

NOVEMBER 2024



M	T	W	T	F	S
OCT 28 11:00a-12:30p Senior Planet Tech Class 10:30-11:30a Online Tai Ji Quan	29 1-3p A Matter of Balance 2-3p Care for Caregivers	30 11:00a-12:30p Senior Planet Tech Course	31 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Online Tai Ji Quan	NOV 1 10a-1p NE Day Spot Vital Living Fundraiser Kick-Off	2
4 10:30-11:30a Online Tai Ji Quan 11:00a-12:30p Senior Planet Tech Course	5 2-3p Care for Caregivers	6 11:00a-12:30p Senior Planet Tech Course	7 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Online Tai Ji Quan 3:30-4:30p LGBTQ+ Caregiver Group	8 10a-1p NE Day Spot	9 9-10a Vital Living Book Club
11 10:30-11:30a Online Tai Ji Quan 11:00a-12:30p Senior Planet Tech Course	12 2-3p Care for Caregivers	13 11:00a-12:30p Senior Planet Tech Course	14 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Online Tai Ji Quan	15 10a-1p NE Day Spot	16 1-3p Fall Bingo Fundraiser!
18 10:30-11:30a Online Tai Ji Quan 11:00a-12:30p Senior Planet Tech Course	19 2-3p Care for Caregivers	20 11:00a-12:30p Senior Planet Tech Course	21 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Online Tai Ji Quan	22 10a-1p NE Day Spot	23 10a-1p NE Day Spot
25 10:30-11:30a Online Tai Ji Quan 11:00a-12:30p Senior Planet Tech Course	26 2-3p Care for Caregivers	27 11:00a-12:30p Senior Planet Tech Course	28 ESNS CLOSED THANKSGIVING	29 ESNS CLOSED NATIVE AMERICAN HERITAGE DAY	30

KEY Classes Maintain Your Well-Being	Caregiving Gain Emotional & Practical Support	Events Lifelong Learning & Engagement	Connect 2 Tech Technology Education Classes & Support
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Questions? Contact:
 612-787-4086
VitalLiving@esns.org



EAST SIDE
 Neighborhood
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