave. Dallas, TX 75210