

# SEPTEMBER 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.**



### ForeverWellness Week '25 September 22nd-26th

ForeverWellness Week is a collection of fitness, educational, recreational, and social programs designed to connect you to your YMCA. Join us this week at your YMCA branch of choice and participate in all the fun activities being hosted. Each branch will have a unique schedule of events for you to join in and participate.



5th ANNUAL

## BRAIN HEALTH SYMPOSIUM

**Saturday, October 18<sup>th</sup> 2025**  
**Idaho College of Osteopathic Medicine**  
**9:00-2:30pm**

Brain health is a critical piece of holistic wellness and underlies our ability to communicate, make decisions, problem-solve, form and maintain relationships, and live a productive and full life.

**TO REGISTER, SCAN THE  
QR CODE OR VISIT:**  
**<https://tvfy.info/bhs-2025>**

For more information, please contact:  
Mary Biddle-Newberry  
mary.biddle@ymcatvidaho.org  
208-344-5502, ext. 276



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**LABOR DAY**  
★ DAY ★  
**CLOSED!**

2

8-9 AM  
Senior Power Circuit

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

1-2PM  
Wellness Passport

3

4

8-9 AM  
Senior Power Circuit

11:45-12:30PM  
Silver Sneakers Stability

1-3PM  
Yarn and Thread Club

5

8

9:30-11:30AM  
Cribbage

12:15-1PM  
Core and Function

9

8-9AM  
Senior Power Circuit

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

1-2PM  
Wellness Passport

10

11

8-9 AM  
Senior Power Circuit

11:45-12:30PM  
Silver Sneakers Stability

1-3PM  
Yarn and Thread Club

12

15

9:30-11:30AM  
Cribbage

12:15-1PM  
Core and Function

16

8-9AM  
Senior Power Circuit

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

1-2PM  
Wellness Passport

17

18

8-9 AM  
Senior Power Circuit

11:45-12:30PM  
Silver Sneakers Stability

1-3PM  
Yarn and Thread Club

19

22

23

24

25

26

**ForeverWellness Week 2025 –  
See branch specific flyers for more information!**

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YMCA & ST. LUKES PRESENT **LIVING FOREVERWELL**  
FIRST WEDNESDAYS, 1-2:15 P.M. | Tomlinson South Meridian YMCA  
Beginning in SEPTEMBER, join health experts from St. Luke's and the YMCA for a **FREE** educational lecture series focused on your well-being at every stage of life. We'll explore timely health topics each month and share practical tools to help you stay healthy, connected, and Living ForeverWell in the Treasure Valley.