BlueCross BlueShield of Illinois

April 2026

Blue Door Neighborhood Center℠

Morgan Park Center

Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
We are recognizing Black Maternal Health Week, National Minority Health, Alcohol and Autism Awareness Month!	You have the option to join us in-person or virtually for any class offered from the hours of 9 AM - 5 PM.	Senior Bingo 11:30am-12:30pm Zumba® for Seniors 1pm-1:30pm	Health Insurance Basics 10am-2pm *Health Matters: Spring Into Health 3pm-3:30pm	NO CLASSES OFFICE HOURS 9AM-5PM	
6 *Health Matters: Wine and Health 3pm-3:30pm	7 *Health Matters: Keeping Children Safe 10:15am-11:45am	8 Senior Bingo 11:30am-12:30pm Zumba® for Seniors 1pm-1:30pm	9 Health Insurance Basics 10am-2pm Farmers Market 12pm-2pm	10 NO CLASSES OFFICE HOURS 9AM-5PM	11
13 *Health Matters: Black Mama's Matter 11am-11:45am	14 *Health Matters: Postpartum vs. Depression 2pm-2:30pm	15 Senior Bingo 11:30am-12:30pm Zumba® for Seniors 1pm-1:30pm	16 Health Insurance Basics 10am-2pm Gilda's Club Chicago: Thankful Thursday 11am-12pm *Financial Growth with Fifth Third Bank 11am-12pm Dinner and Learn: Autism Awareness 5:45pm-7:15pm	17 NO CLASSES OFFICE HOURS 9AM-5PM	18 *Virtual Health Matters: Eating for Two 11am-11:30am
20 *Health Matters: Understanding Population Health 3pm-3:30pm	21 Tai Chi: Gilda's Club 11am-12pm	22 Senior Bingo 11:30am-12:30pm Zumba® for Seniors 1pm-1:30pm	23 Health Insurance Basics 10am-2pm Job Club 10am-11am *Health Matters: Mental Health 101 2pm-2:30pm	24 Line Dance 3:30pm-4:30pm	25
27 *Health Matters: Tips for Preventing Cancer 11am-11:30am	28 Lunch and Learn: Alcohol Awareness 11am-12:15pm	29 Senior Bingo 11:30am-12:30pm Zumba® for Seniors 1pm-1:30pm	30 NO CLASSES OFFICE HOURS 9AM-5PM		

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

251807.0624

Connect with us:

Morgan Park Center
11840 S. Marshfield Ave.
Chicago, IL 60643 (872) 760-8090

Hours of Operation
Mon. - Fri: 9 a.m. - 5 p.m.
Special programs on some evenings and Saturdays

www.**BlueDoorCenterIL**.com
www.facebook.com/**BlueDoorCenterIL**

BLACK MATERNAL HEALTH WEEK Held annually April 11-17, we recognize Black Maternal Health Week, and honor the lived experiences of Black mothers and birthing people. Together, we can raise awareness, encourage community action, and support better health outcomes.

*HEALTH MATTERS: KEEPING CHILDREN SAFE In partnership with Chicago's Children Advocacy Center, this class will teach individuals how to recognize, respond to and report suspected abuse. Individuals will also learn how to help prevent child abuse.

LUNCH & LEARN: ALCOHOL AWARENESS Join a clinician-led session on understanding substance use disorders. In-person participants are encouraged to register to receive lunch.

DINNER & LEARN: AUTISM AWARENESS In honor of Autism Acceptance Month, learn more about autism and ways to promote inclusion. Families are welcome. A kid zone with age- and sensory-appropriate activities will be available. Advance registration is encouraged.

*FINANCIAL GROWTH WITH FIFTH THIRD BANK In recognition of National Financial Literacy Month, join Fifth Third Bank for a virtual workshop on setting and achieving financial goals.

LET'S GET MOVING Improve your heart health, flexibility and reduce your stress. Join us for TAI CHI, ZUMBA® FOR SENIORS, LINE DANCE.

JOB CLUB Join us every fourth Thursday for assistance in resume writing, interview tips, and more.

*HEALTH MATTERS Join us for a variety of classes related to alcohol awareness, black maternal health, child abuse prevention, cancer prevention, population health and wellness tips for spring.

HEALTH INSURANCE BASICS OFFICE HOURS Join us for an opportunity to ask health Insurance questions, learn the basics on how Insurance works and/or get guidance on your your next steps. Whether you are over or under 65, this is a great way to have live assistance at your fingertips.

Learn about our NEW "Get Rewarded" Program! Attend 3 of our condition mgmt/or health education classes a month to receive a gift card to assist with your wellness goals.