

MAY 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 DOWNTOWN OR Y COMMUNITY HUB LOCATIONS OR ON OUR WEBSITE UNDER THE FOREVERWELL PROGRAMS TAB.



LEARN IDAHO

Lifelong Education & Aging Resource Network

**Protect Yourself Online:
Scam Awareness for Older Adults
Thursday, May 22nd 11-12:15 P.M.**

Stay Scam Savvy! Join us for an upbeat and eye-opening session designed to boost your confidence online. We'll break down common scams targeting older adults—but more importantly, you'll learn how to spot the red flags before a scam strikes. No tech jargon, just practical tips and real-life examples that will help you stay safe and in control. Let's outsmart the scammers together!

[Register online at ymcatvidaho.org](https://ymcatvidaho.org)
or

Call 208-344-5502 ext 303 to register



Nutrition Workshop Series

**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

Thursday, June 5th 12 – 1 p.m.

- Discuss essential nutrients to help prevent Alzheimer's and dementia and which foods increase our risk.
- The benefits of eating Omega-3 fats and where to find them in foods.



MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:30-11:30AM ⁵
Cribbage
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours

8-9 AM ⁶
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1:00-2:30PM
BINGO! 

⁷
CREATIVE WRITING
10:30-11:30am
12:15-1PM
Silver Sneakers Yoga

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

⁹
RESTORATIVE SPINE
WORKSHOP
11-12 PM

9:30-11:30AM ¹²
Cribbage
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours

8-9 AM ¹³
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1-2PM
Wellness Passport

¹⁴
EATING FOR ENERGY
AND HEALTHY SNACKS
12-1 PM
12:15-1PM
Silver Sneakers Yoga 


8-9 AM ¹⁵
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

¹⁶

9:30-11:30AM ¹⁹
Cribbage
12:15-1PM
Silver Sneakers Yoga
URBAN SKETCHERS
1-2:30 PM


8-9 AM ²⁰
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
1-2:30PM
BINGO! 

²¹
12:15-1PM
Silver Sneakers Yoga

8-9 AM ²²
Senior Power Circuit
LEARN IDAHO -
SCAM AWARENESS 
11-12:15 PM
11:45-12:30PM
Silver Sneakers Stability

²³

9:30-11:30AM ²⁶
Cribbage
12:15-1PM
Silver Sneakers Yoga
1:30-2:30PM
Community Hub Tours

8-9 AM ²⁷
Senior Power Circuit
11:45AM-12:30PM
Silver Sneakers Stability
BOOK CLUB 
1:00-2:30PM

²⁸
12:15-1PM
Silver Sneakers Yoga

8-9 AM ²⁹
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

³⁰
1 YEAR COMMUNITY
HUB ANNIVERSARY!
11-1 PM 