

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 (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	JUANITA J. CRAFT RECREATION CENTER																					
<p><b>Become a community health worker</b></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><b>Certification benefits:</b></p> <ul style="list-style-type: none"> <li>• Prepare yourself for a career in healthcare</li> <li>• Develop professionally and enhance your existing skills</li> <li>• Affect real change and make a difference in the health of your community</li> </ul> <p style="text-align: right;">Learn more </p>	<p>City of Dallas 214.670.8391 Visit the website for additional activities: <a href="https://www.dallasparks.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377">https://www.dallasparks.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377</a></p> <table border="0"> <tr> <td>Monday - Thursday</td> <td>9:00 AM - 1:00 PM</td> <td><b>ASAP</b> (Active Senior Adult Program)</td> </tr> <tr> <td>Monday &amp; Wednesday</td> <td>6:00 - 7:30 PM</td> <td><b>Youth Basketball Practice</b></td> </tr> <tr> <td>Monday - Friday</td> <td>3:00 - 6:00 PM</td> <td><b>J. J. Craft After School Program</b></td> </tr> <tr> <td>Tuesday &amp; Thursday</td> <td>6:30 - 7:30 PM</td> <td><b>Rae's Hope Youth Volleyball</b></td> </tr> <tr> <td>Tuesday &amp; Thursday</td> <td>12:30 - 3:00 PM</td> <td><b>Pickleball (G)</b></td> </tr> <tr> <td>Friday</td> <td>9:00 - 11:00 AM</td> <td><b>Pickleball (TC)</b></td> </tr> <tr> <td>March 16 - 20</td> <td>7:30 AM - 5:30 PM</td> <td><b>Spring Break Camp</b> (Ages 6 to 12)</td> </tr> </table>	Monday - Thursday	9:00 AM - 1:00 PM	<b>ASAP</b> (Active Senior Adult Program)	Monday & Wednesday	6:00 - 7:30 PM	<b>Youth Basketball Practice</b>	Monday - Friday	3:00 - 6:00 PM	<b>J. J. Craft After School Program</b>	Tuesday & Thursday	6:30 - 7:30 PM	<b>Rae's Hope Youth Volleyball</b>	Tuesday & Thursday	12:30 - 3:00 PM	<b>Pickleball (G)</b>	Friday	9:00 - 11:00 AM	<b>Pickleball (TC)</b>	March 16 - 20	7:30 AM - 5:30 PM	<b>Spring Break Camp</b> (Ages 6 to 12)
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COMMUNITY FARM STANDS	HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)									
<p><b>Juanita J. Craft Recreation Center</b> 4500 Spring Avenue Dallas, TX 75210</p> <table border="0"> <tr> <td>Wednesday</td> <td>10:00 AM - 2:00 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><i>New hours!</i></td> </tr> </table> <p><b>Healthy Cities locations:</b> See page 3</p>	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	<i>New hours!</i>	<p style="text-align: center;"><b>Free A1C, cholesterol, blood pressure, height and weight measurements for members</b></p> <p style="text-align: center;">Participants receive a \$10 farm stand voucher.</p> <p style="text-align: center;">Call 214.865.3060 or register here: <a href="https://bit.ly/39v8uta">Bit.ly/39v8uta</a></p>
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	<i>New hours!</i>								

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

# Weekly Class Schedule

2026  
March

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  12:30 - 1:30 PM <b>A Taste of African Heritage</b>  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>	11:00 AM - 12:00 PM, Spanish <b>Community Bible Study</b>  11:00 AM- 12:00 PM, Spanish <b>Group Lifestyle Balance™</b>	11:00 AM - 12:00 PM <b>Group Lifestyle Balance™</b>  11:00 AM - 12:00 PM, English <b>Community Bible Study (MB)</b> Teleconference 1-469-208-1641 Conference ID: 893 140 443#  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>			
8	9	10	11	12	13	14
	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  12:30 - 1:30 PM <b>Cooking Well with Diabetes</b>  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>	11:00 AM - 12:00 PM, Spanish <b>Community Bible Study</b>  11:00 AM- 12:00 PM, Spanish <b>Group Lifestyle Balance™</b>	11:00 AM - 12:00 PM, English <b>Community Bible Study (MB)</b> Teleconference 1-469-208-1641 Conference ID: 893 140 443#  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>			
15	16	17	18	19	20	21
	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  12:30 - 1:30 PM <b>Cooking Well with Diabetes</b>  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>	11:00 AM - 12:00 PM, Spanish <b>Community Bible Study</b>  11:00 AM- 12:00 PM, Spanish <b>Group Lifestyle Balance™</b>	10:00 - 11:00 AM <b>Walk-with-a-Doc (MAB)</b>  11:00 AM - 12:00 PM <b>Group Lifestyle Balance™</b>  11:00 AM - 12:00 PM, English <b>Community Bible Study (MB)</b> Teleconference 1-469-208-1641 Conference ID: 893 140 443#  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>			
22	23	24	25	26	27	28
	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  12:30 - 1:30 PM <b>Cooking Well with Diabetes</b>  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>	11:00 AM - 12:00 PM, Spanish <b>Community Bible Study</b>  11:00 AM - 12:00 PM, Spanish <b>Group Lifestyle Balance™</b>	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  11:00 AM - 12:00 PM, English <b>Community Bible Study (MB)</b> Teleconference 1-469-208-1641 Conference ID: 893 140 443#  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>			
29	30	31				
	10:00 - 11:00 AM <b>Group Lifestyle Balance™</b>  12:30 - 1:30 PM <b>Cooking Well with Diabetes</b>  4:30 - 7:00 PM <b>Tweeners Activities (MA)</b>	11:00 AM - 12:00 PM, Spanish <b>Community Bible Study</b>  11:00 AM - 12:00 PM, Spanish <b>Group Lifestyle Balance™</b>				

# Healthy Cities

## Program Schedule

2026  
March

Location	Class   Community Farm Stand	Time	Day	Dates
<b>Anita Martinez*</b> 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	<b>A Taste of African Heritage</b> , Spanish	10:30 - 11:30 AM	Tuesday	Mar. 3
	<b>Cooking Well for a Healthy Blood Pressure</b> , Spanish	10:30 - 11:30 AM	Tuesday	Mar. 24, 31
	<b>A Taste of African Heritage</b> , Spanish	6:00 - 7:00 PM	Wednesday	Mar. 4
	<b>Cooking Well for a Healthy Blood Pressure</b> , Spanish	6:00 - 7:00 PM	Wednesday	Mar. 25
	<b>SAIL</b> ( <i>Stay Active and Independent for Life</i> ), Bilingual	10:30 - 11:30 AM	Thursday	Mar. 5, 12, 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 3:00 PM	Wednesday	Mar. 4, 11, 18, 25
<b>Beckley-Saner*</b> 114 W Hobson Ave. Dallas, TX 75224 945.323.0997	<b>A Taste of Latin American Heritage</b>	10:30 - 11:30 AM	Monday	Mar. 2
	<b>Dinner Tonight</b>	10:30 - 11:30 AM	Monday	Mar. 23, 30
	<b>SAIL</b>	9:00 - 10:00 AM	Tuesday	Mar. 3, 10, 17, 24, 31
	<b>Dinner Tonight</b> , Spanish	10:30 - 11:30 AM	Thursday	Mar. 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 2:00 PM	Thursday	Mar. 12
<b>Bonton Wellness Center</b> 6407 Carlton Garrett St. Dallas, TX 75215 945-323-0951	<b>Happy Kitchen</b>	5:30 - 6:30 PM	Tuesday	Mar. 10, 17, 24, 31
	<b>Cardio Blast</b>	5:30 - 6:30 PM	Wednesday	Mar. 11, 18, 25
<b>Grauwylar*</b> 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	<b>A Taste of Latin American Heritage</b> , Bilingual	11:00 AM - 12:00 PM	Monday	Mar. 2
	<b>A Taste of African Heritage</b>	11:00 AM - 12:00 PM	Monday	Mar. 23, 30
<b>Hiawatha Williams*</b> 2976 Cummings St. Dallas, TX 75216 945.323.0939	<b>A Taste of African Heritage</b>	10:30 - 11:30 AM	Monday	Mar. 9, 16, 23, 30
	<b>Cardio Blast</b>	5:30 - 6:30 PM	Monday	Mar. 9, 16, 23, 30
	<b>Community Farm Stand</b>	10:00 AM - 3:00 PM	Thursday	Mar. 5, 12, 19, 26
<b>Jaycee Zaragoza*</b> 3114 Clymer St. Dallas, TX 75212 214.208.5932	<b>SAIL</b> , Bilingual	9:30 - 10:30 AM	Tuesday	Mar. 3, 10, 17, 24, 31
	<b>A Taste of African Heritage</b> , Bilingual	6:00 - 7:00 PM	Wednesday	Mar. 11, 18, 25
	<b>Community Farm Stand</b>	10:00 AM - 2:00 PM	Tuesday	Mar. 10
<b>Jubilee Park Community Clinic</b> 820 Ann Ave. Dallas, TX 75223 214.235.5737	<b>A Taste of Latin Heritage</b> , Spanish	11:00 AM - 12:00 PM	Thursday	Mar. 19, 26
<b>Samuell Grand*</b> 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	<b>SAIL</b>	2:00 - 3:00 PM	Monday	Mar. 2, 9, 16, 23, 30
	<b>Zumba®</b>	6:00 - 7:00 PM	Monday	Mar. 2, 9, 16, 23, 30
	<b>A Taste of Latin Heritage</b>	11:00 AM - 12:00 PM	Tuesday	Mar. 10, 17, 24, 31
	<b>A Taste of Latin Heritage</b> , Spanish	11:00 AM - 12:00 PM	Wednesday	Mar. 11, 18, 25
<b>Singing Hills*</b> 6805 Patrol Way Dallas, TX 75241 945.323.0951	<b>SAIL</b>	10:30 - 11:30 AM	Tuesday	Mar. 3, 10, 17, 24, 31
	<b>Happy Kitchen</b>	1:30 - 2:30 PM	Wednesday	Mar. 11, 18, 25
	<b>SAIL</b>	10:30 - 11:30 AM	Thursday	Mar. 5, 12, 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 1:00 PM	Tuesday	Mar. 10

\*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  
March

DATE	DAY	TIME	EVENT	LOCATION
3/3/2026	Tuesday	9:00 AM - 1:00 PM	<b>Kidney Screenings</b>	<b>Consulate General of Mexico</b> 1210 River Bend Dr Dallas, TX 75247
3/11/2026	Wednesday	12:00 - 2:00 PM	<b>National Nutrition Month</b>	<b>Baylor Scott &amp; White Health and Wellness Center at Juanita J. Craft Recreation Center</b> 4500 Spring Ave Dallas, TX 75210
3/15/2026	Sunday	7:30 AM - 3:00 PM	<b>Black Family Wellness Expo</b>	<b>Concord Church</b> 6808 Pastor Bailey Dr Dallas, TX 75237
3/17/2026	Tuesday	9:00 AM - 1:00 PM	<b>Kidney Screenings</b>	<b>Consulate General of Mexico</b> 1210 River Bend Dr Dallas, TX 75247
3/25/2026	Wednesday	11:00 AM - 1:00 PM	<b>Health Fair: Kidney Screenings</b>	<b>The University of North Texas at Dallas</b> 7300 University Hills Rd Dallas, TX 75241
3/28/2026	Saturday	10:00 AM - 12:00 PM	<b>Community Health Fair: Egg-stravaganza</b>	<b>Grauwylor Recreation Center</b> 7780 Harry Hines Blvd Dallas, TX 75235

## UPCOMING EVENTS / OBSERVANCES

<b>National Nutrition Month®</b>	Wednesday March 11, 2026 12:00 - 2:00 PM	“Discover the Power of Nutrition” You are invited to join the fun and celebrate National Nutrition Month®. Learn to make informed food choices and develop healthy eating habits.
<b>Health + Fitness Festival &amp; Expo</b>	Saturday April 11, 2026 10:00 AM - 2:00 PM	Empowering our communities to live well. Join us this spring for a day of fun, fitness and wellness: <ul style="list-style-type: none"> <li>• Free health screenings and immunizations</li> <li>• Fitness challenges</li> <li>• Cooking demonstrations</li> <li>• Free food and more!</li> </ul>

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