

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																		
<h3>Become a community health worker</h3> <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> <h4>Certification benefits:</h4> <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 <div><div>Learn more</div></div>	<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><tr><td>Monday - Friday</td><td>3:00 - 6:00 PM</td><td>After School Program (G/MAB)</td></tr><tr><td>Monday - Friday</td><td>9:00 AM - 1:00 PM</td><td>Senior ASAP Program</td></tr><tr><td>Tuesday & Thursday</td><td>6:30 - 7:30 PM</td><td>House of Fitness (Bootcamp)</td></tr><tr><td>Wednesday</td><td>6:30 - 7:30 PM</td><td>Dallas Fit Kids (G)</td></tr><tr><td>First Friday of the month</td><td>6:00 - 7:00 PM</td><td>Teen Late Night</td></tr><tr><td>Saturday - April 12th</td><td>10:00 AM - 1:00 PM</td><td>Easter Eggstravaganza</td></tr></table>	Monday - Friday	3:00 - 6:00 PM	After School Program (G/MAB)	Monday - Friday	9:00 AM - 1:00 PM	Senior ASAP Program	Tuesday & Thursday	6:30 - 7:30 PM	House of Fitness (Bootcamp)	Wednesday	6:30 - 7:30 PM	Dallas Fit Kids (G)	First Friday of the month	6:00 - 7:00 PM	Teen Late Night	Saturday - April 12th	10:00 AM - 1:00 PM	Easter Eggstravaganza
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Community Farm Stands	Health and Wellness Assessments (Membership Biometrics)
<div><div><div><div><div><div>Juanita J. Craft Recreation Center</div><div>4500 Spring Avenue</div><div>Dallas, TX 75210</div></div></div><div><div>Wednesday</div><div>10:00 AM - 2:00 PM</div><div>Walk-in</div></div><div><div>Friday</div><div>10:00 AM - 1:00 PM</div><div>Walk-in</div></div></div></div></div>	<div><div><div><div><div>Free A1C, cholesterol, blood pressure, height and weight measured for members</div></div></div><div><div>Participants receive a \$10 (health and wellness assessment/ biometrics farm stand voucher.</div><div>Call 214.865.3060 or register here: https://bit.ly/3beZFF4</div></div></div></div>
Healthy Cities locations: See page 3	

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 Mon./Wed./Thurs./Fri. 8:00 AM - 5:00 PM Tuesday 8:00 AM - 8:00 PM	<u>Juanita J. Craft Recreation Center</u> Monday - Thursday 9:00 AM - 8:00 PM Friday 9:00 AM - 7:00 PM Saturday 9:00 AM - 2:00 PM	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

2025
April

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		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)	
6	7	8	9	10	11	12
	12:30 PM - 1:30 PM Cooking Well with Diabetes (MA) (weekly, March - April)	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)	
13	14	15	16	17	18	19
	12:30 PM - 1:30 PM Cooking Well with Diabetes (MA) (weekly, March - April)	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)	
20	21	22	23	24	25	26
E A S T E R		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)	
27	28	29	30			
		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#			

Healthy Cities

BSW HWC's Healthy Cities Program Schedule

2025
April

Location	Class Farm Stand	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840	A Taste of Latin Heritage , Spanish	10:30 - 11:30 AM	Monday	Apr. 7, 14, 21, 28
	ZUMBA® , Bilingual	5:30 - 6:30 PM	Monday	Apr. 7, 14, 21, 28
	A Taste of Latin Heritage , Spanish	10:00 - 11:00 AM	Tuesday	Apr. 1, 8, 15, 22, 29
	A Taste of Latin Heritage , Spanish	6:00 - 7:00 PM	Wednesday	Apr. 2, 9, 16, 23, 30
	SAIL (Stay Active and Independent for Life), Bilingual	10:30 - 11:30 AM	Thursday	Apr. 3, 10, 17
	Farm Stand	10:00 AM - 3:00 PM	Wednesday	Apr. 2, 9, 16, 23, 30
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0990	Happy Kitchen	10:30 - 11:30 AM	Monday	Apr. 7, 14, 21
	SAIL , Bilingual	9:00 - 10:00 AM	Tuesday	Apr. 1, 8, 15, 22, 29
	Happy Kitchen , Spanish	10:30 - 11:30 AM	Thursday	Apr. 3, 10, 17
	Farm Stand	10:00 AM - 2:00 PM	Thursday	Apr. 10
Bonton Farms 6911 Bexar St. Dallas, TX 75215 945.323.0990	Happy Kitchen	5:30 - 6:30 PM	Tuesday	Apr. 1, 8, 15, 22, 29
	Cardio Blast	5:30 - 6:30 PM	Wednesday	Apr. 2, 9, 16, 23, 30
	SAIL	9:00 - 10:00 AM	Thursday	Apr. 3, 10, 17, 24
Grauwylers* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932	Cooking Well with Diabetes , Bilingual	11:00 AM - 12:00 PM	Monday	Apr. 7, 14, 21
	ZUMBA® , Bilingual	11:00 AM - 12:00 PM	Tuesday	Apr. 1, 8, 15, 22, 29
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939	Happy Kitchen	10:30 - 11:30 AM	Monday	Apr. 7, 14, 21, 28
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932	SAIL , Bilingual	9:30 - 10:30 AM	Tuesday	Apr. 1, 8, 15, 22, 29
	Happy Kitchen , Bilingual	6:00 - 7:00 PM	Wednesday	Apr. 2, 9
	Dinner Tonight , Bilingual	6:00 - 7:00 PM	Wednesday	Apr. 30
	Farm Stand	10:00 AM - 2:00 PM	Tuesday	Apr. 8
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.228.5932	A Taste of Latin Heritage , Spanish	1:00 - 2:00 PM	Thursday	Apr. 3, 10, 17
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737	Happy Kitchen	11:00 AM - 12:00 PM	Tuesday	Apr. 15, 22, 29
	Happy Kitchen , Spanish	11:00 AM - 12:00 PM	Wednesday	Apr. 16, 23, 30
	ZUMBA® , Bilingual	10:30 - 11:30 AM	Friday	Apr. 4, 11, 18, 25
Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0939	Walk with Ease	9:15 - 10:00 AM	Tuesday	Apr. 1, 8, 15, 22, 29
	Happy Kitchen	1:30 - 2:30 PM	Wednesday	Apr. 2, 9, 16, 23, 30
	Farm Stand	10:00 AM - 1:00 PM	Tuesday	Apr. 8
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
April

DATE	DAY	TIME	EVENT	LOCATION
4/4/2025	Friday	5:00 - 7:00 PM	School Community Health Fair	Nancy Moseley Elementary 10400 Rylie Rd Dallas, TX 75217
4/12/2025	Saturday	8:00 AM - 12:00 PM	Community Spring Health and Wellness Event	Beckley-Saner Recreation Center 114 W. Hobson Ave Dallas, TX 75224
4/12/2025	Saturday	10:00 AM - 1:00 PM	Easter Community Event	Anita Martinez Recreation Center 3212 N. Winnetka Ave. Dallas, TX 75212
4/12/2025	Saturday	12:00 - 2:00 PM	Easter Community Event	Jaycee Zaragoza Recreation Center 3114 Clymer St. Dallas, TX 75212
4/19/2025	Saturday	11:00 AM - 1:00 PM	Easter Community Event	Samuell Grand Recreation Center 6200 E. Grand Ave. Dallas, TX 75223
4/26/2025	Saturday	8:00 AM - 1:00 PM	Family Fit Fest and Health Expo	Dallas Market Hall 2200 N. Stemmons Fwy. Dallas, TX 75207

Upcoming Events and Observances			
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.	