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

Community Calendar

2025
December

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**

Community Farm Stands

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!*
CLOSED	Wednesday, Dec. 24 Wednesday, Dec. 31	Friday, Dec. 26 Friday, January 2

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
December

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	12:30 - 1:30 PM **Master of Memory** (MB) 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)			
7	8	9	10	11	12	13
	12:30 - 1:30 PM **Master of Memory** (MB) 4:30 - 7:00 PM **Tweeners Activities** (MA)	11:00 AM - 12:00 PM, Spanish **Community Bible Study**	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)			
14	15	16	17	18	19	20
	12:30 - 1:30 PM **Master of Memory** (MB) 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, English **Community Bible Study** (MB) Teleconference 1-469-208-1641 Conference ID: 893 140 443# 4:30 - 7:00 PM **Tweeners Activities** (MA)			
21	22	23	24	25	26	27
	4:30 - 7:00 PM **Tweeners Activities** (MA)	11:00 AM - 12:00 PM, Spanish **Community Bible Study**		 Office closed		
28	29	30	31	Jan 1		
	4:30 - 7:00 PM **Tweeners Activities** (MA)	11:00 AM - 12:00 PM, Spanish **Community Bible Study**		 Office closed		

Healthy Cities

Program Schedule

2025
December

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	10:30 - 11:30 AM	Tuesday	Dec. 2, 9, 16
	Cooking Well During the Holidays, Spanish	6:00 - 7:00 PM	Wednesday	Dec. 3, 10, 17
	SAIL *(**S**tay **A**ctive and **I**ndependent for **L**ife),* Bilingual	10:30 - 11:30 AM	Thursday	Dec. 4, 11, 18
	Community Farm Stand	10:00 AM - 3:00 PM	Wednesday	Dec. 3, 10, 17
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0997	**Cooking Well During the Holidays**	10:30 - 11:30 AM	Monday	Dec. 1, 8, 15, 22, 29
	SAIL, Bilingual	9:00 - 10:00 AM	Tuesday	Dec. 2, 9, 16, 23, 30
	Cooking Well During the Holidays	10:30 - 11:30 AM	Thursday	Dec. 18
	Community Farm Stand	10:00 AM - 2:00 PM	Thursday	Dec. 11
Bonton Wellness Center 6407 Carlton Garrett St. Dallas, TX 75215 945-323-0990	**Cooking Well with Diabetes**	5:30 - 6:30 PM	Tuesday	Dec. 2, 9, 16, 23, 30
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Dec. 3, 10, 17
Grauwyler* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	**Cooking Well with Diabetes,** Bilingual	11:00 AM - 12:00 PM	Monday	Dec. 1, 8, 15
	Zumba®	11:00 AM - 12:00 PM	Tuesday	Dec. 2, 9, 16, 23
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	**Cooking Well During the Holidays**	10:30 - 11:30 AM	Monday	Dec. 1, 8, 15
	Cardio Blast	5:30 - 6:30 PM	Monday	Dec. 1, 8, 15, 22, 29
	Community Farm Stand	10:00 AM - 3:00 PM	Thursday	Dec. 4, 11, 18
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	**SAIL,** Bilingual	9:30 - 10:30 AM	Tuesday	Dec. 2, 9, 16, 23
	Cooking Well During the Holidays, Bilingual	6:00 - 7:00 PM	Wednesday	Dec. 3, 10, 17
	Community Farm Stand	10:00 AM - 2:00 PM	Tuesday	Dec. 2, 9, 16, 23
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.235.5737	**Cooking Well During the Holidays,** Spanish	1:00 - 2:00 PM	Thursday	Dec. 4, 11, 18
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	**SAIL**	2:00 - 3:00 PM	Monday	Dec. 1, 8, 15, 22, 29
	Zumba	6:00 - 7:00 PM	Monday	Dec. 1, 8, 15, 22
	Cooking Well During the Holidays	11:00 AM - 12:00 PM	Tuesday	Dec. 2, 9, 16
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0990	**SAIL**	10:30 - 11:30 AM	Tuesday	Dec. 2, 9, 16, 23, 30
	Zumba®	6:00 - 7:00 PM	Tuesday	Dec. 2, 9, 16
	SAIL	10:30 - 11:30 AM	Thursday	Dec. 4, 11, 18
	Community Farm Stand	10:00 AM - 1:00 PM	Tuesday	Dec. 9

***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
December

Date	Day	Time	Event	Location
12/9/2025	Tuesday	12:00 PM - 4:00 PM	**Bringing Care to You** **BSW HWC Mobile Community Health Unit**	**Beckley-Saner Recreation Center** 114 W. Hobson Ave Dallas, TX 75224

Upcoming Events

Fitness Challenge

Join the challenge and stay active this holiday season

December 1 - 18, 2025

Baylor Scott & White Health and Wellness Center
at Juanita J. Craft Recreation Center
4500 Spring Ave | Dallas, TX 75210

For more information, contact **Bria.Washington@BSWHealth.org** or **214.865.3074.**