


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>Become a community health worker</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>Certification benefits:</p> <ul style="list-style-type: none"> • 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 <p style="text-align: right;">Learn more </p>	<p>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</p> <hr/> <p>Monday - Friday 3:00 - 6:00 PM After School Program (G/MAB)</p> <p>Friday (First Friday of the month) 6:00 - 7:00 PM Teen Late Night</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 style="text-align: center;">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	
<u>Health and Wellness Center</u>	<u>Family Health Center</u>	<u>Juanita J. Craft Recreation Center</u>	<p>BR = Boardroom GR = Game Room</p> <p>CA = Classroom A L = Lobby</p> <p>CB = Classroom B O = Outside</p> <p>FC = Fitness Center TC = Tennis Court</p> <p>G = Gym WT = Walking Trail</p> <p>MA = Multi-purpose A</p> <p>MB = Multi-purpose B (Aerobics)</p> <p>MAB = Multi-purpose A & B (Teaching Kitchen)</p>
(Open for in-person classes and consultations) Monday - Friday 8:00 AM - 5:00 PM	<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>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>	

Weekly Class Schedule

2025
March

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

Healthy Cities

BSW HWC's Healthy Cities Program Schedule

2025
March

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	Mar. 3
	A Taste of Latin Heritage , Spanish	10:30 - 11:30 AM	Monday	Mar. 24, 31
	ZUMBA® , Bilingual	5:30 - 6:30 PM	Monday	Mar. 3, 10, 17, 24, 31
	Cooking Well for a Healthy Blood Pressure , Spanish	10:00 - 11:00 AM	Tuesday	Mar. 4
	A Taste of Latin Heritage , Spanish	10:00 - 11:00 AM	Tuesday	Mar. 25
	Cooking Well for a Healthy Blood Pressure , Spanish	6:00 - 7:00 PM	Wednesday	Mar. 5
	A Taste of Latin Heritage , Spanish	6:00 - 7:00 PM	Wednesday	Mar. 26
	SAIL (Stay Active and Independent for Life), Bilingual Farm Stand	10:30 - 11:30 AM 10:00 AM - 3:00 PM	Thursday Wednesday	Mar. 6, 13, 20, 27 Mar. 5, 12, 19, 26
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0990	SAIL , Bilingual	9:00 - 10:00 AM	Tuesday	Mar. 4, 11, 18, 25
	Farm Stand	10:00 AM - 2:00 PM	Thursday	Mar. 13
Bonton Farms 6911 Bexar St. Dallas, TX 75215 945.323.0990	A Taste of African Heritage	5:30 - 6:30 PM	Tuesday	Mar. 4, 11
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Mar. 5, 12, 19, 26
	SAIL	9:00 - 10:00 AM	Thursday	Mar. 6, 13, 20, 27
Grauwylar* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	Cooking Well with Diabetes , Bilingual	11:00 AM - 12:00 PM	Monday	Mar. 17, 24, 31
	ZUMBA® , Bilingual	11:00 AM - 12:00 PM	Tuesday	Mar. 4, 11, 18, 25
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	Dinner Tonight	10:30 - 11:30 AM	Monday	Mar. 3
	Cardio Blast	5:30 - 6:30 PM	Monday	Mar. 3, 17, 31
	Farm Stand	10:00 AM - 3:00 PM	Thursday	Mar. 6, 13, 20, 27
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	SAIL , Bilingual	9:30 - 10:30 AM	Tuesday	Mar. 4, 11, 18, 25
	Happy Kitchen , Bilingual	6:00 - 7:00 PM	Wednesday	Mar. 5, 12, 19, 26
	Farm Stand	10:00 AM - 2:00 PM	Tuesday	Mar. 11
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	Mar. 6
	A Taste of Latin Heritage , Spanish	12:00 - 1:00 PM	Thursday	Mar. 27
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	A Taste of Latin Heritage	11:00 AM - 12:00 PM	Tuesday	Mar. 4, 11, 18, 25
	A Taste of Latin Heritage , Spanish	11:00 AM - 12:00 PM	Wednesday	Mar. 5, 12, 19, 26
	ZUMBA® , Bilingual	10:30 - 11:30 AM	Friday	Mar. 7, 14, 21, 28
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0939	Cardio Blast	5:30 - 6:30 PM	Monday	Mar. 10, 24
	A Taste of African Heritage	1:30 - 2:30 PM	Wednesday	Mar. 5, 12
	Farm Stand	10:00 AM - 1:00 PM	Tuesday	Mar. 11
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
March

DATE	DAY	TIME	EVENT	LOCATION
3/1/2025	Saturday	8:00 AM - 2:00 PM	Wheels of Giving	Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75215
3/16/2025	Sunday	8:00 AM - 2:00 PM	Black Family Wellness Expo	Concord Church 6808 Pastor Bailey Dr. Dallas, TX 75237
3/22/2025	Saturday	8:00 AM - 2:00 PM	Community Health Day	University of Texas at Dallas 7400 University Hills Blvd. Dallas, TX 75241
3/22/2025	Saturday	9:00 AM - 2:00 PM	T. R. Hoover Center Health Fair	T. R. Hoover Center 5106 Bexas St. Dallas, TX 75215
3/25/2025	Tuesday	11:00 AM - 2:00 PM	10 Gallon Challenge Blood Drive and Community Health Resource Fair	University of Texas at Dallas 7400 University Hills Blvd. Dallas, TX 75241
3/29/2025	Saturday	10:00 AM - 2:00 PM	Health Fair	Moorland Family YMCA 6701 S. Hampton Rd. Dallas, TX 75232

Upcoming Events and Observances

National Nutrition Month®	March 19 12:00 - 2:00 PM	<ul style="list-style-type: none"> • Enjoy nutritious foods from around the world • Learn to make informed food choices and develop healthful eating habits. • Raffles, giveaways and more <p>Questions: Glenda Castro at 214.865.3086 or Glenda.Castro@BSWHealth.org</p>
National Walking Day	April 2 10:00 AM -12:00 PM	Come walk with us! The American Heart Association recognizes this day to remind people of the health benefits of taking a walk.