

# FEBRUARY 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 DOWNTOWN OR Y COMMUNITY HUB LOCATION OR  
ON OUR WEBSITE UNDER THE FOREVERWELL PROGRAMS TAB.**



### TREEFORT MUSIC FESTIVAL SWAG BAG

Wednesday, February 19th  
9 a.m.-Noon

Would you like to be a part of Boise Treefort Music Festival? The YMCA Community HUB is hosting a unique artistic outlet for all levels of creative souls. Treefort Music Festival provides paper swag bags for each musician that preforms at the festival, and they want YOU to design them!

The only rule with the project is that the band name is incorporated into your design.

Please register on our website!



### HEART HEALTHY COOKING

University of Idaho  
Extension  
Ada County

Wednesday, February 12th  
11 a.m.-Noon

“Take Care of Your Heart!”

Did you know that heart disease is the leading cause of death for both men and women in the U.S.? Join us to learn about current recommendations to improve your cardiovascular health. This class will include practical resources and tips on how individuals can improve their heart health.

Please register on our website!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The YMCA Community Hub offers numerous evidence-based health intervention classes. Please check out our Neurological Rehab link on our website. **Rock Steady Boxing, Delay the Disease, Movement for Memory, Wellness Passport**

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

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9:30-11:30AM  
Cribbage

12:15-1PM  
Silver Sneakers Yoga

**BEGINNER ORIGAMI** 4

10:30-11:30am



11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

**WATERCOLOR PAINTING** 5

10:30-11:30AM



12:15-1PM  
Silver Sneakers Yoga

1:30-2:30PM  
Community Hub Tours

6

11:45-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

7

10

9:30-11:30AM  
Cribbage

12:15-1PM  
Silver Sneakers Yoga

1:15-2:15PM  
BINGO!



11

11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

**HEART HEALTHY COOKING PRESENTATION** 12  
11AM-NOON

12:15-1PM  
Silver Sneakers Yoga

1:30-2:30PM  
Community Hub Tours

13

11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

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**PAL-ENTINE'S BUNGO PARTY!**  
11AM-1PM



17

9:30-11:30AM  
Cribbage

12:15-1PM  
Silver Sneakers Yoga

18

11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

**TREEFORT ART PROJECT** 19  
9AM-NOON

12:15-1PM  
Silver Sneakers Yoga

1:30-2:30PM  
Community Hub Tours

20

11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

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24

9:30-11:30AM  
Cribbage

12:15-1PM  
Silver Sneakers Yoga

1:15-2:30PM  
BINGO POTLUCK!



25

11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

**BOOK CLUB** 26  
10:30-11:30AM



12:15-1PM  
Silver Sneakers Yoga

1:30-2:30PM  
Community Hub Tours

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11:45AM-12:30PM  
Silver Sneakers Stability

1-2PM  
Wellness Passport

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