

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|--|-----|-----|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | <p>Labor Day</p> <p>OFFICE CLOSED</p> | <p>11:00 AM - 12:00 PM, Spanish Community Bible Study</p> <p>6 - 7:00 PM, Spanish Group Lifestyle Balance™</p> | <p>11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#</p> <p>6 - 7:00 PM, English Group Lifestyle Balance™</p> | | | <p>10 - 11:00 AM English (Hybrid) Group Lifestyle Balance™</p> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | <p>10 - 11:00 AM Spanish Group Lifestyle Balance™</p> <p>1 - 2:00 PM, Spanish Walk with Ease</p> <p>1:30 - 2:30 PM Group Lifestyle Balance™ HELP Support Group* <i>In-person and Conference Call</i> <i>*Completion of GLB program is a prerequisite.</i></p> | <p>11:00 AM - 12:00 PM, Spanish Community Bible Study</p> <p>6 - 7:00 PM, Spanish (Hybrid) Group Lifestyle Balance™ (2nd Tuesday only)</p> <p>6 - 7:00 PM, Spanish Group Lifestyle Balance™</p> | <p>10 - 11:00 AM, English (Hybrid) Group Lifestyle Balance™</p> <p>11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#</p> <p>6 - 7:00 PM, English Group Lifestyle Balance™</p> | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | <p>10 - 11:00 AM Spanish Group Lifestyle Balance™</p> <p>1 - 2:00 PM, Spanish Walk with Ease</p> | <p>11:00 AM - 12:00 PM, Spanish Community Bible Study</p> <p>6 - 7:00 PM, Spanish Group Lifestyle Balance™</p> | <p>10 - 11:00 AM Walk-with-a-Doc (MAB) Conf. no. 469.208.1641 Pass code 507 689 409#</p> <p>11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#</p> <p>6 - 7:00 PM, English Group Lifestyle Balance™</p> | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | <p>10 - 11:00 AM Spanish Group Lifestyle Balance™</p> <p>1 - 2:00 PM, Spanish Walk with Ease</p> | <p>11:00 AM - 12:00 PM, Spanish Community Bible Study</p> <p>6 - 7:00 PM, Spanish Group Lifestyle Balance™</p> | <p>11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443#</p> <p>6 - 7:00 PM, English Group Lifestyle Balance™</p> | | | |

WEEKLY CLASS SCHEDULE

(In person & on-line)

September
2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------------|--|---|---|--|-----|-----|
| FITNESS ACTIVITIES | | | | | | |
| | 9:00 - 10:00 am Rise Shine Move (G) | 9:15 - 10:00 am Yoga (MB) | 9:00 - 10:00 am Rise Shine Move (G) | 9:15 - 10:00 am Yoga (MB) | | |
| | 10:00 - 11:00 am High-Low (MB) | 10:00 - 11:00 am Line Dancing (MB) | 10:00 - 11:00 am (G) 5:30 - 6:30 pm (MB) ZUMBA® Hybrid (in-person* & on-line) | 10:00 - 11:00 am Line Dancing (MB) | | |
| | 11:00 am - 12:00 pm (G) 5:30 - 6:30 pm (MB) ZUMBA® Hybrid (in-person* & on-line) | 11:00 am - 12:00 pm Walk with Ease (G) <i>Beginning Aug. 9</i> 5:30 - 6:30 pm Turbo Kick (MB) | | 11:00 am - 12:00 pm Walk with Ease (G) | | |

*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

Hispanic Heritage Month
Cultural awareness membership event

Thursday, September 15
9:00 AM—12:00 PM

Juanita J Craft Recreation Center
4500 Spring Avenue | Dallas, TX 75210

Activities

- Ballet Folkloric dance performance
- Hispanic heritage cuisine cooking demo
- Dancing • Games and more

BSW HEALTH & WELLNESS CENTER

20 week program *Self-paced* **Community Health Worker Instructor Course**
 Sat., June 4 - Oct. 15 9 am - 11 am on-line, biweekly **Community Health Worker Certification**
 Tues., June 7 - Oct. 11 6 pm - 8 pm on-line, biweekly **Community Health Worker Certification**

CHW registration link & QR code:
<https://forms.office.com/r/MCvTXHj2xy>



JUANITA J. CRAFT CENTER

Monday - Thursday 6:00 pm - 7:30 pm **Adult Open Gym** (G)
Saturday 9:00 am - 1:30 pm
Monday - Thursday 6:00 pm - 7:30 pm **Youth Open Gym** (G)
Saturday 9:00 am - 1:30 pm
Friday 7:00 pm - 10:00 pm **Teen Late Night** (G/GR/MAB)

Health and Wellness Assessments (Biometrics)

Have your A1C, cholesterol, blood pressure, height and weight measured for free!

Participants will receive a \$10 (Health Assessment/Biometrics) farm stand voucher.
Call 214.865.3060 or register here: <https://bit.ly/3beZFF4>

COMMUNITY FARM STAND

Juanita Craft Recreation Center
4500 Spring Avenue | Dallas, TX 75210
 Wednesday 10:00 am - 1:00 pm Walk-in and Drive-up service
 Friday 10:00 am - 2:00 pm Walk-in and Drive-up service
Greater Life Church
7031 Forney Rd | Dallas, TX 75227
 2nd Saturday September 10 9:30 am - 12:30 pm Walk-up

HOURS OF OPERATION

| BAYLOR SCOTT & WHITE HEALTH AND WELLNESS CENTER | CLINIC (Family Health Center) | JUANITA J CRAFT RECREATION CENTER |
|--|---|--|
| (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 Saturday 9:00 am - 2:00 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