


Community Calendar

| 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) | Turbo Kick (MB) | ZUMBA® | Shape Up (MB) | | |

| BSW Health & Wellness Center | Juanita J. Craft Recreation Center |
|---|--|
| <p>Community Health Worker Certification</p> <p>Sessions are online via the assigned platform Webex, MS Teams or Zoom.</p> <p>CHW registration link: https://forms.office.com/r/J4QTBWu6s</p>  <p>Register today</p> | <p>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</p> <hr/> <p>Monday - Friday 3:00 - 6:00 PM After School Program (G/MAB)</p> |

| Community Farm Stands | Health and Wellness Assessments (Membership Biometrics) |
|---|--|
| <p>Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210</p> <p>Wednesday 10:00 AM - 1:00 PM Walk-in</p> <p>Friday 10:00 AM - 2:00 PM Walk-in</p> <p>Healthy Cities locations: See page 3</p> | <p>Free A1C, cholesterol, blood pressure, height and weight measured for members</p> <p>Participants receive a \$10 (health and wellness assessment/ biometrics farm stand voucher. Call 214.865.3060 or register here: https://bit.ly/3beZFF4</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>Mon./Wed./Thurs./Fri. 8:00 AM - 5:00 PM</p> <p>Tuesday 8:00 AM - 8:00 PM</p> | <p><u>Juanita J. Craft Recreation Center</u></p> <p>Monday - Thursday 9:00 AM - 8:00 PM</p> <p>Friday 9:00 AM - 7:00 PM</p> <p>Saturday 9:00 AM - 2:00 PM</p> | <p>BR = Boardroom GR = Game Room</p> <p>CA = Classroom A L = Lobby</p> <p>CB = Classroom B O = Outside</p> <p>FC = Fitness Center TC = Tennis Court</p> <p>G = Gym WT = Walking Trail</p> <p>MA = Multi-purpose A</p> <p>MB = Multi-purpose B (Aerobics)</p> <p>MAB = Multi-purpose A & B (Teaching Kitchen)</p> | |

Weekly Class Schedule

2024
December

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|------|--------|--|---|----------|---|------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | 11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3) | 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™ | | 11:00 AM - 1:00 PM Farm Stand food samples (MAB) | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | 11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ | 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™ | | 11:00 AM - 1:00 PM Farm Stand food samples (MAB) | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | 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 Walk-with-a-Doc (MAB) 11:00 AM - 12:00 PM, English Community Bible Study Teleconference 1-469-208-1641 Conference ID: 893 140 443# 11:00 AM - 12:00 PM, English Group Lifestyle Balance™ | | 11:00 AM - 1:00 PM Farm Stand food samples (MAB) | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | 11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ Office closes at noon. |  MERRY CHRISTMAS Office closed. | | | |
| 29 | 30 | 31 | January 1, 2025 | | | |
| | | 11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ |  Happy New Year Office closed. | | | |

Healthy Cities

BSW HWC's Healthy Cities Program Schedule

2024
December

| Location | Class Farm Stand | Time | Day | Dates |
|--|---|---------------------|-----------|-------------------|
| Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214.228.4840 | Cooking Well During the Holidays , Bilingual | 10:30 - 11:30 AM | Monday | Dec. 2, 9, 16 |
| | Cooking Well During the Holidays , Bilingual | 10:00 - 11:00 AM | Tuesday | Dec. 3, 10, 17 |
| | Cooking Well During the Holidays , Bilingual | 6:00 - 7:00 PM | Wednesday | Dec. 4, 11, 18 |
| | SAIL (Stay Active and Independent for Life), Bilingual | 10:30 - 11:30 AM | Thursday | Dec. 12, 19 |
| | Farm Stand | 10:00 AM - 3:00 PM | Wednesday | Dec. 4, 11, 18 |
| Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 945.323.0990 | Cooking Well During the Holidays | 10:30 - 11:30 AM | Monday | Dec. 2, 9, 16 |
| | SAIL , Bilingual | 9:00 - 10:00 AM | Tuesday | Dec. 3, 10, 17 |
| | Cooking Well During the Holidays , Spanish | 10:30 - 11:30 AM | Thursday | Dec. 5, 12, 19 |
| | Farm Stand | 10:00 AM - 2:00 PM | Thursday | Dec. 12 |
| Bonton Farms 6911 Bexar St. Dallas, TX 75215 945.323.0990 | Cooking Well During the Holidays , Bilingual | 5:30 - 6:30 PM | Tuesday | Dec. 3, 10, 17 |
| | Shape Up , Bilingual | 5:30 - 6:30 PM | Wednesday | Dec. 4, 11, 18 |
| | SAIL , Bilingual | 9:00 - 10:00 AM | Thursday | Dec. 12, 19 |
| Grauwylar* 7780 Harry Hines Blvd. Dallas, TX 75235 214.208.5932 | Cooking Well with Diabetes , Bilingual | 11:00 AM - 12:00 PM | Monday | Dec. 2, 9, 16 |
| | ZUMBA® , Bilingual | 11:00 AM - 12:00 PM | Tuesday | Dec. 3, 10, 17 |
| Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 945.323.0939 | A Taste of African Heritage | 10:30 - 11:30 AM | Monday | Dec. 2, 9, 16, 23 |
| | Shape Up | 5:30 - 6:30 PM | Monday | Dec. 2, 9, 16, 23 |
| | Farm Stand | 10:00 AM - 3:00 PM | Thursday | Dec. 5, 12, 19 |
| Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214.208.5932 | SAIL , Bilingual | 9:30 - 10:30 AM | Tuesday | Dec. 3, 10, 17 |
| | Cooking Well During the Holidays , Bilingual | 6:00 - 7:00 PM | Wednesday | Dec. 4, 11, 18 |
| | ZUMBA® , Bilingual | 5:30 - 6:30 PM | Thursday | Dec. 5, 12, 19 |
| | Farm Stand | 10:00 AM - 2:00 PM | Tuesday | Dec. 10 |
| Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214.228.5932 | Cooking Well During the Holidays , Spanish | 6:00 - 7:00 PM | Monday | Dec. 2, 9, 16 |
| Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214.235.5737 | Cooking Well with Diabetes | 11:00 - 12:00 PM | Tuesday | Dec. 10, 17 |
| | Cooking Well with Diabetes , Spanish | 11:00 AM - 12:00 PM | Wednesday | Dec. 11, 18 |
| | ZUMBA® , Bilingual | 10:30 - 11:30 AM | Friday | Dec. 6, 13, 20 |
| Singing Hills* 6805 Patrol Way Dallas, TX 75241 945.323.0939 | Shape Up | 2:00 - 3:00 PM | Monday | Dec. 2, 9, 16, 23 |
| | Walk with Ease | 9:15 - 10:15 AM | Tuesday | Dec. 3, 10, 17 |
| | Cooking Well with Diabetes | 12:30 - 1:30 PM | Wednesday | Dec. 4, 11, 18 |
| | Farm Stand | 10:00 AM - 1:00 PM | Tuesday | Dec. 10 |
| Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 945.323.0990 | Cooking Well with Diabetes | 10:30 - 11:30 AM | Thursday | Dec. 12, 19 |

*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.

2024
December

| Date | Day | Time | Event | Location |
|------------|----------|--------------------|--------------------------------|---|
| 12/14/2024 | Saturday | 10:00 AM - 1:00 PM | Health Fair: Molina Healthcare | Fireside Recreation Center 8601 Fireside Drive Dallas, TX 75217 |

New Year, New Horizon

Giving you tools to start 2025 off on the right foot

Join us for our annual new year membership event. Enjoy fun, fitness, and new year goal setting as you continue your wellness journey into 2025.

Activities

- “Bring a friend” membership promotion
- Cooking demonstration and food samples
- Fitness showcase
- Vision board/goal setting exercises
- Community Farm Stand
- Wellness expo
- Games and giveaways
- Senior arts and crafts expo

Please join us

DATE: Wednesday, January 22, 2025

TIME: 12:00 - 2:00 PM

LOCATION: Baylor Scott & White Health and Wellness Center
4500 Spring Avenue
Dallas, TX 75210

QUESTIONS: Connie Dominguez at [214.865.3063](tel:214.865.3063) or Connie.Dominguez@BSWHealth.org



Register today



FELIZ NAVIDAD
y Próspera Año Nuevo



MERRY CHRISTMAS
and Happy New Year