


















DECEMBER 2024



M	T	W	T	F	S
2  10:30-11:30a Online Tai Ji Quan  11:00a-12:30p Senior Planet Tech Class	3	4  11:00a-12:30p Senior Planet Tech Course	5  10:30-11:30a Vital Fitness - In Person  10:30-11:30a Online Tai Ji Quan	6  10a-1p NE Day Spot	7
9  10:30-11:30a Online Tai Ji Quan  11:00a-12:30p Senior Planet Tech Course	10	11	12  10:30-11:30a Vital Fitness - In Person  10:30-11:30a Online Tai Ji Quan  3:30-4:30p LGBTQ+ Caregiver Group	13  10a-1p NE Day Spot	14  9-10a Vital Living Book Club
16	17	18	19  10:30-11:30a Vital Fitness - In Person	20  10a-1p NE Day Spot	21
23	24 ESNS CLOSED CHRISTMAS EVE	25 ESNS CLOSED CHRISTMAS DAY	26 ESNS CLOSED	27 ESNS CLOSED	28
30 ESNS CLOSED	31 ESNS CLOSED	JAN 1 ESNS CLOSED	2  10:30-11:30a Vital Fitness - In Person	3  10a-1p NE Day Spot	4

KEY


 **Classes**
Maintain Your
Well-Being

 **Caregiving**
Gain Emotional & Practical
Support

 **Events**
Lifelong Learning &
Engagement

 **Connect 2 Tech**
Technology Education
Classes & Support

Questions? Contact:
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 **EAST SIDE**
Neighborhood
Services