



FEBRUARY 2026




M	T	W	T	F	S
FEB 2 9:30-10:30a Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	3	4 11:00a-12:30p Drop-In Tech Time	5 10:30-11:30a Vital Fitness - In Person	6 10a-1p NE Day Spot	7
9 9:30-10:30a Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	10	11 11:00a-12:30p Drop-In Tech Time	12 10:30-11:30a Vital Fitness - In Person 3:30-4:30p LGBTQ+ Caregiver Group	13 10a-1p NE Day Spot	14 9-10a Vital Living Book Club
16 11:00a-12:30p Senior Planet Tech Class	17	18 11:00a-12:30p Drop-In Tech Time	19 9:30-10:30a Practice Tai Ji 10:30-11:30a Vital Fitness - In Person	20 10a-1p NE Day Spot	21
23 9:30-10:30a Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	24	25 11:00a-12:30p Drop-In Tech Time	26 10:30-11:30a Vital Fitness - In Person	27 10a-1p NE Day Spot	28
MAR 2 11:00a-12:30p Senior Planet Tech Class	3	4 11:00a-12:30p Drop-In Tech Time	5 10:30-11:30a Vital Fitness - In Person	6 10a-1p NE Day Spot	7

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