BlueCross BlueShield of Illinois

November 2025

Blue Door Neighborhood Center℠

South Lawndale Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Día de los Muertos 11am - 1pm
3 Strength Training 1pm - 2pm	4 NAMI Support Group 10am - 11:30am Zumba® 1pm - 2pm Fathers and Babies 3:30pm - 4:30pm Virtual Mindful Movement (Every Tuesday) 6pm - 7pm	5 Tai Chi 10am - 11am Diabetes Empowerment Education Program™ 1pm - 2:30pm	6 Health Insurance Basics (Every Thursday) 10am - 1pm ONE Step Training 11am - 1pm *Lunch and Learn: Diabetes and Eye Health 1:30pm - 2:30pm	7 Yoga 10am - 11am Courage to Quit® 10:45am - 11:30am *Health Matters: Diabetes Heart Connection (English) 12pm - 12:30pm	8
10 Strength Training 1pm - 2pm *Health Matters: Eating Well for Diabetes Management (English) 2:30pm - 3pm	11 Zumba® 1pm - 2pm Fathers and Babies 3:30pm - 4:30pm	12 Tai Chi 10am - 11am	13 Farmers Market 1pm - 3pm Virtual Health Matters: A Guide to Boundaries, Balance and Burnout for Caregivers (English) 6pm - 7pm	14 CENTER CLOSED	15 Friendsgiving 11am - 1:30pm
17 Strength Training 1pm - 2pm *Health Matters: Eating Well for Diabetes Management (Spanish) 2:30pm - 3pm	18 NAMI Support Group 10am - 11:30am Zumba® 1pm - 2pm Fathers and Babies 3:30pm - 4:30pm	19 Tai Chi 10am - 11am *Health Matters: Diabetes Heart Connection (Spanish) 11:30am - 12pm	20 Health Matters: Navigating Home Health Care, Home Care, and Hospice 10am - 11am New Moms Support and Social Group 11am - 12:30pm	21 Yoga 10am - 11am *Health Matters: National Alzheimer's Awareness Month (Spanish) 11:30am - 12:30pm *Health Matters: National Alzheimer's Awareness Month (English) 12:30pm - 1:30pm	22
24 Strength Training 1pm - 2pm	25 Zumba® 1pm - 2pm Fathers and Babies 3:30pm - 4:30pm	26 Tai Chi 10am - 11am CENTER CLOSES AT 3PM	27 CENTER CLOSED HAPPY THANKSGIVING	28 CENTER CLOSED	29

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Connect with us:

South Lawndale Center
2551 W. Cermak Road
Chicago, IL 60608 (872) 760-8450

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**

This November, we are recognizing American Diabetes Month and Alzheimer's Disease Awareness Month.

Día de los Muertos: Join us as we honor the memory of our cherished loved ones through an activity with People's Center for Cultural & Contemporary Arts.

Friendsgiving: From turkey and produce distribution to live cooking demonstrations, there's a lot to enjoy this season. Turkeys and produce are limited and available first come, first served. Registration does not guarantee a turkey or produce.

Health Matters: Navigating Home Health Care, Home Care, and Hospice - Learn about health topics such as: flu, RSV, nutrition, diabetes, understanding your home health care options, gratitude, stress & more.

Lunch and Learn: Diabetes and Eye Health: Join us to learn about the connection between diabetes and eye health and ways to take charge of your health!

ONE Step Training: This training prepares Early Childhood Educators (ECE) and organizations serving under-served status parents/caregivers to have health-focused conversations with parents about secondhand smoke prevention.

Courage to Quit®: An evidence based tobacco treatment program for adults. This is a three week program for those interested in stopping tobacco use.

Farmers Market: Grab no-cost, fresh produce at our pop-up farmers market (while supplies last).

Fathers and Babies: Fatherhood isn't always easy. Join this workshop for tools and support through pregnancy and your baby's first year.

Health Insurance Basics: Every Thursday, you can ask a health insurance question, learn the basics on how insurance works and/or get guidance on your next steps.

Check out our "Get Rewarded" classes. Attend 3 classes marked with an asterisk (*) within a month to receive a gift card. Annual limit applies.