


FITNESS ACTIVITIES		All BSW HWC Fitness Classes are <i>FREE</i>					
	SUN	MON	TUE	WED	THU	FRI	SAT
9:00 am - 10:00 am		Rise Shine Move (G)		Rise Shine Move (G)			
9:15 am - 10:00 am			Yoga (MB)		Yoga (MB)		
10:00 am - 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 pm - 1:00 pm							
5:30 pm - 6:30 pm		Line Dancing (MB)	Turbo Kick (MB)	ZUMBA®	Shape Up (MB)		

BSW HEALTH & WELLNESS CENTER	JUANITA J. CRAFT 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/J4QTBjWu6s</p>	<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> <p>Monday - Friday 3:00 pm - 6:00 pm After School Program (G/MAB)</p> <p>Saturday November 16 10:00 am - 2:00 pm Dental Clinic Event</p> <p>Monday - Wednesday November 25 - 27 8:00 am - 5:00 pm Fall Break Camp</p> <p>Thursday November 21 5:00 pm - 7:00 pm Community Thanksgiving Dinner</p>

Health and Wellness Assessments (Membership Biometrics)	COMMUNITY FARM STANDS
<p><i>Free A1C, cholesterol, blood pressure, height and weight measured for members</i></p> <p>Participants receive a \$10 (Health Assessment/Biometrics farm stand voucher. Call 214.865.3060 or register here: https://bit.ly/3beZFF4</p>	<p>Juanita J. Craft Recreation Center 4500 Spring Ave. 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>

HOURS OF OPERATION			CLASS LOCATION	
<p>HEALTH AND WELLNESS CENTER</p> <p>(Open for in-person classes and consultations)</p> <p>Monday - Friday 8:00 am - 5:00 pm</p>	<p>CLINIC (FAMILY HEALTH CENTER)</p> <p>APPOINTMENTS / VISITS 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>JUANITA J. CRAFT RECREATION CENTER</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 CA = Classroom A CB = Classroom B FC = Fitness Center G = Gym</p> <p>MA = Multi-purpose A MB = Multi-purpose B (Aerobics) MAB = Multi-purpose A & B (Teaching Kitchen)</p>	<p>GR = Game Room L = Lobby O = Outside TC = Tennis Court WT = Walking Trail</p>

WEEKLY CLASS SCHEDULE

2024
NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					11:00 AM - 1:00 PM Farm Stand food samples (MAB)	
3	4	5	6	7	8	9
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 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)	
10	11	12	13	14	15	16
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 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)	
17	18	19	20	21	22	23
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 7:00 PM, English Group Lifestyle Balance™ (thru Dec. 3)	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)	
24	25	26	27	28	29	30
		11:00 AM - 12:00 PM, Spanish Community Bible Study 11:00 AM - 12:00 PM, Spanish Group Lifestyle Balance™ 6:00 PM - 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™			

HEALTHY CITIES

BSW HWC's Healthy Cities Program Schedule

2024
NOVEMBER

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 AM - 11:30 AM	Monday	Nov. 4, 18, 25
	Cooking Well During the Holidays , Bilingual	10:00 AM - 11:00 AM	Tuesday	Nov. 5, 12, 19
	Cooking Well During the Holidays , Bilingual	6:00 PM - 7:00 PM	Wednesday	Nov. 6, 13, 20
	SAIL (<i>Stay Active and Independent for Life</i>), Bilingual	10:30 AM - 11:30 AM	Thursday	Nov. 7, 14, 21
	Farm Stand	10:00 AM - 3:00 PM	Wednesday	Nov. 6, 13, 20
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 214-865-3040	Dinner Tonight	10:30 AM - 11:30 AM	Monday	Nov. 4, 18
	Cooking Well During the Holidays	10:30 AM - 11:30 AM	Monday	Nov. 25
	SAIL , Bilingual	9:00 AM - 10:00 AM	Tuesday	Nov. 5, 12, 19
	Dinner Tonight , Spanish	10:30 AM - 11:30 AM	Thursday	Nov. 7, 14
	Farm Stand	10:00 AM - 2:00 PM	Thursday	Nov. 14
Bonton Farms 6911 Bexar St. Dallas, TX 75215 214-865-3057	Cooking Well with High Blood Pressure , Bilingual	5:30 PM - 6:30 PM	Tuesday	Nov. 12, 19
	Shape Up , Bilingual	5:30 PM - 6:30 PM	Wednesday	Nov. 6, 13, 20
	SAIL , Bilingual	9:00 AM - 10:00 AM	Thursday	Nov. 7, 14, 21
Grauwylar* 7780 Harry Hines Blvd. Dallas, TX 75235 214-865-3057	Cooking Well with Diabetes , Bilingual	11:00 AM - 12:00 PM	Monday	Nov. 4, 18
	ZUMBA® , Bilingual	11:00 AM - 12:00 PM	Tuesday	Nov. 5, 12, 19
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 214-865-3199	A Taste of African Heritage	10:30 AM - 11:30 AM	Monday	Nov. 4, 18, 25
	Shape Up	5:30 PM - 6:30 PM	Monday	Nov. 4, 18, 25
	Farm Stand	10:00 AM - 3:00 PM	Thursday	Nov. 7, 14, 21
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214-208-5932	SAIL , Bilingual	9:30 AM - 10:30 AM	Tuesday	Nov. 5, 12, 19
	ZUMBA® , Bilingual	5:30 PM - 6:30 PM	Thursday	Nov. 7, 14, 21
	Farm Stand	10:00 AM - 2:00 PM	Tuesday	Nov. 12
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214-208-5932	Cooking Well During the Holidays , Spanish	6:00 PM - 7:00 PM	Monday	Nov. 4, 11, 18
Samuell Grand* 6200 E Grand Ave. Dallas, TX 75223 214-235-5737	Dinner Tonight	11:00 AM - 12:00 PM	Tuesday	Nov. 5, 12, 19
	Dinner Tonight , Spanish	11:00 AM - 12:00 PM	Wednesday	Nov. 6, 13, 20
	ZUMBA® , Bilingual	10:30 AM - 11:30 AM	Friday	Nov. 1, 8, 15, 22
Singing Hills* 6805 Patrol Way Dallas, TX 75241 469-274-5107	Shape Up ,	2:00 PM - 3:00 PM	Monday	Nov. 4, 18
	Walk with Ease	9:15 AM - 10:15 AM	Tuesday	Nov. 5, 12, 19, 26
	Cooking Well with Diabetes	12:30 PM - 1:30 PM	Wednesday	Nov. 6, 13, 20
	Farm Stand	10:00 AM - 1:00 PM	Tuesday	Nov. 12
Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 214-865-3057	A Taste of Latin Heritage	10:30 AM - 11:30 AM	Thursday	Nov. 7, 14

*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
NOVEMBER

DATE	DAY	TIME	EVENT	LOCATION
11/2/2024	Saturday	10:00 AM - 2:00 PM	14th Annual BSW HWC Healthy Harvest Festival	Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210
11/12/2024	Tuesday	12:00 PM - 2:00 PM	National Diabetes Awareness Month	Juanita J. Craft Recreation Center 4500 Spring Avenue Dallas, TX 75210
11/16/2024	Saturday	9:00 AM - 10:00 AM	Health Resource Fair	United Way 1010 First Avenue Dallas, TX 75210



Join us!

**Fourteenth Annual Baylor Scott & White Health and Wellness Center
Healthy Harvest Festival**

Date: Saturday, November 2, 2024

Time: 10:00 AM – 2:00 PM

Location:

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