

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																			
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 		City of Dallas 214.670.8391 Visit the website for additional activities: https://www.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377 <table><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>Saturday, August 8</td><td>10:00 AM - 2:00 PM</td><td>Motivate the Students: Back to School Bash</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)	Saturday, August 8	10:00 AM - 2:00 PM	Motivate the Students: Back to School Bash
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COMMUNITY FARM STANDS	HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)
Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210 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 Healthy Cities locations: See page 3	Free A1C, cholesterol, blood pressure, height and weight measurements for members Participants receive a \$10 farm stand voucher. Call 214.865.3060 or register here: Bit.ly/39v8uta

HOURS OF OPERATION			CLASS LOCATION	
<u>Health and Wellness Center</u> (Open for in-person classes and consultations) Monday - Friday 8:00 AM - 5:00 PM	<u>Family Health Center</u> Appointments 214.817.6240 Monday through Friday 8:00 AM - 5:00 PM	<u>Juanita J. Craft Recreation Center</u> Monday - Thursday 9:00 AM - 8:00 PM Friday 2:00 - 7:00 PM Saturday Closed	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)	GR = Game Room L = Lobby O = Outside TC = Tennis Court WT = Walking Trail

Weekly Class Schedule

2026
August

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3	4	5	6	7	8
	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# 4:30 - 7:00 PM Tweeners Activities (MA)			
9	10	11	12	13	14	15
	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 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)			
16	17	18	19	20	21	22
	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 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)			
23	24	25	26	27	28	29
	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)			
30	31					
	10:00 - 11:00 AM Group Lifestyle Balance™ 4:30 - 7:00 PM Tweeners Activities (MA)					

Healthy Cities

Program Schedule

2026
August

Location	Class Community Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N. Winnetka Avenue Dallas, TX 75212 214.228.4840	Dinner Tonight , Spanish	10:30 - 11:30 AM	Tuesday	Aug. 11, 18, 25
	Dinner Tonight , Spanish	6:00 - 7:00 PM	Wednesday	Aug. 12, 19, 26
	Community Farm Stand	10:00 AM - 3:00 PM	Wednesday	Aug. 5, 12, 19, 26
Beckley-Saner* 114 W. Hobson Avenue Dallas, TX 75224 945.323.0997	Cooking Well with Diabetes®	10:30 - 11:30 AM	Monday	Aug. 3, 10, 17, 24, 31
	Cooking Well with Diabetes , Spanish	10:30 - 11:30 AM	Thursday	Aug. 6, 13, 20, 27
	Community Farm Stand	10:00 AM - 2:00 PM	Thursday	Aug. 13
Bonton Wellness Center 6407 Carlton Garrett Street Dallas, TX 75215 945.323.0972	Dinner Tonight	5:30 - 6:30 PM	Tuesday	Aug. 4, 11, 18, 25
Grauwylers* 7780 Harry Hines Boulevard Dallas, TX 75235 214.208.5932	Cooking Well with Diabetes , Bilingual	11:00 AM - 12:00 PM	Monday	Aug. 3, 10, 17, 24
Hiawatha Williams* 2976 Cummings Street Dallas, TX 75216 945.323.0939	Dinner Tonight	10:30 - 11:30 AM	Monday	Aug. 3, 10, 17, 24
	Community Farm Stand	10:00 AM - 3:00 PM	Thursday	Aug. 6, 13, 20, 27
Jaycee Zaragoza* 3114 Clymer Street Dallas, TX 75212 945.323.0937	Cooking Well with Diabetes , Bilingual	6:00 - 7:00 PM	Wednesday	Aug. 5, 12, 19, 26
	Community Farm Stand	10:00 AM - 2:00 PM	Tuesday	Aug. 11
Jubilee Park Community Clinic 820 Ann Avenue Dallas, TX 75223 214.235.5737	Cooking Well with Diabetes , Spanish	11:00 AM - 12:00 PM	Thursday	Aug. 6, 13, 20, 27
Samuell Grand* 6200 E. Grand Avenue Dallas, TX 75223 214.235.5737	Dinner Tonight	11:00 AM - 12:00 PM	Tuesday	Aug. 4, 11, 18, 25
	Dinner Tonight , Spanish	11:00 AM - 12:00 PM	Wednesday	Aug. 5, 12, 19, 26
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0951	A Taste of Latin Heritage	1:30 - 2:30 PM	Wednesday	Aug. 5, 12, 19, 26
	Community Farm Stand	10:00 AM - 1:00 PM	Tuesday	Aug. 11
Willie B. Johnson* 12225 Willowdell Drive Dallas, TX 75243 469.274.5107	Dinner Tonight	10:00 - 11:00 AM	Wednesday	Aug. 19, 26

*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
August

DATE	DAY	TIME	EVENT	LOCATION
8/4/2026	Tuesday	9:00 AM - 1:00 PM	Kidney Screenings	Consulate General of Mexico 1210 River Bend Drive Dallas, TX 75247
8/7/2026	Friday	8:00 AM - 2:00 PM	30th Annual Back to School Fair	Fair Park 3809 Grand Avenue Dallas, TX
8/8/2026	Saturday	10:00 AM - 2:00 PM	Back to School and Health Fair	George W. Truett Elementary School 1810 Inadale Avenue Dallas, TX 75228
8/8/2026	Saturday	11:00 AM - 3:00 PM	Back to School Bash	Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210
8/8/2026	Saturday	11:00 AM - 2:00 PM	Back to School Fair	Jaycee Zaragoza Recreation Center 3114 Clymer Street Dallas, TX 75212
8/18/2026	Tuesday	9:00 AM - 1:00 PM	Health Screenings	Consulate General of Mexico 1210 River Bend Drive Dallas, TX 75247

UPCOMING EVENTS / OBSERVANCES

Healthy Aging Month

Move Well, Eat Well. Live Well.

Wednesday
September 9, 2026
12:00 - 2:00 PM

Join us for an inspiring and informative event focused on promoting wellness, vitality and social connection as we age.

Activities:

- Education focused on thriving as we age
- Interactive fitness activities
- Cooking demonstrations and food samples
- Partner expo and wellness resources

12th Annual Chef Cookoff

Friday
October 2, 2026
11:00 AM - 3:00 PM
Middleby Innovation Kitchens
2701 E. State Highway 121
Suite 600
Lewisville, TX 75056

Hospital Tray Makeover: Gourmet Meets Healthcare

This theme showcases the ultimate makeover of the traditional hospital tray—where chefs turn everyday meals into culinary delights. Expect vibrant flavors, exciting presentations and dishes designed to please the palate while supporting recovery.

For sponsorship opportunities, contact:
Shalana.Brooks@BSWHealth.org

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