

APRIL 2025



M	T	W	T	F	S
MAR 31 11:00a-12:30p Senior Planet Tech Class	APRIL 1	11:00a-12:30p Drop-In Tech Time	10:30-11:30a Vital Fitness - In Person		
7 11:00a-12:30p Senior Planet Tech Class	8	11:00a-12:30p Drop-In Tech Time	10:30-11:30a Vital Fitness - In Person 3:30-4:30p LGBTQ+ Caregiver Group	10a-1p NE Day Spot	9-10a Vital Living Book Club
14 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	15	11:00a-12:30p Drop-In Tech Time	10:30-11:30a Vital Fitness - In Person	10a-1p NE Day Spot	19
21 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	22	11:00a-12:30p Drop-In Tech Time	10:30-11:30a Vital Fitness - In Person	10a-1p NE Day Spot	26
28 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	29	11:00a-12:30p Drop In Tech Time	MAY 1 10:30-11:30a Vital Fitness - In Person	10a-1p NE Day Spot	3

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