



DECEMBER 2022

M	T	W	T	F	S
NOV 28 ● 10:30-11:30a Beginner-Tai Ji Quan	29 ● 10:30a-12:30p A Matter of Balance	30 ● 1-3:30p Living Well w/Chronic Conditions	DEC 1 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner-Tai Ji Quan	2 ● 10a-1p NE Day Spot	3
5 ● 10:30-11:30a Beginner-Tai Ji Quan	6 ● 2-3p Care for Caregivers: Being in Our Bodies	7	8 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner-Tai Ji Quan	9	10 ● 9-10a Vital Living Book Club
12 ● 10:30-11:30a Beginner-Tai Ji Quan	13 ● 2-3p Care for Caregivers: Building Knowledge and Skills ● 10:30-11:30a Beginner-Tai Ji Quan	14 ● 1-2p Caregiver Support Group	15 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner-Tai Ji Quan	16 ● 10a-1p NE Day Spot	17
19 ● 1-2p LGBTQ+ Caregiver Support Group ● 10:30-11:30a Beginner-Tai Ji Quan	20 ● 2-3p Caregiver Support Group	21	22 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner-Tai Ji Quan	23 ● 10a-1p NE Day Spot	24
26 ESNS CLOSED	27	28	29	30	31
No Programming this Week					

KEY

- **Classes**
Maintain Your Well-Being
- **Caregiving**
Gain Emotional & Practical Support
- **Events**
Lifelong Learning & Engagement

Questions? Contact:
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EAST SIDE
Neighborhood
Services