

COMMUNITY CALENDAR

(In person and on-line)

December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™ 10 - 11:00 AM, Spanish Group Lifestyle Balance™ 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#	2 10 - 11:00 AM, English Balanced Living 10 - 11:00 AM, English Group Lifestyle Balance™ 1 - 2:00 PM The Happy Kitchen 6 - 7:00 PM, English (Hybrid) Group Lifestyle Balance™	3 11:00 AM - 12:00 PM Power Hour Fitness https://bit.ly/31eyiWV	4 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™
5	6 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 1 - 2:00 PM, Spanish Walk with Ease	7 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM, Spanish (Hybrid) Group Lifestyle Balance™	8 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™ 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#	9 10 - 11:00 AM, English Balanced Living 10 - 11:00 AM, English Group Lifestyle Balance™ 10:30 - 11:30 AM, Spanish (bi-weekly) Group Lifestyle Balance™ 1 - 2:00 PM The Happy Kitchen 6 - 7:00 PM, English (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM GLB™ Biweekly Support	10 11:00 AM - 12:00 PM Power Hour Fitness https://bit.ly/31eyiWV	11 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™
12	13 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 1 - 2:00 PM, Spanish Walk with Ease 1:00 - 2:00 PM Group Lifestyle Balance™ HELP Support Group <i>Conference Call</i>	14 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM, Spanish (Hybrid) Group Lifestyle Balance™	15 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™ 10 - 11:00 AM, Spanish Group Lifestyle Balance™ 10 - 11:00 AM Walk-with-a-Doc (MAB) Conf. no. 469.208.1641 Pass code 507 689 409# 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#	16 10 - 11:00 AM, English Balanced Living 10 - 11:00 AM, English Group Lifestyle Balance™ 1 - 2:00 PM The Happy Kitchen 6 - 7:00 PM, English (Hybrid) Group Lifestyle Balance™	17 11:00 AM - 12:00 PM Power Hour Fitness https://bit.ly/31eyiWV	18 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™
19	20 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 1 - 2:00 PM, Spanish Walk with Ease	21 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM, Spanish (Hybrid) Group Lifestyle Balance™	22 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™ 10 - 11:00 AM 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#	23 10 - 11:00 AM, English Balanced Living 10 - 11:00 AM, English Group Lifestyle Balance™ 10:30 - 11:30 AM, Spanish (bi-weekly) Group Lifestyle Balance™ 1 - 2:00 PM The Happy Kitchen 6 - 7:00 PM, English (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM GLB™ Biweekly Support	24 Christmas Eve OFFICE CLOSED	25 Christmas
26	27 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 1 - 2:00 PM, Spanish Walk with Ease	28 10 - 11:00 AM, English Group Lifestyle Balance™ 10 - 11:00 AM, Spanish (Hybrid) Group Lifestyle Balance™ 6 - 7:00 PM, Spanish (Hybrid) Group Lifestyle Balance™	29 10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™ 10 - 11:00 AM, Spanish Group Lifestyle Balance™ 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#	30 10 - 11:00 AM, English Balanced Living 10 - 11:00 AM, English Group Lifestyle Balance™ 1 - 2:00 PM The Happy Kitchen 6 - 7:00 PM, English (Hybrid) Group Lifestyle Balance™	31 New Year's Eve OFFICE CLOSED	

WEEKLY CLASS SCHEDULE

(In person & on-line)


December
2021

SUN	MON	TUE	WED	THU	FRI	SAT
	9:15 - 10:00 am Fit Fusion (G) 10:00 - 11:00 am Shape Up (G) 11:00 am - 12:00 pm ZUMBA® Hybrid (in-person* & on-line)	9:15 - 10:00 am Fit Fusion (G) 10:30 - 11:00 am Walking Club (WT)	9:15 - 10:00 am Line Dancing (G) 10:00 - 11:00 am Shape Up (G) 11:00 am - 12:00 pm Community Bible Study, English Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 am - 12:00 pm ZUMBA® Hybrid (in-person* & on-line)	9:15 - 10:00 am Yoga (G) 10:30 - 11:00 am Walking Club (WT)	12:00 - 1:00 pm High-Low Fitness Class (MB)	

* Sign up required for class

LOCATION

BR = Boardroom **FC** = Fitness Center **MA** = Multi-purpose A **O** = Outside **L** = Lobby
CA = Classroom A **G** = Gym **MB** = Multi-purpose B (Aerobics) **TC** = Tennis Court
CB = Classroom B **GR** = Game Room **MAB** = Multi-purpose A & B (Teaching Kitchen) **WT** = Walking Trail

BSW HEALTH & WELLNESS CENTER			JUANITA J. CRAFT CENTER		
20 week program	<i>Self-paced</i>	Community Health Worker Instructor Course	Monday & Wednesday 1:00 pm - 4:00 pm	Adult Open Gym Play (G)	
<i>Fri., Oct. 8 - Feb. 4</i>	10 am - 12 pm <i>on-line, biweekly</i>	Community Health Worker Certification	Monday thru Friday 5:30 pm - 7:30 pm	Youth Open Gym Play (G)	
<i>Sat., Oct. 9 - Feb. 5</i>	10 am - 12 pm <i>on-line, biweekly</i>	Community Health Worker Certification	Wednesday 11:30 am - 1:30 pm	Senior Art Class (GR)	
<i>Tues., Oct. 12 - Feb. 8</i>	10 am - 12 pm <i>on-line, biweekly</i>	Community Health Worker Certification	Friday 7:00 pm - 10:00 pm	Teen Late Night (G/GR)	
<i>Thurs., Oct. 14 - Feb. 3</i>	6 pm - 8 pm <i>on-line, biweekly</i>	Community Health Worker Certification	December 20 – 23 7:30 am - 5:30 pm December 27 – 30 7:30 am - 5:30 pm	Winter Camp, Christmas Week* Winter Camp, New Years Week* *ages 5 - 12	
CHW registration link & QR code: https://forms.office.com/r/MCvTXHj2xy			TBD	TBD	Toys for Tots
COMMUNITY FARM STAND 4500 Spring Avenue, Dallas, TX 75210			Community COVID-19 Vaccines		
			Wednesdays 9:00 am—12:00 pm Call: 214.865.3042		
			Health and Wellness Assessments		
			<i>Have your A1C, cholesterol, blood pressure, height, weight, and kidney function measured for free!</i>		
			Participants will receive a \$10 farm stand voucher. Call 214-865-3060 or register here: https://bit.ly/3beZFF4		
			HOURS OF OPERATION		
Friday	10:00 am - 2:00 pm	Drive up, Walk-in & Delivery*	BAYLOR SCOTT & WHITE HEALTH AND WELLNESS CENTER	CLINIC (Family Health Center)	JUANITA J CRAFT RECREATION CENTER
Order by phone: 214-865-3154 Order via JotForm: https://form.jotform.com/201826883746163 * \$10.00 minimum order for delivery; Dallas County only.			(Open for in-person classes and consultations) Monday - Friday 8:00 am - 5:00 pm	APPOINTMENTS / VISITS 214-817-6240 Mon. - Fri., 8:00 am - 5:00 pm	Monday - Thursday 10:00 am - 8:00 pm Friday 2:00 pm - 7:00 pm

All BSW HWC Fitness Classes are FREE

BAYLOR SCOTT & WHITE HEALTH AND WELLNESS CENTER at JUANITA J. CRAFT RECREATION CENTER
4500 Spring Ave. Dallas, TX 75210 214-865-3060