

# JULY 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

### Digital Tools for Brain Health

**Monday, July 21<sup>st</sup> 11:00-12:15 p.m.**

Digital tools for brain health encompass a range of technologies, from smartphone apps to sophisticated platforms, designed to monitor, assess, and support cognitive function and mental well-being. Join Tina, with LEARN Idaho and learn about some useful digital tools for brain health.

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

Call 208-344-5502 ext 303 to register



## DO YOU HAVE A HOBBY OR SKILL YOU WOULD LIKE TO SHARE WITH OTHERS?

### YTALKS KNOWLEDGE SHARING

YTalks fosters lifelong learning and connection through conversations, workshops, and storytelling by our YMCA and Community members — helping everyone grow, together. Rooted in the belief that everyone has something valuable to teach and learn, we create a welcoming space where members come together to exchange knowledge, build new skills, share a story and foster well-being.

If you would like to be a presenter and share your wisdom and passion with the group, please reach out to  
[Kyle.Weathermon@ymcatvidaho.org](mailto:Kyle.Weathermon@ymcatvidaho.org)  
208-344-5502 ext. 303

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

8-9 AM

Senior Power Circuit

1

11:45AM-12:30PM

Silver Sneakers Stability

1-2PM

Wellness Passport

8-9 AM

Senior Power Circuit

3

11:45-12:30PM

Silver Sneakers Stability

1-3PM

Yarn and Thread Club



HAPPY 4<sup>TH</sup>

OF JULY!

YMCA CLOSED

4

9:30-11:30AM

Cribbage

7

12:15-1PM

Silver Sneakers Yoga

2-3:00pm

Community Hub Tours

8-9 AM

Senior Power Circuit

8

11:45AM-12:30PM

Silver Sneakers Stability

1:00-2:30PM

BINGO POTLUCK!



8-9 AM

Senior Power Circuit

10

11:45-12:30PM

Silver Sneakers Stability

1-3PM

Yarn and Thread Club

9:30-11:30AM

Cribbage

14

12:15-1PM

Silver Sneakers Yoga

2-3:00pm

Community Hub Tours

8-9 AM

Senior Power Circuit

15

11:45AM-12:30PM

Silver Sneakers Stability

1-2PM

Wellness Passport

8-9 AM

Senior Power Circuit


17

11:45-12:30PM

Silver Sneakers Stability

1-3PM

Yarn and Thread Club



LEARN IDAHO -

DIGITAL TOOLS FOR

BRAIN HEALTH

11-12:15 PM

21



8-9 AM

Senior Power Circuit

22

11:45AM-12:30PM

Silver Sneakers Stability

BOOK CLUB

1-2:30PM



8-9 AM

Senior Power Circuit

24

11:45-12:30PM

Silver Sneakers Stability

1-3PM

Yarn and Thread Club

RESTORATIVE SPINE

WORKSHOP

11-12:00 PM

25

9:30-11:30AM

Cribbage

28

12:15-1PM

Silver Sneakers Yoga

2-3:00pm

Community Hub Tours

8-9 AM

Senior Power Circuit

29

11:45AM-12:30PM

Silver Sneakers Stability

1-2PM

Wellness Passport

8-9 AM

Senior Power Circuit

31

11:45-12:30PM

Silver Sneakers Stability

1-3PM

Yarn and Thread Club

