

APRIL COMMUNITY CONNECTIONS YMCA COMMUNITY HUB

805 W. Franklin St. Boise, Idaho 83702

For more information contact: Kyle Weathermon
Member Experience Coordinator
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**PLEASE SIGN UP THROUGH YOUR YMCA360 MOBILE APP UNDER
DOWNTOWN OR Y COMMUNITY HUB LOCATIONS OR ON OUR
WEBSITE UNDER THE FOREVERWELL PROGRAMS TAB.**



Senior Athlete Fitness Evaluations (S.A.F.E)

Wednesday, April 2, 9–11 a.m.

Join us at the YMCA Community Hub for
FREE physical fitness screenings.

Clinicians with St. Luke's and the
National Senior Games Association will
be onsite performing Cardiovascular,
Muscular, Flexibility, and Balance
Fitness evaluations. The exams will take
around 15–20 minutes and will provide
you with numbers around these
important markers with education
material to follow. Register online at
ymcatvidaho.org

**Call 208–344–5502 ext 303 to
register**



Nutrition Workshop Series

Nutrition Tips for a Healthy 2025
Friday, April 18th 12 – 1 p.m.

- Top nutrition tips to start the year off making healthy food choices.
- Debunking nutrition myths that continue to persist.

Eating for Energy and Healthy Snacks
Wednesday, May 14th 12 – 1 p.m.

- Eating the right foods can give you enough energy to get through your busiest days.
- The right snacks vs the wrong snacks for your energy levels.
- Simple snack recipes that you can pack and take on the go.

Keeping Your Brain Sharp
JUNE TBD.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
11:45AM-12:30PM
Silver Sneakers Stability
1-2PM
Wellness Passport
1-2:30PM
BINGO!



2
WATERCOLOR
PAINTING
10:30-11:30AM
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours



3
11:45-12:30PM
Silver Sneakers Stability
1-2PM
Wellness Passport
1-3PM
Yarn and Thread Club




4

7
9:30-11:30AM
Cribbage
12:15-1PM
Silver Sneakers Yoga

8
8-9 AM
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1-2PM
Wellness Passport

9
CREATIVE WRITING
10:30-11:30am
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours



10
8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

11
10:30-11:30AM
Urban Sketchers


14
9:30-11:30AM
Cribbage
12:15-1PM
Silver Sneakers Yoga

15
8-9 AM
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1:00-2:30PM
BINGO!




16
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours

17
8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3PM
Yarn and Thread Club




18
10:30-11:30AM
Urban Sketchers
NUTRITION TIPS FOR
A HEALTHY 2025!
12-1 PM



21
9:30-11:30AM
Cribbage
12:15-1PM
Silver Sneakers Yoga

22
EARTH DAY!
8-9 AM
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1-2PM
Wellness Passport

23
BOOK CLUB
10:30-11:30AM
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours




24
8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

25
10:30-11:30AM
Urban Sketchers

28
9:30-11:30AM
Cribbage
12:15-1PM
Silver Sneakers Yoga

29
8-9 AM
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1-2:30PM
BINGO!



30
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours

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FOREVERWELL
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