

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.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377">https://www.dallasparcs.org/Facilities/Facility/Details/Juanita-J-Craft-Recreation-Center-377</a></p> <hr/> <p>Monday - Thursday 9:00 AM - 2:00 PM <b>ASAP</b> (Active Senior Adult Program)</p> <p>Tuesday &amp; Thursday 5:30 - 7:30 PM <b>Rae's Hope Youth Volleyball</b></p> <p>Monday - Friday 3:00 - 6:00 PM <b>J. J. Craft After School Program</b></p>

COMMUNITY FARM STANDS	HEALTH AND WELLNESS ASSESSMENTS (BIOMETRICS)
<p><b>Juanita J. Craft Recreation Center</b> 4500 Spring Avenue Dallas, TX 75210</p> <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> <p><b>Healthy Cities locations:</b> See page 3</p>	<p><b>Free A1C, cholesterol, blood pressure, height and weight measurements for members</b></p> <p>Participants receive a \$10 farm stand voucher.</p> <p>Call 214.865.3060 or register here: <a href="https://bit.ly/39v8uta">Bit.ly/39v8uta</a></p>

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

# Weekly Class Schedule

2026  
February

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>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, 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>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>	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>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, 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>			

# Healthy Cities

## Program Schedule

2026  
February

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	Feb. 3, 10, 17, 24
	<b>Balanced Living</b> , Spanish	6:00 - 7:00 PM	Wednesday	Feb. 4, 11, 18, 25
	<b>SAIL</b> ( <i>Stay Active and Independent for Life</i> ), Bilingual	10:30 - 11:30 AM	Thursday	Feb. 5, 12, 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 3:00 PM	Wednesday	Feb. 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	Feb. 2, 9, 23
	<b>A Taste of Latin American Heritage</b> , Spanish	10:30 - 11:30 AM	Thursday	Feb. 5, 12, 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 2:00 PM	Thursday	Feb. 12
<b>Bonton Wellness Center</b> 6407 Carlton Garrett St. Dallas, TX 75215 945-323-0951	<b>A Taste of African Heritage</b>	5:30 - 6:30 PM	Tuesday	Feb. 3, 10, 17
	<b>Cardio Blast</b>	5:30 - 6:30 PM	Wednesday	Feb. 4, 11, 18
<b>Grauwylers*</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	Feb. 2, 9, 23
	<b>Zumba®</b> , Bilingual	11:00 AM - 12:00 PM	Tuesday	Feb. 3, 10, 17, 24
<b>Hiawatha Williams*</b> 2976 Cummings St. Dallas, TX 75216 945.323.0939	<b>Balanced Living</b>	10:30 - 11:30 AM	Monday	Feb. 2, 9; Thurs. 19
	<b>Cardio Blast</b>	5:30 - 6:30 PM	Monday	Feb. 2, 9
	<b>Community Farm Stand</b>	10:00 AM - 3:00 PM	Thursday	Feb. 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	Feb. 3, 10, 17, 24
	<b>A Taste of Latin American Heritage</b> , Bilingual	6:00 - 7:00 PM	Wednesday	Feb. 4, 11, 18
	<b>Community Farm Stand</b>	10:00 AM - 2:00 PM	Tuesday	Feb. 10
<b>Jubilee Park Community Clinic</b> 820 Ann Ave. Dallas, TX 75223 214.235.5737	<b>Cooking Well with Diabetes</b> , Spanish	11:00 AM - 12:00 PM	Thursday	Feb. 5, 12, 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	Feb. 2, 9, 16, 23
	<b>Zumba®</b>	6:00 - 7:00 PM	Monday	Feb. 2, 9, 16, 23
	<b>Balanced Living</b>	11:00 AM - 12:00 PM	Tuesday	Feb. 3, 10, 17
	<b>Balanced Living</b> , Spanish	11:00 AM - 12:00 PM	Wednesday	Feb. 4, 11, 18
<b>Singing Hills*</b> 6805 Patrol Way Dallas, TX 75241 945.323.0951	<b>SAIL</b>	10:30 - 11:30 AM	Tuesday	Feb. 3, 10, 17, 24
	<b>Zumba®</b> , Bilingual	6:00 - 7:00 PM	Tuesday	Feb. 3, 10, 17, 24
	<b>A Taste of African Heritage</b>	1:30 - 2:30 PM	Wednesday	Feb. 4, 11, 18
	<b>SAIL</b>	10:30 - 11:30 AM	Thursday	Feb. 5, 12, 19, 26
	<b>Community Farm Stand</b>	10:00 AM - 1:00 PM	Tuesday	Feb. 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  
February

DATE	DAY	TIME	EVENT	LOCATION
2/4/2026	Wednesday	12:00 - 2:00 PM	<b>Black History Month Celebration</b>	<b>Juanita J. Craft Recreation Center</b> 4500 Spring Ave. Dallas, TX 75210
2/7/2026	Saturday	10:00 AM - 12:00 PM	<b>Think Heart/Think Health</b>	<b>Dallas Metropolitan Club</b> 7151 Library Ln Dallas, TX 75232

## UPCOMING EVENTS / OBSERVANCES

### **Black History Month Celebration**

Share in the rich traditions of music, food and culture.

- Wednesday, February 4, 2026
- 12:00 - 2:00 PM

### **National Wear Red Day American Heart Association**

Friday, February 6, 2026

### **Juanita J. Craft Birthday**

Monday, February 9, 2026

### **National Nutrition Month® event**

You are invited to attend an afternoon of fun and interactive activities to celebrate National Nutrition Month®. Learn to make informed food choices and develop healthy eating habits.

- Wednesday, March 11, 2026
- 12:00 - 2:00 PM

### **Location for all events:**

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