

Community Calendar

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) <i>*Stay Active and Independent for Life</i>	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

JUANITA J. CRAFT RECREATION 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



City of Dallas 214.670.8391

Visit the website for additional activities:

<https://www.dallasplanks.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377>

Monday - Thursday 9:00 AM - 1:00 PM **ASAP** (Active Senior Adult Program)

Tuesday & Thursday 5:30 - 7:30 PM **Rae's Hope Youth Volleyball**

Monday - Friday 3:00 - 6:00 PM **J. J. Craft After School Program**

COMMUNITY FARM STANDS

HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)

Juanita J. Craft Recreation Center

4500 Spring Avenue Dallas, TX 75210

Wednesday	10:00 AM - 2:00 PM	Farm Stand
Wednesday	10:00 AM - 1:00 PM	Cooking / Food samples
Friday	2:00 PM - 4:00 PM	New hours!

Healthy Cities locations: See page 3

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

CLASS LOCATION

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

BR = Boardroom

GR = Game Room

CA = Classroom A

L = Lobby

CB = Classroom B

O = Outside

FC = Fitness Center

TC = Tennis Court

G = Gym

WT = Walking Trail

MA = Multi-purpose A

MB = Multi-purpose B (Aerobics)

MAB = Multi-purpose A & B (Teaching Kitchen)

Weekly Class Schedule

2026
January

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

Healthy Cities

Program Schedule

2026

January

Location	Class Community Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	A Taste of African Heritage , Spanish A Taste of African Heritage , Spanish SAIL (Stay Active and Independent for Life) , Bilingual Community Farm Stand	10:30 - 11:30 AM 6:00 - 7:00 PM 10:30 - 11:30 AM 10:00 AM - 3:00 PM	Tuesday Wednesday Thursday Wednesday	Jan. 20, 27 Jan. 21, 28 Jan. 8, 15, 22, 29 Jan. 7, 14, 21, 28
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0997	A Taste of Latin Heritage SAIL , Bilingual A Taste of Latin Heritage , Spanish Community Farm Stand	10:30 - 11:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 10:00 AM - 2:00 PM	Monday Tuesday Thursday Thursday	Jan. 5, 12, 26 Jan. 6, 13, 20, 27 Jan. 8, 15, 29 Jan. 8
Bonton Wellness Center 6407 Carlton Garrett St. Dallas, TX 75215 945-323-0990	A Taste of African Heritage Cardio Blast	5:30 - 6:30 PM 5:30 - 6:30 PM	Tuesday Wednesday	Jan. 6, 13, 20, 27 Jan. 7, 14, 21, 28
Grauwyler* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	A Taste of Latin Heritage , Bilingual Zumba®	11:00 AM - 12:00 PM 11:00 AM - 12:00 PM	Monday Tuesday	Jan. 5, 12, 26 Jan. 6, 13, 20, 27
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	Balanced Living Cardio Blast Cardio Blast Community Farm Stand	10:30 - 11:30 AM 5:30 - 6:30 PM 5:30 - 6:30 PM 10:00 AM - 3:00 PM	Monday Monday Thursday Thursday	Jan. 5, 12, 26 Jan. 5, 12, 26 Jan. 22 Jan. 8, 15, 22, 29
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	SAIL , Bilingual A Taste of Latin Heritage , Bilingual Community Farm Stand	9:30 - 10:30 AM 6:00 - 7:00 PM 10:00 AM - 2:00 PM	Tuesday Wednesday Tuesday	Jan. 6, 13, 20, 27 Jan. 7, 14, 21, 28 Jan. 13
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.235.5737	Cooking Well with Diabetes , Spanish	11:00 AM - 12:00 PM	Thursday	Jan. 15, 22, 29
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	SAIL Zumba® Balanced Living Balanced Living , Spanish	2:00 - 3:00 PM 6:00 - 7:00 PM 11:00 AM - 12:00 PM 11:00 AM - 12:00 PM	Monday Monday Tuesday Wednesday	Jan. 5, 12, 26 Jan. 5, 12, 26 Jan. 6, 13, 20, 27 Jan. 7, 14, 21, 28
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0990	SAIL Zumba® A Taste of African Heritage SAIL Community Farm Stand	10:30 - 11:30 AM 6:00 - 7:00 PM 1:30 - 2:30 PM 10:30 - 11:30 AM 10:00 AM - 1:00 PM	Tuesday Tuesday Wednesday Thursday Tuesday	Jan. 6, 13, 20, 27 Jan. 6, 13, 20, 27 Jan. 7, 14, 21, 28 Jan. 8, 15, 22, 29 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	Health Fair Dallas Public Library	Dallas Public Library Martin Luther King, Jr. Branch 2922 MLK Blvd, Building C Dallas, TX 75215
1/10/2026	Saturday	10:00 AM - 12:00 PM	The Heart of the Matter	Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75210
1/12/2026	Monday	9:30 AM - 3:30 PM	Private Event: GLB Biometrics	Hope Clinic 800 S. Sixth St. Suite 100 Garland, TX 75040
1/20/2026	Tuesday	9:00 AM - 4:00 PM	Private Event: GLB Biometrics	Juanita J. Craft Recreation Center 4500 Spring Ave. 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