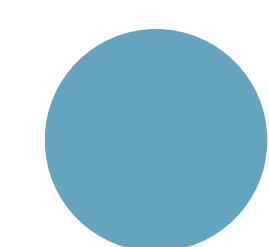


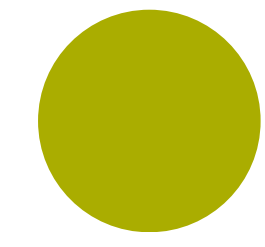
APRIL 2026

M	T	W	T	F	S
MAR 30  11:00a-12:30p Senior Planet Tech Class	31	APR 1  11:00a-12:30p Drop-In Tech Time	2  10:30-11:30a Vital Fitness - In Person	3  10a-1p NE Day Spot	4
6  11:00a-12:30p Senior Planet Tech Class	7	8  11:00a-12:30p Drop-In Tech Time	9  10:30-11:30a Vital Fitness - In Person  3:30-4:30p LGBTQ+ Caregiver Group	10  10a-1p NE Day Spot	11  9-10a Vital Living Book Club
13  11:00a-12:30p Senior Planet Tech Class	14	15  11:00a-12:30p Drop-In Tech Time	16  10:30-11:30a Vital Fitness - In Person	17  10a-1p NE Day Spot	18
20  11:00a-12:30p Senior Planet Tech Class	21	22  11:00a-12:30p Drop-In Tech Time	23  10:30-11:30a Vital Fitness - In Person	24  10a-1p NE Day Spot	25
27  11:00a-12:30p Senior Planet Tech Class	28	29  11:00a-12:30p Drop-In Tech Time	30  10:30-11:30a Vital Fitness - In Person	MAY 1  10a-1p NE Day Spot	2

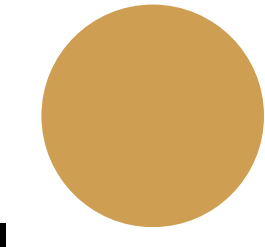
KEY



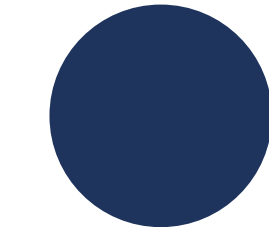
Classes
 Maintain Your Well-Being



Caregiving
 Gain Emotional & Practical Support

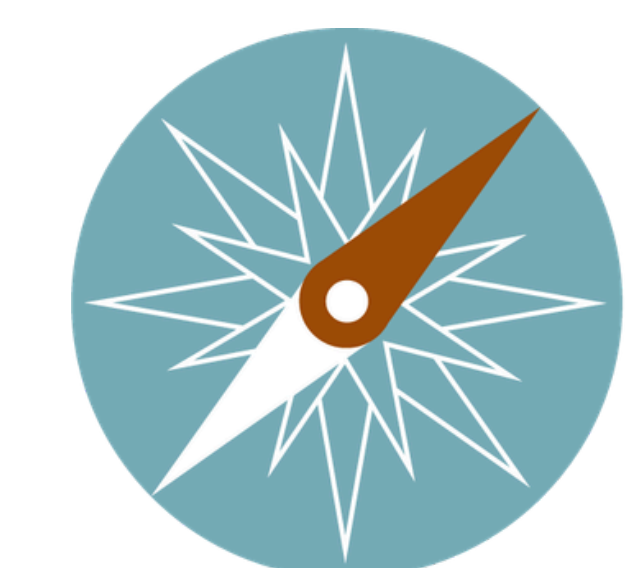


Events
 Lifelong Learning & Engagement



Connect 2 Tech
 Technology Education Classes & Support

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



EAST SIDE
 Neighborhood Services