

NOVEMBER COMMUNITY CONNECTIONS

YMCA COMMUNITY HUB

805 W. Franklin St. Boise, Idaho 83702

For more information contact: Kyle Weathermon
Member Experience Coordinator
208 344 5502 ext 303
Kyle.Weathermon@ymcatvidaho.org

**PLEASE SIGN UP THROUGH YOUR YMCA360 MOBILE APP
UNDER THE Y COMMUNITY HUB LOCATION OR ON OUR
WEBSITE UNDER THE FOREVERWELL PROGRAMS TAB.**



Friendsgiving



Friday, November 22nd 12:00–1:30pm

Bring a dish and share in some quality time with your friends at the YMCA Community Hub. We will have sign-ups for food. We hope you can join us for a Friendsgiving meal before the holiday season begins.



YMCA Community Hub Tours

Every Friday from 12:00–1:00pm

Have you heard of the YMCA Community Hub? If not, come check out this new space aimed at providing new and engaging outlets for our Y membership. Take a tour of **805 W. Franklin St.** and join us for a program of interest.

Minimizing the Impact of Home Food Waste

Monday, November 18th 1:30–2:30pm

Presented by: Bridget Morrisroe-Miller with the University of Idaho Extension Office and Catherine Milner with the City of Boise, Public Works

Minimizing Home Food Waste – Join us to learn easy, affordable, and fun ways to prevent food waste at home. Staff from the City of Boise and University of Idaho Extension Office will share information about the environmental, social, and economic impacts of food waste and provide tools to help you reduce food waste in your own kitchen.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

This November, The YMCA Community Hub will begin offering a new evidence based wellness program called **Movement for Memory**. This program is specifically designed for early-stage dementia and/or mild cognitive impairment (MCI).

For more information, contact: Mary Biddle at 208-344-5502 ext. 276

Coffee Crew 1
9:00-12:00pm
**YMCA
Community
Hub Tours**
12:00-1:00pm

Coffee Crew 4
9:00-12:00pm
9:30am-11:30am
Cribbage
12:15-1:00pm
Silver Sneakers Yoga

11:30-12:15pm 5
Silver Sneakers Stability
12:30-2:00pm
Needle and Hook Club
1:00-2:00pm
Wellness Passport

 **WATERCOLOR 6
PAINTING**
1:30-2:30pm
12:15-1:00pm
Silver Sneakers Yoga

11:30-12:15pm 7
Silver Sneakers Stability
12:30-1:30pm
BINGO! 
1:00-2:00pm
Wellness Passport

Coffee Crew 8
9:00-12:00pm
**YMCA
Community
Hub Tours**
12:00-1:00pm

 11
**VETERAN'S DAY
COFFEE AND DONUTS**
9:00-11:00am

11:30-12:15pm 12
Silver Sneakers Stability
12:30-2:00pm
Needle and Hook Club
1:00-2:00pm
Wellness Passport


 **BEGINNER 13
ORIGAMI**
10:30-11:30am
12:15-1:00pm
Silver Sneakers Yoga

11:30-12:15pm 14
Silver Sneakers Stability
1:00-2:00pm
Wellness Passport

Coffee Crew 15
9:00-12:00pm
**YMCA
Community
Hub Tours**
12:00-1:00pm

 18
**University of Idaho
Extension
Ada County**
1:30-2:30pm
**Minimizing Food Waste
University of Idaho**

11:45-12:30pm 19
Silver Sneakers Stability
12:30-2:00pm
Needle and Hook Club
1:00-2:00pm
Wellness Passport

 20
BOOK CLUB
1:30-2:30pm
12:15-1:00pm
Silver Sneakers Yoga

11:45-12:30pm 21
Silver Sneakers Stability
12:30-1:30pm
BINGO! 
1:00-2:00pm
Wellness Passport

**FRIENDSGIVING 22
SOCIAL**
12:30-2:00pm


Coffee Crew 25
9:00-12:00pm
9:30am-11:30am
Cribbage
12:15-1:00pm
Silver Sneakers Yoga

11:45-12:30pm 26
Silver Sneakers Stability
12:30-2:00pm
Needle and Hook Club
1:00-2:00pm
Wellness Passport

Coffee Crew 27
9:00-12:00pm
12:15-1:00pm
Silver Sneakers Yoga

28
**CLOSED FOR
THANKSGIVING** 

Coffee Crew 29
9:00-12:00pm
**YMCA
Community
Hub Tours**
12:00-1:00pm