

JANUARY 2025



M	T	W	T	F	S
DEC 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
6	7	8	9 ● 3:30-4:30p LGBTQ+ Caregiver Group	10	11 ● 9-10a Vital Living Book Club
13 ● 10:30-11:30a Online Practice Tai Ji ● 11:00a-12:30p Senior Planet Tech Course	14 ● 2-3p Care for Caregivers	15 ● 11:00a-12:30p Senior Planet Tech Course	16 ● 10:30-11:30a Vital Fitness - In Person	17 ● 10a-1p NE Day Spot	18
20 ESNS CLOSED MLK DAY	21 ● 2-3p Care for Caregivers	22 ● 11:00a-12:30p Senior Planet Tech Course	23 ● 10:30-11:30a Vital Fitness - In Person	24 ● 10a-1p NE Day Spot	25 ● 10a-1p NE Day Spot
27 ● 10:30-11:30a Online Practice Tai Ji ● 11:00a-12:30p Senior Planet Tech Course	28 ● 2-3p Care for Caregivers	29 ● 11:00a-12:30p Senior Planet Tech Course	30 ● 10:30-11:30a Vital Fitness - In Person	31 ● 10a-1p NE Day Spot	FEB 1

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