





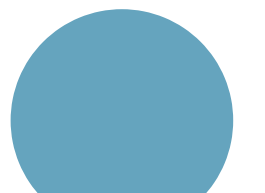


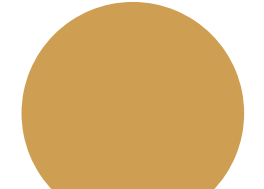
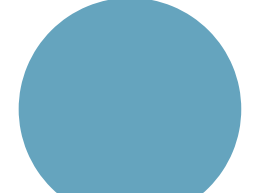
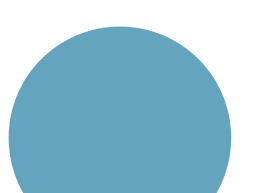


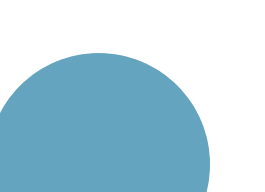











JULY 2025

| M | T | W | T | F | S |
|---|--|--|--|--|--|
| JUNE 30  11:00a-12:30p Senior Planet Tech Class | JULY 1 | 2  11:00a-12:30p Drop-In Tech Time | 3  10:30-11:30a Vital Fitness - In Person | 4 ESNS CLOSED INDEPENDENCE DAY | 5 |
| 7  11:00a-12:30p Senior Planet Tech Class | 8  1:00p-3:00p A Matter of Balance | 9  11:00a-12:30p Drop-In Tech Time | 10  10:30-11:30a Vital Fitness - In Person  3:30-4:30p LGBTQ+ Caregiver Group | 11  10a-1p NE Day Spot | 12  9-10a Vital Living Book Club |
| 14 | 15  1:00p-3:00p A Matter of Balance | 16 | 17  10:30-11:30a Vital Fitness - In Person | 18  10a-1p NE Day Spot | 19 |
| 21  11:00a-12:30p Senior Planet Tech Class | 22  1:00p-3:00p A Matter of Balance | 23  11:00a-12:30p Drop-In Tech Time | 24  10:30-11:30a Vital Fitness - In Person | 25  10a-1p NE Day Spot | 26  10a-1p NE Day Spot |
| 28  11:00a-12:30p Senior Planet Tech Class | 29 | 30  11:00a-12:30p Drop In Tech Time | 31  10:30-11:30a Vital Fitness - In Person | AUG 1  10a-1p NE Day Spot | 2 |

KEY

-  **Classes**
Maintain Your Well-Being
-  **Caregiving**
Gain Emotional & Practical Support
-  **Events**
Lifelong Learning & Engagement
-  **Connect 2 Tech**
Technology Education Classes & Support

Questions? Contact:
 612-787-4086
VitalLiving@esns.org



EAST SIDE
 Neighborhood Services