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M	T	W	T	F	S
<b>MAR 3</b>  <b>10:30-11:30a</b> Online Practice Tai Ji  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>2-3p</b> Care for Caregivers	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	<b>8</b>
<b>10</b>  <b>10:30-11:30a</b> Online Practice Tai Ji  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>2-3p</b> Care for Caregivers	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person  <b>3:30-4:30p</b> LGBTQ+ Caregiver Group	 <b>10a-1p</b> NE Day Spot	 <b>9-10a</b> Vital Living Book Club
<b>17</b>  <b>10:30-11:30a</b> Online Practice Tai Ji  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>2-3p</b> Care for Caregivers	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	<b>22</b>
<b>24</b>  <b>10:30-11:30a</b> Online Practice Tai Ji  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>2-3p</b> Care for Caregivers	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	 <b>10a-1p</b> NE Day Spot
<b>31</b>  <b>10:30-11:30a</b> Online Practice Tai Ji  <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>APRIL 1</b>	 <b>11:00a-12:30p</b> Drop In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	<b>5</b>

**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