**ForeverWell Virtual & Outside Activities Schedule**  
**FOREST LAKE YMCA | July 27-July 31, 2020**

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<th>Monday</th>
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| **Virtual 101/Intro to Zoom**  
- Join us on a live Zoom meeting to learn more about this program, how to use it, and what is available to you |                                      | 9:00-10:00am  
Facilitator- Amy  
Activity Finder | 1:00-2:00pm  
Facilitator- Amy  
Activity Finder |                                   |                                             |
| **Outdoors! Morning Book Group**  
- Read and discuss *Being Mortal*, by Atul Gawande. Books are available for check out at Member Services. Facilitated discussions begin this Wednesday at 9am where we will meet outside at the branch pavilion. If bad weather, we will Zoom. |                                      | 9:00-10:00am  
Meet at Branch  
Outside Front Doors  
Bad Weather: Activity Finder |                                   |                                             |
| **Outdoors! Walking & Social Time**  
- Join in and connect with ForeverWell friends while we walk at the speed and length of the group’s preference! We’ll meet outside in front of the branch doors. If bad weather, we will Zoom. |                                      |                                   | 10:30am  
Meet at Branch  
Outside Front Doors  
Bad Weather: Activity Finder |                                             |
| **Coffee & Conversation**  
- Grab a cup of coffee, then, let’s catch up and learn about what is happening-new-for ForeverWell members! We’ll discuss the new “Activity Finder” feature, ForeverWell website and Forest Lake branch FaceBook page. |                                      | 10:00 am  
Facilitator- Mary  
Activity Finder |                                   | 10:00am  
Facilitator- Mary  
Activity Finder |
| **Book Club**  
- This month come together to discuss *Crocodile on the Sandbank* by Elizabeth Peters. Virtual Book Club is always open to newcomers! |                                      |                                   |                                   | 2:30pm  
Facilitator- Marsha  
Activity Finder |

Try out the new Activity Finder feature to easily view upcoming activities and classes and register for Zoom calls!  
[Activity Finder] Contact Mary, Foreverwell Coordinator at 651-747-0875 or mary.rivard@ymcamn.org for information.