



2026  
JANUARY



TREASURE VALLEY FAMILY YMCA

### 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

Notes

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

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

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	21	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