

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		
Mar. 19 - May 21 Tuesday	6:00 pm - 8:00 pm on-line, weekly	Community Health Worker Certification	Monday - Friday	3:30 pm - 5:30 pm	Afterschool Program (G/GR) Ages 5 - 12
Apr. 16 - Jun. 25 Tuesday	10:00 am - 12:00 pm on-line, weekly	Community Health Worker Certification	Monday & Wednesday	5:30 pm - 7:30 pm	Baseball Camp (G)
May 2 - Jun. 27 Thursday	7:00 pm - 9:00 pm on-line, weekly	Community Health Worker Certification	Tuesday & Thursday	5:30 pm - 7:45 pm	Volleyball Camp (G) Ages 5 - 12
<i>ALL sessions are online via the assigned platform Webex, MS Teams or Zoom.</i>			Wednesday	6:30 pm - 7:30 pm	Flamenco Dancing (G) <i>Free to the public Ages 5 and up</i>
<i>CHW registration link & QR code:</i> https://forms.office.com/r/z6R7KYTan5			Friday (1st Friday only) May 3	7:00 pm - 10:00 pm	Teen Late Night (G/GR/MAB)
			Saturday May 11	9:00 am - 2:00 pm	Zakat Temple Annual Diabetes Walk (G/Outdoors)
			Saturday May 18	8:00 am - 3:00 pm	Rae's Hope Rally & Ride Fun Day (G/Outdoors)

Health and Wellness Assessments (Membership Biometrics)	COMMUNITY FARM STANDS																
<p>Free A1C, cholesterol, blood pressure, height and weight measured for members!</p> <p>Participants receive a \$10 (Health Assessment/ Biometrics) farm stand voucher.</p> <p>Call 214.865.3060 or register here: https://bit.ly/3beZFF4</p>	<table border="1"> <tr> <td>Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75210</td> <td>Wednesday</td> <td>10:00 am - 1:00 pm</td> <td>Walk-in</td> </tr> <tr> <td></td> <td>Friday</td> <td>11:00 am - 3:00 pm</td> <td>Walk-in</td> </tr> <tr> <td>Anita Martinez Recreation Center 3212 N. Winnetka Ave. Dallas, TX 75212</td> <td>Wednesday</td> <td>10:00 am - 3:00 pm</td> <td>Walk-in</td> </tr> <tr> <td>Hiawatha Williams Recreation Center 2976 Cummings St. Dallas, TX 75216</td> <td>Thursday</td> <td>10:00 am - 3:00 pm</td> <td>Walk-in</td> </tr> </table>	Juanita J. Craft Recreation Center 4500 Spring Ave. Dallas, TX 75210	Wednesday	10:00 am - 1:00 pm	Walk-in		Friday	11:00 am - 3:00 pm	Walk-in	Anita Martinez Recreation Center 3212 N. Winnetka Ave. Dallas, TX 75212	Wednesday	10:00 am - 3:00 pm	Walk-in	Hiawatha Williams Recreation Center 2976 Cummings St. Dallas, TX 75216	Thursday	10:00 am - 3:00 pm	Walk-in
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HOURS OF OPERATION			CLASS LOCATION	
HEALTH AND WELLNESS CENTER	CLINIC (FAMILY HEALTH CENTER)	JUANITA J. CRAFT RECREATION CENTER	BR = Boardroom	GR = Game Room
(Open for in-person classes and consultations)	APPOINTMENTS / VISITS 214-817-6240	Monday - Thursday 9:00 am - 8:00 pm	CA = Classroom A	L = Lobby
Monday - Friday 8:00 am - 5:00 pm	Mon./Wed./Thurs./Fri. 8:00 am - 5:00 pm	Friday 9:00 am - 7:00 pm	CB = Classroom B	O = Outside
	Tuesday 8:00 am - 8:00 pm	Saturday 9:00 am - 2:00 pm	FC = Fitness Center	TC = Tennis Court
			G = Gym	WT = Walking Trail
			MA = Multi-purpose A	
			MB = Multi-purpose B (Aerobics)	
			MAB = Multi-purpose A & B (Teaching Kitchen)	

WEEKLY CLASS SCHEDULE

2024
MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			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 Cooking Demo (MAB)	
5	6	7	8	9	19	11
	10:00 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study	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 Cooking Demo (MAB)	
12	13	14	15	16	17	18
	10:00 - 11:00 AM, Spanish Group Lifestyle Balance™ 12:00 - 1:00 PM Group Lifestyle Balance™ HELP Support Group* <i>In-person and Conference Call</i> <i>*Completion of GLB program is a prerequisite.</i>	11:00 AM - 12:00 PM, Spanish Community Bible Study	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 Cooking Demo (MAB)	
19	20	21	22	23	24	25
	10:00 - 11:00 AM, Spanish Group Lifestyle Balance™	11:00 AM - 12:00 PM, Spanish Community Bible Study	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 Cooking Demo (MAB)	
26	27	28	29	30	31	
	Memorial Day OFFICE CLOSED	11:00 AM - 12:00 PM, Spanish Community Bible Study	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 Cooking Demo (MAB)	

HEALTHY CITIES

BSW HWC's Healthy Cities Program Schedule

2024
MAY

Location	Class	Time	Day	Dates
Anita Martinez* 3212 N Winnetka Ave. Dallas, TX 75212 214-228-4840	Happy Kitchen , Spanish	10:30 AM - 11:30 AM	Monday	May 29
	Balanced Living , Spanish	10:30 AM - 11:30 AM	Wednesday	May 5, 15
	SAIL (<i>Stay Active and Independent for Life</i>), Dual	11:30 AM - 12:30 PM	Thursday	May 2, 9, 16, 23, 30
	ZUMBA®	5:30 PM - 6:30 PM	Thursday	May 2, 9, 16, 23, 30
Beckley-Saner* 114 W Hobson Ave. Dallas, TX 75224 214-865-3040	Balanced Living	10:30 AM - 11:30 AM	Monday	May 20
	Cooking with High Blood Pressure , Spanish	10:30 AM - 11:30 AM	Thursday	May 9, 16, 23, 30
	ZUMBA®	5:30 PM - 6:30 PM	Monday	May 6, 13, 20
Bonton Farms 6911 Bexar St. Dallas, TX 75215 214-865-3057	A Taste of Latin Heritage , Dual	5:30 PM - 6:30 PM	Tuesday	May 7, 14
Eloise Lundy* 1229 Rev. CBT Smith St. Dallas, TX 75203 214-208-4840				
Grauwylers* 7780 Harry Hines Blvd. Dallas, TX 75235 214-865-3057	ZUMBA®	11:00 AM - 12:00 PM	Tuesday	May 7, 14, 21, 28
Hiawatha Williams* 2976 Cummings St. Dallas, TX 75216 214-865-3199	Happy Kitchen	10:30 AM - 11:30 AM	Monday	May 6, 13, 20
Jaycee Zaragoza* 3114 Clymer St. Dallas, TX 75212 214-208-5932	SAIL , Dual	9:30 AM - 10:30 AM	Tuesday	May 7, 14, 21, 28
	Cooking with High Blood Pressure , Spanish	6:00 PM - 7:00 PM	Wednesday	May 1
	A Taste of Latin Heritage , Spanish	6:00 PM - 7:00 PM	Wednesday	May 29
Jubilee Park Community Clinic 820 Ann Ave. Dallas, TX 75223 214-208-5932	A Taste of Latin Heritage , Dual	6:00 PM - 7:00 PM	Tuesday	May 7, 14, 21, 28
	Cooking with High Blood Pressure , Dual	12:00 PM - 1:00 PM	Thursday	May 23, 30
Samuel Grand* 6200 E Grand Ave. Dallas, TX 75223 214-235-5737	Happy Kitchen	11:00 AM - 12:00 PM	Tuesday	May 7
	Walk with Ease	11:00 AM - 12:00 PM	Tuesday	May 28
	A Taste of Latin Heritage	11:00 AM - 12:00 PM	Wednesday	May 1, 8
	ZUMBA®	10:30 AM - 11:30 AM	Friday	May 3, 10, 17, 24, 31
Thurgood Marshall* 5150 Mark Trail Way Dallas, TX 75232 214-865-3057	Balanced Living	10:30 AM - 11:30 AM	Thursday	May 9, 16, 23, 30
*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

MAY

DATE	DAY	TIME	EVENT	LOCATION
5/4/2024	Saturday	8:00 am - 12:30 pm	“Getting My Help” Mental Health Walk & Fair	Singing Hills Recreation Center (outside) 6805 Patrol Way Dallas, TX 75241
5/16/2024	Thursday	10:00 am - 1:00 pm	Older American’s Health Fair	Centennial Hall at Fair Park 1001 N. Washington St Dallas, TX 75210

Attend our mental health awareness event

Join us to raise awareness about mental illnesses and learn strategies for attaining mental health and wellness.

Activities

- Art therapy
- Guided meditation
- Fitness activities
- Mental health discussions



Register today

Please join us

- DATE:** Wednesday, May 22, 2024
- TIME:** 11:30 AM - 1:00 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

Join our evening fitness class challenge this Spring

During the month of May, attend our evening classes and get your fitness attendance card punched for a chance to win a promotional item.

Let’s get active!

- Monday - Thursday
- 5:30 - 6:30 PM
- Challenge starts Monday, April 29 and ends on Thursday, May 30

Evening fitness classes

- Line dancing - Monday
- Turbo Kick - Tuesday
- Zumba® - Wednesday
- Shape Up - Thursday

For more information
Bria Washington
[214.865.3074](tel:214.865.3074)