

# DECEMBER 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**



### December Nutrition Seminar

### Winter Wellness Through Seasonal Eating

Join us for a December nutrition workshop all about the power of eating seasonally. We'll explore which winter foods naturally support immune health, why seasonal eating matters, and simple ways to bring these nutrient-rich ingredients into your meals. Participants will also receive a new seasonal recipe booklet to enjoy at home.

**Presentation and discussion with  
Aimee Ely, MA, CNS, LDN, ONC**

Register in Y360 under Community ForeverWell events tab

Camille.McCauley@ymcatvidaho.org 208.344.5502 x 272

Barbie.Becker@ymcatvidaho.org 208.344.5502 x 255

### Smart Giving Lunch and Learn

Friday, December 5, 12:00–1:30 PM at the  
YMCA Community Hub

Join us for a free session designed to help you make the most of your charitable giving. Our partners at Perspective Wealth Partners will share practical strategies for tax-smart giving.

### Annual ForeverWell Holiday Potluck

Thursday, December 11, 11:30 AM – 1 PM at the  
Downtown Boise YMCA in the YAC

Join us for our annual Holiday Lunch! Come dressed in your favorite festive attire and enjoy a warm, community-focused gathering with fellow members. Register through the ForeverWell Community Events page.

# 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** 8  
**Cribbage**

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

9:30-11:30AM **D** 15  
**Cribbage**

8-9AM **HUB** 16  
**Senior Power Circuit**  
11:45AM-12:30PM **HUB**  
**Silver Sneakers Stability**  
1-2:30 PM **D**  
**Book Club**

22

8-9AM **HUB** 23  
**Senior Power Circuit**  
11:45AM-12:30PM **HUB**  
**Silver Sneakers Stability**

29

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

3

10

17

24

31

8-9 AM **HUB** 4  
**Senior Power Circuit**  
11:45-12:30PM **HUB**  
**Silver Sneakers Stability**  
1-3PM **D**  
**Yarn and Thread Club**

11  
**Annual ForeverWell Holiday Potluck**  
11:30 AM-1 PM **D**  
**\*Classes as scheduled\***

18  
**Winter Wellness Through Seasonal Eating**  
11:30 AM-12:30 PM **D**  
**\*Classes as scheduled\***

25  
**Christmas Day**  
**All YMCA facilities closed**

January 1  
**New Year's Day**  
**All YMCA facilities open from 10 AM-6 PM**

7-8 PM **D** 5  
**Line Dancing**

12

19

26

