# ForeverWell Virtual Experience Schedule

White Bear Lake YMCA  | June 8–12, 2020

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<th>Monday</th>
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| **Book Club** - Join us for great conversation and discussion with this month’s book *Because of Winn-Dixie* by Kate DiCamillo.  
**Join Microsoft Teams Meeting** or call +1 612-263-6779  
Conference ID: 426 456 182#  
11:00-11:45am  
Facilitator: Sue | 11:00-11:45am  
Facilitator: Sue | | | |
| **Lunch and Learn** - Join Master gardener Donna Tatting as she gives us tips and answers your questions to have a beautiful garden this summer  
**Join Microsoft Teams Meeting** or call +1 612-263-6779  
Conference ID: 836 355 167#  
Noon-1:00pm  
Facilitator: Mary | Noon-1:00pm  
Facilitator: Mary | | | |
| **Birding Basics: The Why and How for Beginning Birders** - Bob Walz and Gail Harless will discuss the benefits of bird watching and the basic equipment to consider.  
Register [here](https://zoom.us) (Zoom)  
9:00-10:00am  
Facilitator: Mary | | 9:00-10:00am  
Facilitator: Mary | | |
| **Coffee and Chat** - This week’s special guest is local artist/instructor Sandy Danus. Share your current projects or just learn how art can have a calming and relaxing effect in your life.  
**Join Microsoft Teams Meeting** or call +1 612-263-6779  
Conference ID: 576 149 954#  
10:00-11:00am  
Facilitator: Sue | | | | |

We would love to help facilitate additional virtual experience options. Please share your ideas with us or, if you would be interested in one of the following options, just let us know: Afternoon tea time, sewing or knitting, walking club, book club, movie club, etc. Contact Sue Georgacas, your Foreverwell Coordinator, at [Sue.Georgacas@ymcamn.org](mailto:Sue.Georgacas@ymcamn.org) or call Sue at 651–773–2649 for more information.