


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 (G)	SAIL (G) Walk With A Doc (G) (3rd Wednesday only)	Line Dancing (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																					
<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> <table border="0"> <tr> <td>Monday - Thursday</td> <td>9:00 AM - 1:00 PM</td> <td>ASAP (Active Senior Adult Program)</td> </tr> <tr> <td>Monday & Wednesday</td> <td>6:00 - 7:30 PM</td> <td>Youth Basketball Practice</td> </tr> <tr> <td>Monday - Friday</td> <td>3:00 - 6:00 PM</td> <td>J. J. Craft After School Program</td> </tr> <tr> <td>Tuesday & Thursday</td> <td>6:30 - 7:30 PM</td> <td>Rae's Hope Youth Volleyball</td> </tr> <tr> <td>Tuesday & Thursday</td> <td>12:30 - 3:00 PM</td> <td>Pickleball (G)</td> </tr> <tr> <td>Friday, June 19</td> <td>JJ Craft - Closed (BSW HWC - Open)</td> <td>Juneteenth City of Dallas observance</td> </tr> <tr> <td>Monday - Friday June 1 - July 31</td> <td>7:30 AM - 5:30 PM</td> <td>J.J. Craft Recreation Center Summer Camp (G/MAB) Geek Squad: June 30 - July 3</td> </tr> </table>	Monday - Thursday	9:00 AM - 1:00 PM	ASAP (Active Senior Adult Program)	Monday & Wednesday	6:00 - 7:30 PM	Youth Basketball Practice	Monday - Friday	3:00 - 6:00 PM	J. J. Craft After School Program	Tuesday & Thursday	6:30 - 7:30 PM	Rae's Hope Youth Volleyball	Tuesday & Thursday	12:30 - 3:00 PM	Pickleball (G)	Friday, June 19	JJ Craft - Closed (BSW HWC - Open)	Juneteenth City of Dallas observance	Monday - Friday June 1 - July 31	7:30 AM - 5:30 PM	J.J. Craft Recreation Center Summer Camp (G/MAB) Geek Squad: June 30 - July 3
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COMMUNITY FARM STANDS	HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)									
<p>Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210</p> <table border="0"> <tr> <td>Wednesday</td> <td>10:00 AM - 5:00 PM</td> <td>Farm Stand</td> </tr> <tr> <td>Wednesday</td> <td>10:00 AM - 1:00 PM</td> <td>Cooking / Food samples</td> </tr> <tr> <td>Friday</td> <td>2:00 PM - 4:00 PM</td> <td></td> </tr> </table> <p>Healthy Cities locations: See page 3</p>	Wednesday	10:00 AM - 5:00 PM	Farm Stand	Wednesday	10:00 AM - 1:00 PM	Cooking / Food samples	Friday	2:00 PM - 4:00 PM		<p>Free A1C, cholesterol, blood pressure, height and weight measurements for members</p> <p>Participants receive a \$10 farm stand voucher.</p> <p>Call 214.865.3060 or register here: Bit.ly/39v8uta</p>
Wednesday	10:00 AM - 5:00 PM	Farm Stand								
Wednesday	10:00 AM - 1:00 PM	Cooking / Food samples								
Friday	2:00 PM - 4:00 PM									

HOURS OF OPERATION			CLASS LOCATION	
<p>Health and Wellness Center</p> <p>(Open for in-person classes and consultations)</p> <p>Monday - Friday 8:00 AM - 5:00 PM</p>	<p>Family Health Center</p> <p>Appointments 214.817.6240</p> <p>Monday through Friday 8:00 AM - 5:00 PM</p>	<p>Juanita J. Craft Recreation Center</p> <p>Monday - Thursday 9:00 AM - 8:00 PM</p> <p>Friday 2:00 - 7:00 PM</p> <p>Saturday Closed</p>	<p>BR = Boardroom CA = Classroom A CB = Classroom B FC = Fitness Center G = Gym MA = Multi-purpose A MB = Multi-purpose B (Aerobics) MAB = Multi-purpose A & B (Teaching Kitchen)</p>	<p>GR = Game Room L = Lobby O = Outside TC = Tennis Court WT = Walking Trail</p>

Weekly Class Schedule

2026
June

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	10:00 - 11:00 AM Group Lifestyle Balance™ 12:30 - 1:30 PM Cooking Well for a Healthy Blood Pressure 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™ 11:00 AM - 12:00 PM, English Community Bible Study (MB) Teleconference 1-469-208-1641 Conference ID: 893 140 443# 12:30 - 1:30 PM Balanced Living 4:30 - 7:00 PM Tweeners Activities (MA)			
7	8	9	10	11	12	13
	10:00 - 11:00 AM Group Lifestyle Balance™ 12:30 - 1:30 PM Cooking Well for a Healthy Blood Pressure 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™ 11:00 AM - 12:00 PM, English Community Bible Study (MB) Teleconference 1-469-208-1641 Conference ID: 893 140 443# 12:30 - 1:30 PM Balanced Living 4:30 - 7:00 PM Tweeners Activities (MA)			
14	15	16	17	18	19	20
	10:00 - 11:00 AM Group Lifestyle Balance™ 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 Walk-with-a-Doc (MAB) 10:00 - 11:00 AM 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)			
21	22	23	24	25	26	27
	10:00 - 11:00 AM Group Lifestyle Balance™ 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™ 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)			
28	29	30				
	10:00 - 11:00 AM Group Lifestyle Balance™ 4:30 - 7:00 PM Tweeners Activities (MA)	11:00 AM - 12:00 PM, Spanish Community Bible Study				

Healthy Cities

Program Schedule

2026
June

Location	Class Community Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N. Winnetka Avenue Dallas, TX 75212 214.228.4840	The Happy Kitchen® , Spanish	10:30 - 11:30 AM	Tuesday	June 2, 9, 16, 23, 30
	The Happy Kitchen® , Spanish	6:00 - 7:00 PM	Wednesday	June 3, 10, 17, 24
	Community Farm Stand	10:00 AM - 3:00 PM	Wednesday	June 3, 10, 17, 24
Beckley-Saner* 114 W. Hobson Avenue Dallas, TX 75224 945.323.0997	The Happy Kitchen®	10:30 - 11:30 AM	Monday	June 1, 8, 15, 22, 29
	The Happy Kitchen® , Spanish	10:30 - 11:30 AM	Thursday	June 4, 11, 18, 25
	Community Farm Stand	10:00 AM - 1:00 PM	Thursday	June 11
Bonton Wellness Center 6407 Carlton Garrett Street Dallas, TX 75215 945.323.0972	Cooking Well with Diabetes	5:30 - 6:30 PM	Tuesday	June 2, 9, 16, 23
Grauwylers* 7780 Harry Hines Boulevard Dallas, TX 75235 214.208.5932	Dinner Tonight	11:00 AM - 12:00 PM	Monday	June 1, 8, 15, 22, 29
Hiawatha Williams* 2976 Cummings Street Dallas, TX 75216 945.323.0939	Cooking Well with Diabetes	10:30 - 11:30 AM	Monday	June 1, 8, 15, 22
	Community Farm Stand	10:00 AM - 3:00 PM	Thursday	June 4, 11, 18, 25
Jaycee Zaragoza* 3114 Clymer Street Dallas, TX 75212 945.323.0937	Dinner Tonight , Bilingual	6:00 - 7:00 PM	Wednesday	June 3, 10, 17, 24
	Community Farm Stand	10:00 AM - 2:00 PM	Tuesday	June 9
Jubilee Park Community Clinic 820 Ann Avenue Dallas, TX 75223 214.235.5737	The Happy Kitchen® , Spanish	11:00 AM - 12:00 PM	Thursday	June 4, 11, 18, 25
Samuell Grand* 6200 E. Grand Avenue Dallas, TX 75223 214.235.5737	The Happy Kitchen®	11:00 AM - 12:00 PM	Tuesday	June 2, 9, 16, 23
	The Happy Kitchen® , Spanish	11:00 AM - 12:00 PM	Wednesday	June 3, 10, 17, 24
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0951	Dinner Tonight	1:30 - 2:30 PM	Wednesday	June 3, 10, 17
	Community Farm Stand	10:00 AM - 1:00 PM	Tuesday	June 9
Willie B. Johnson* 12225 Willowdell Drive Dallas, TX 75243 469.274.5107	Cooking Well with Diabetes	10:00 - 11:00 AM	Wednesday	June 17, 24
*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
June

DATE	DAY	TIME	EVENT	LOCATION
6/2/2026	Tuesday	9:00 AM - 1:00 PM	Kidney Screenings	Consulate General of Mexico 1210 River Bend Drive Dallas, TX 75247
6/6/2026	Saturday	10:00 AM - 2:00 PM	Community Health Fair	Oak Cliff Bible Fellowship 1821 W. Camp Wisdom Road Dallas, TX 75232
6/7/2026	Sunday	12:00 PM - 4:00 PM	Kidney Social Summit: Patient Seminar	DoubleTree – Dallas Campbell Centre 8250 N. Central Expressway Dallas, TX 75206
6/13/2026	Saturday	9:00 AM - 1:30 PM	Community Health and Educational Empowerment Expo	Dallas College: Mountain View Campus 4849 W. Illinois Avenue Dallas, TX 75211
6/13/2026	Saturday	10:00 AM - 2:00 PM	Juneteenth 13th Community Event	Hiawatha Williams Recreation Center 2976 Cummings Street Dallas, TX 75216
6/16/2026	Tuesday	9:00 AM - 1:00 PM	Kidney Screenings	Consulate General of Mexico 1210 River Bend Drive Dallas, TX 75247
6/27/2026	Saturday	9:00 AM - 1:00 PM	Refreshing Springs Wellness Fair	Refreshing Springs YWCC CWC 1308 Rogers Avenue Lancaster, TX 75134

UPCOMING EVENTS / OBSERVANCES

Men's Health Month Event	Wednesday June 10, 2026 12:00 - 2:00 PM	Join us for a conversation about men's health.
Juneteenth Event	Wednesday June 17, 2026 11:00 AM - 2:00 PM	Be part of a community celebration that honors African Americans' journey to freedom, recognizes progress and accomplishments and celebrates culture, unity and shared traditions. Bring your family and friends!
National Yoga Day	Thursday June 25, 2026 9:00 AM - 12:00 PM	National Yoga Day is June 21, however our celebration will be held on June 25. Join us and explore yoga methods, learn how to meditate and practice self-care. Please bring a yoga mat, if you have one. Limited supply available. QUESTIONS: 214.865.3034

Location for all events: Baylor Scott & White Health and Wellness Center
at Juanita J. Craft Recreation Center
4500 Spring Avenue Dallas, TX 75210