

NOVEMBER COMMUNITY CONNECTIONS

YMCA COMMUNITY HUB & DOWNTOWN Y

805 W. Franklin St. and 1050 W State Street

For more information, contact:

Camille McCauley

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



November Nutrition Seminar

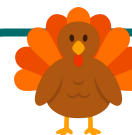
Eating Well Through the Holidays

The holiday season should be a time of joy, not guilt. Join us to explore simple, realistic ways to enjoy your favorite seasonal dishes while supporting your health and wellness goals. We'll cover mindful eating strategies, balanced portion ideas, and share a few delicious recipes that let you savor the season without stress.

Presentation and discussion with Aimee Ely, MA, CNS, LDS, ONC

Register in Y360 under Community ForeverWell events tab

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Friendsgiving

Thursday, November 20th 11:30 AM–1:00 PM

Bring a dish and share in some quality time with your friends at the Downtown Boise YMCA in the YAC. We hope you can join us for a Friendsgiving meal before the holiday season begins.

Join us with YMCA360!

Check out the new Foreverwell Community Events tab on YMCA360! You'll find all our upcoming Foreverwell activities here—including clubs like Cribbage, Yarn & Thread, and Book Club, plus our lectures and special events. Each listing shows where it will take place—some at the Downtown Y, some at the HUB, and more to come in the future.

Regularly scheduled HUB fitness classes will remain under the HUB tab.

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

9:30-11:30AM **D** 10
Cribbage

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

9:30-11:30AM **D** 17
Cribbage

8-9AM **HUB** 18
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability
1-2:30 PM **D**
Book Club

9:30-11:30AM **D** 24
Cribbage

8-9AM **HUB** 25
Senior Power Circuit
11:45AM-12:30PM **HUB**
Silver Sneakers Stability

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8-9 AM **HUB** 6
Senior Power Circuit
11:45-12:30PM **HUB**
Silver Sneakers Stability
1-3PM
Yarn and Thread Club

7

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Eating Well Through the Holidays
12-1 PM **HUB**

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Friendsgiving
11:30 AM-1 PM **D**

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27
Thanksgiving Day
All YMCA facilities
closed

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