


Community Calendar

Fitness Activities		All BSW HWC 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®	Walk with Ease (G)	ZUMBA®	Walk with Ease (G)		
12:00 - 1:00 PM							
5:30 - 6:30 PM		Line Dancing (MB)	Cardio Blast (MB)	ZUMBA®	Shape Up (MB)		

BSW Health & Wellness Center	Juanita J. Craft Recreation Center
<p>Community Health Worker Certification</p> <p>Sessions are online via the assigned platform Webex, MS Teams or Zoom.</p> <p>CHW registration link: https://forms.office.com/r/J4QTBWu6s</p>  <p>Register today</p>	<p>City of Dallas 214.670.8391 Visit the website for additional activities: https://www.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377</p> <p>Monday - Friday 3:00 - 6:00 PM After School Program (G/MAB)</p>

Community Farm Stands	Health and Wellness Assessments (Membership Biometrics)
<p>Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210</p> <p>Wednesday 10:00 AM - 1:00 PM Walk-in</p> <p>Friday 10:00 AM - 2:00 PM Walk-in</p> <p>Healthy Cities locations: See page 3</p>	<p>Free A1C, cholesterol, blood pressure, height and weight measured for members</p> <p>Participants receive a \$10 (health and wellness assessment/ biometrics farm stand voucher. Call 214.865.3060 or register here: https://bit.ly/3beZFF4</p>

Hours of Operation			Class Location	
<p><u>Health and Wellness Center</u></p> <p>(Open for in-person classes and consultations)</p> <p>Monday - Friday 8:00 AM - 5:00 PM</p>	<p><u>Family Health Center</u></p> <p>Appointments 214.817.6240</p> <p>Mon./Wed./Thurs./Fri. 8:00 AM - 5:00 PM</p> <p>Tuesday 8:00 AM - 8:00 PM</p>	<p><u>Juanita J. Craft Recreation Center</u></p> <p>Monday - Thursday 9:00 AM - 8:00 PM</p> <p>Friday 9:00 AM - 7:00 PM</p> <p>Saturday 9:00 AM - 2:00 PM</p>	<p>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</p> <p>MA = Multi-purpose A MB = Multi-purpose B (Aerobics) MAB = Multi-purpose A & B (Teaching Kitchen)</p>	

Weekly Class Schedule

2025
January

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand food samples (MAB)	
5	6	7	8	9	10	11
		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 Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand food samples (MAB)	
12	13	14	15	16	17	18
		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 Walk-with-a-Doc (MAB) 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand food samples (MAB)	
19	20	21	22	23	24	25
	 Honoring Martin Luther King, Jr. Office closed	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 Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand food samples (MAB)	
26	27	28	29	30	31	
		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 Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™		11:00 AM - 1:00 PM Farm Stand food samples (MAB)	

Healthy Cities

BSW HWC's Healthy Cities Program Schedule

2025
January

Location	Class Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	Cooking Well for a Healthy Blood Pressure , Spanish	10:30 - 11:30 AM	Monday	Jan. 27
	ZUMBA® , Bilingual	5:30 - 6:30 PM	Monday	Jan. 13, 27
	Cooking Well for a Healthy Blood Pressure , Spanish	10:00 - 11:00 AM	Tuesday	Jan. 28
	Cooking Well for a Healthy Blood Pressure , Spanish	6:00 - 7:00 PM	Wednesday	Jan. 29
	SAIL (Stay Active and Independent for Life), Bilingual	10:30 - 11:30 AM	Thursday	Jan. 9, 16, 30
	Farm Stand	10:00 AM - 3:00 PM	Wednesday	Jan. 8, 15, 22, 29
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0990	Cooking Well with Diabetes	10:30 - 11:30 AM	Monday	Jan. 6, 13, 27
	SAIL , Bilingual	9:00 - 10:00 AM	Tuesday	Jan. 7, 14, 21, 28
	Cooking Well with Diabetes , Spanish	10:30 - 11:30 AM	Thursday	Jan. 9, 16, 30
	Farm Stand	10:00 AM - 2:00 PM	Thursday	Jan. 9
Bonton Farms 6911 Bexar St. Dallas, TX 75215 945.323.0990	A Taste of African Heritage	5:30 - 6:30 PM	Tuesday	Jan. 28
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Jan. 8, 15, 22, 29
	SAIL , Bilingual	9:00 - 10:00 AM	Thursday	Jan. 9, 16, 23, 30
Grauwylor* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	A Taste of Latin Heritage , Bilingual	11:00 AM - 12:00 PM	Monday	Jan. 6, 13, 27
	ZUMBA® , Bilingual	11:00 AM - 12:00 PM	Tuesday	Jan. 7, 14, 21, 28
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	Dinner Tonight	10:30 - 11:30 AM	Monday	Jan. 6, 13, 27
	Cardio Blast	5:30 - 6:30 PM	Monday	Jan. 27
	Farm Stand	10:00 AM - 3:00 PM	Thursday	Jan. 9, 16, 23, 30
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	SAIL , Bilingual	9:30 - 10:30 AM	Tuesday	Jan. 7, 14, 21, 28
	A Taste of Latin Heritage , Bilingual	6:00 - 7:00 PM	Wednesday	Jan. 8, 15, 22, 29
	Farm Stand	10:00 AM - 2:00 PM	Tuesday	Jan. 14
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.228.5932	Cooking Well for a Healthy Blood Pressure , Spanish	12:00 - 1:00 PM	Thursday	Jan. 30
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	Cooking Well with Diabetes	11:00 AM - 12:00 PM	Tuesday	Jan. 7, 14, 21, 28
	Cooking Well with Diabetes , Spanish	11:00 AM - 12:00 PM	Wednesday	Jan. 8, 15, 22, 29
	ZUMBA® , Bilingual	10:30 - 11:30 AM	Friday	Jan. 10, 17, 24, 31
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0939	Cardio Blast	5:30 - 6:30 PM	Monday	Jan. 13
	Walk with Ease	9:00 - 10:00 AM	Tuesday	Jan. 7, 14, 21, 28
	Cooking Well with Diabetes	12:30 - 1:30 PM	Wednesday	Jan. 8, 15
	Farm Stand	10:00 AM - 1:00 PM	Tuesday	Jan. 14
Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 945.323.0990	Cooking Well for a Healthy Blood Pressure	10:30 - 11:30 AM	Thursday	Jan. 30

*City of Dallas Park & Recreation Center



The 2025 Church Health Challenge is here!

Join us for this annual challenge to learn and improve upon your key health metrics. Knowing your numbers is the first step to preventing and managing chronic conditions. Our staff of subject matter experts are ready to support you with your wellness goals.

Details:

- **Host church:** Third Avenue Baptist Church/Pastor Gaylon Wright
- 14-week challenge (January - April)
- Support provided; education sessions, meal planning and fitness tips
- Prizes awarded for first, second, and third place finishers by category; A1C, BMI, and weight loss
- Must complete final weigh-in during final week to qualify for prizes
- Contact Rodney Singleton at [214.606.1331](tel:214.606.1331) for more information

Weigh-in dates:

Date: Thursday, January 16, 2025

Time: 1:00 – 6:30 PM

Location:

Baylor Scott & White Health
and Wellness Center
4500 Spring Avenue
Dallas, TX 75210

Date: Sunday, January 19, 2025

Time: 9:00 AM – 1:00 PM

Location:

Third Avenue Baptist Church
2408 Elsie Faye Heggins Street
Dallas, TX 75215

Date: Saturday, January 25, 2025

Time: 10:00 AM – 2:00 PM

Location:

Baylor Scott & White Health
and Wellness Center
4500 Spring Avenue
Dallas, TX 75210



Register for
your weigh-in