### ForeverWell Virtual Experience Schedule

**WOODBURY YMCA | June 8-12, 2020**

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<th>Monday</th>
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| **Educational Class: Yoga Poses by Anatomy:** Learn which muscle groups you are stretching and strengthening with various yoga poses and how this benefits your overall health. Come ready to move. We will perform a short yoga practice using the poses discussed. Led by Becky. | 10-11am
Facilitator: Becky

[Join Here](mailto:becky.king@ymcama.org) or call 612-263-6779 and enter 655 233 208# | | | |
| **Intro to Line Dancing Basics** – Learn basic line dancing steps and combinations that you can use to move to music anytime you like. Use the highlighted link and register. You can call in or use Zoom | 11am 12pm
ymcamn.org/foreverwell | | | |
| **Lunch n’ Learn-Container Gardening with Vegetables** is an easy way to grow veggies, especially when you lack the yard space! Chisago County Master Gardener, Donna Tatting will present a 15 minute program and answer your specific questions | 12:00-12:45pm
Facilitator: Donna Tatting

[Join Here](mailto:donnatatting@gmail.com) or call (612) 263-6779 and 836 355 167# | | | |
| **Games Group – Brain Games**— Join this group for some exercises for the brain. Games will vary week to week. Bring paper and a pencil or pen. | | 11 -11:45am
Facilitator: Becky

[Join Here](mailto:becky.king@ymcama.org) or call 612-263-6779 and enter 374 654 779# | | |
| **Coffee Chat: Local Artist Sandy Danus** - Share your current art projects and also learn how art can have a calming and relaxing effect in your life. | | | 10-11am
Facilitator: Sandy Dumas

[Join Here](mailto:sandy.dumas@gmail.com) or call 612-263-6779 and enter 576 149 954# |

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Click on "Join Here" to join the activity of your choosing (visual experience). You can call in using a cell or a landline (non-visual experience) instead if you like. Please contact Becky King with any questions. Rebecca.king@ymcamn.org or 651-259-9604. Becky will send you an email reminder on the day of the activity - not including Facebook Live classes. You can unsubscribe anytime.