

OCTOBER COMMUNITY CONNECTIONS

YMCA COMMUNITY HUB & DOWNTOWN Y

805 W. Franklin St. and 1050 W State Street

For more information, contact:

Camille McCauley

208-344-5502 ext. 272

Camille.Mccauley@ymcatvidaho.org

PLEASE SIGN UP THROUGH YOUR YMCA360 (WEBSITE OR MOBILE APP) UNDER FOREVERWELL COMMUNITY EVENTS OR Y COMMUNITY HUB

Keeping You Connected:



The Hub & Downtown Y

We're happy to share that many of your favorite classes and activities are still happening at the Hub, and some (like Needle & Yarn Club, Cribbage, and Book Club) are moving to our Downtown Y for now so we can keep them going without interruption.

We truly appreciate your patience and flexibility during this time. Please know our door is always open—we'd love to hear from you if you have questions or ideas.

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YTALKS KNOWLEDGE SHARING

LONGEVITY LESSONS FROM THE BLUE ZONE

Presented by: Kim Verity M.S., M.A

Thursday, Oct. 23,
12-1:30 p.m. , at the HUB

Explore the eating patterns and lifestyle habits of the world's longest-living communities. Learn simple, sustainable strategies inspired by these regions—like plant-forward meals, mindful eating, and community-centered living—that can help support health, vitality, and longevity at any age.

Register in YMCA360 or call the
Downtown Y at 208-344-5501



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Some classes may have moved to the Downtown Boise YMCA, please check the icons for class location and how to register.

D Downtown Boise Y: register in YMCA360 under ForeverWell Community Events

HUB YMCA Community Hub: register in YMCA360 under Y Community Hub

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6
9:30-11:30AM
Cribbage **D**

7
8-9AM **HUB**
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability

8

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

10



13
9:30-11:30AM
Cribbage **D**

14
8-9AM **HUB**
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability

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16
8-9 AM **HUB**
Senior Power Circuit
11:45-12:30PM **HUB**
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

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20
9:30-11:30AM
Cribbage **D**

21
8-9AM **HUB**
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability

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23
LONGEVITY LESSONS FROM THE BLUE ZONE
Kim Verity, M.S., M.A.
12-1:30PM **HUB**

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27
9:30-11:30AM
Cribbage **D**

28
8-9AM **HUB**
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability
BOOK CLUB **D**
1-2:30PM

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

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