

# JUNE 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.**



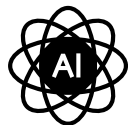
### LEARN IDAHO

Lifelong Education & Aging Resource Network

## Exploring AI Together

**Wednesday, June 18<sup>th</sup> 11:00-12:15 p.m.**

Exploring AI Together will showcase how AI is involved in our everyday interactions online and will provide a comprehensive, hands-on exploration of AI applications relevant to seniors' daily lives.



Register online at [ymcatvidaho.org](https://ymcatvidaho.org) | Y360 app.

or

Call 208-344-5502 ext 303 to register



## Nutrition Workshop Series



### Keeping Your Brain Sharp

**Thursday, June 12<sup>th</sup> 12 – 1:30 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.

### Reducing Inflammation Through Diet

**Thursday, August 21<sup>st</sup> 12 – 1:30 p.m.**

Persistent inflammation in the body sets the stage for several chronic diseases, including heart disease, cancer, Alzheimer's and dementia. What we eat can either trigger inflammation in the body or reduce it. Join us to learn which foods can cause inflammation and how eating an anti-inflammatory diet can keep you healthy.

# MONDAY

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

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

9:30-11:30AM <sup>16</sup>  
Cribbage  
12:15-1PM  
Silver Sneakers Yoga  
1:30-2:30PM  
Community Hub Tours

9:30-11:30AM <sup>23</sup>  
Cribbage  
12:15-1PM  
Silver Sneakers Yoga  
**URBAN SKETCHERS**  
1-2:30 PM


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

# TUESDAY

8-9 AM <sup>3</sup>  
Senior Power Circuit  
11:45AM-12:30PM  
Silver Sneakers Stability  
1:00-2:30PM  
BINGO! 

8-9 AM <sup>10</sup>  
Senior Power Circuit  
11:45AM-12:30PM  
Silver Sneakers Stability  
1-2PM  
Wellness Passport

8-9 AM <sup>17</sup>  
Senior Power Circuit  
11:45AM-12:30PM  
Silver Sneakers Stability  
1:00-2:30PM  
BINGO!

8-9 AM <sup>24</sup>  
Senior Power Circuit  
11:45AM-12:30PM  
Silver Sneakers Stability  
**BOOK CLUB**   
1-2:30PM

# WEDNESDAY

<sup>4</sup>  
12:15-1PM  
Silver Sneakers Yoga

<sup>11</sup>  
**CREATIVE WRITING**  
10:00-11:00am  
12:15-1PM  
Silver Sneakers Yoga

<sup>18</sup>  
**LEARN IDAHO -  
EXPLORING AI TOGETHER**  
11-12:15 PM  


<sup>25</sup>  
12:15-1PM  
Silver Sneakers Yoga

# THURSDAY

<sup>5</sup>  
8-9 AM  
Senior Power Circuit  
11:45-12:30PM  
Silver Sneakers Stability  
1-3PM  
Yarn and Thread Club

<sup>12</sup>  
**KEEPING YOUR BRAIN  
SHARP - KIM VERITY**  
M.S.,M.A.  
12-1:30 PM 

<sup>19</sup>  
8-9 AM  
Senior Power Circuit  
11:45-12:30PM  
Silver Sneakers Stability  
1-3PM  
Yarn and Thread Club

<sup>26</sup>  
8-9 AM  
Senior Power Circuit  
11:45-12:30PM  
Silver Sneakers Stability  
1-3PM  
Yarn and Thread Club

# FRIDAY

<sup>6</sup>

<sup>13</sup>

<sup>20</sup>

<sup>27</sup>

## SUMMER BUCKETLIST CHALLENGE

Get ready for the ultimate Summer Bucket List Challenge—where fun meets adventure, and members can win BIG while making unforgettable memories! Challenge begins June 1<sup>st</sup> and ends July 31<sup>st</sup>. Grab a checklist and let's start the fun!

Complete 20 or more activities and enter for a chance to WIN \$2,000.

