



2026 JANUARY



Boosting Immunity with Diet

Presentation by Kim Verity, MS, MA, from the Silicon Valley YMCA

A good functioning immune system requires regular nourishment. Nutrient deficiencies can weaken the immune system, making you more vulnerable to illness. It is important to eat an overall healthy diet to support your immune system so it can work at its best and keep you healthy.

Join us January 20 from 12-1:30 PM for a discussion about foods and nutrients that you want to include in your diet that support a healthy immune system and stay healthy. We will cook an immunity soup together and enjoy a healthy light lunch.

Sign up in the Community Hub Events tab in YMCA 360!

Locations

Downtown Boise YMCA

YMCA Community Hub

Mon

Tue

Wed

Thu

Fri

29

30

31

1 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3 PM
Craft & Fiber Social

2 7-8 PM
Line Dancing

5 9:30-11:30 AM
Cribbage

6 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability

7

8 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3 PM
Craft & Fiber Social

9

12 9:30-11:30 AM
Cribbage

13 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability

14

15 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3 PM
Craft & Fiber Social

16

19 9:30-11:30 AM
Cribbage

20 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-2:30 PM Book Club
12-1:30 PM Boosting Immunity with Diet

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22 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3 PM
Craft & Fiber Social

23

26 9:30-11:30 AM
Cribbage

27 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability

28

29 8-9 AM
Senior Power Circuit
11:45-12:30PM
Silver Sneakers Stability
1-3 PM
Craft & Fiber Social

30

January's Book Club Theme: A book that won an award

YMCA facilities will be open from 10AM-6PM on New Year's Day