BlueCross BlueShield of New Mexico

November 2026

Blue Door Neighborhood Center℠

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
National Diabetes Prevention Program 9am-10:30am	*Duct Tape or WD-40 11am-12pm Kids Cook! 1pm-2:30pm	Medicare Info 10am-2pm Health Screenings in BCBSNM's Care Van® 11am-2pm Fresh Harvest Market 11:30am -While Supplies Last	Cook it Up! 11:15am-12:30pm *Tai Chi for Arthritis & Fall Prevention 1pm-2pm	Alimente su salud (Spanish only) 1:30pm-2:30pm	
9 National Diabetes Prevention Program 9am-10:30am *Gentle Aerobics 11am-12pm From Stress to Rest 1pm-2pm	10 *Duct Tape or WD-40 11am-12pm Relaxation Station 1pm-2pm (Session 1) 2:15pm -3:30pm (Session 2)	11 *Movement to Music 11am-12pm Bingo/Loteria 1pm-2pm	12 Lunch & Learn: Lung Cancer Awareness (in English) 11am-12pm *Tai Chi for Arthritis & Fall Prevention 1pm-2pm	13 *Gentle Aerobics 11am-12pm Alimente su salud (Spanish only) 1:30pm-2:30pm	14
16 Native American Heritage Celebration 1pm-3pm	17 *Duct Tape or WD-40 11am-12pm	18 *Movement to Music 11am-12pm Job Search Ready: Resumes, Cover Letters & AI Tools 1:30pm-3pm	19 Lunch & Learn: Lung Cancer Awareness (in Spanish) 11am-12pm *Tai Chi for Arthritis & Fall Prevention 1pm-2pm	20 *Gentle Aerobics 11am-12pm Alimente su salud (Spanish only) 1:30pm-2:30pm	21
23 National Diabetes Prevention Program 9am-10:30am *Gentle Aerobics 11am-12pm Kids Cook! 1PM-2:30pm	24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED	28
30 *National Diabetes Prevention Program 9am-10:30am *Gentle Aerobics 11am-12pm Job Search Ready: Resumes, Cover Letters & AI Tools 1:30pm-3pm				We are recognizing National Diabetes Awareness, Lung Cancer Awareness, and Native American Heritage Month.	*Check out our low-impact fitness classes.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation,
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490675.0724

Connect with us:

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Hours of Operation
Mon. - Fri: 9 a.m. - 4 p.m.

www.**bcbsnm**.com/bdnc
www.facebook.com/**BlueDoorCenterNM**

Fresh Harvest Market: In collaboration with MoGro Mobile Grocery, we will offer a variety bag of fresh produce. One bag per household, while supplies last.

Health Screenings in BCBSNM's Care Van: Receive blood pressure, blood oxygen and pulse screenings at no cost.

Medicare Info: Join us to learn the basics about Medicare and discover your eligibility and coverage options.

Cook it Up!: Interested in learning a new recipe and practical nutrition tips? Join registered dietitian Fallon Bader for a cooking demonstration featuring an easy, nutritious and delicious meal.

Alimente su salud (Spanish only): Join the Sprouting Kitchen for a 12-week series focused on healthy eating for diabetes prevention and management. Through engaging nutrition lessons and hands-on cooking demonstrations, you'll learn practical ways to prepare delicious, diabetes-friendly meals.

National Diabetes Prevention Program: Learn how healthy lifestyle changes can help prevent or delay Type 2 diabetes. This class, led by Southern New Mexico Diabetes Outreach, is designed for people with prediabetes or those at risk for diabetes.

Bingo/Loteria: Join us for a fun-filled bingo afternoon! You'll get a chance to meet new friends and neighbors and enjoy light refreshments.

Center Hours: Meet the team and learn about upcoming health and wellness classes, community events and workshops.

*Low-impact fitness: In-person and virtual options are available.

From Stress to Rest: Learn how to manage stress and fatigue throughout the day. This session will share practical tips to help you relax, improve sleep and feel more rested.

Job Search Ready: Resumes, Cover Letters and AI Tools: Prepare for your next job search with hands-on support. Learn how to create or improve your resume and cover letter, use AI tools to help with the process and identify next steps for finding and applying for jobs.

Kids Cook!: Kids Cook!: Participate in this family-friendly class featuring hands-on cooking, nutrition education and healthy living tips. Registration is required.

Duct Tape or WD-40: Just like duct tape and WD-40 can help keep things working, strength and flexibility can help support your balance. In this fun and practical class, practice simple strengthening and stretching exercises you can add to your daily routine. Learn how regular movement affects balance, stability and mobility.

Lunch & Learn - Lung Cancer Awareness: Join the New Mexico Department of Health to learn about lung cancer awareness, risk factors, prevention and resources available in the community.

Native American Heritage Celebration: Celebrate Native American Heritage Month with food, music and traditional Indigenous dancers. Our center is located on the traditional homelands of the Tiwa people. We honor the land and generations of Indigenous communities, including New Mexico's 19 pueblos, three Apache tribes and the Navajo Nation. Learn more about local history, culture and traditions, and discover resources available through the Indian Pueblo Cultural Center.