


























DECEMBER 2025

M	T	W	T	F	S
DEC 1  10:30-11:30a Beginner Tai Ji Quan  11:00a-12:30p Senior Planet Tech Class	 2:00-3:00p Caregiver Support Group	 11:00a-12:30p Drop-In Tech Time	 10:30-11:30a Vital Fitness - In Person  10:30-11:30a Beginner Tai Ji Quan	 10a-1p NE Day Spot	
8  10:30-11:30a Beginner Tai Ji Quan  11:00a-12:30p Senior Planet Tech Class	 2:00-3:00p Caregiver Support Group	 11:00a-12:30p Drop-In Tech Time	 10:30-11:30a Vital Fitness - In Person  10:30-11:30a Beginner Tai Ji Quan  3:30-4:30p LGBTQ+ Caregiver Group	 10a-1p NE Day Spot	 9-10a Vital Living Book Club
15  10:30-11:30a Beginner Tai Ji Quan  11:00a-12:30p Senior Planet Tech Class	 2:00-3:00p Caregiver Support Group	 11:00a-12:30p Drop-In Tech Time	 10:30-11:30a Vital Fitness - In Person  10:30-11:30a Beginner Tai Ji Quan	 10a-1p NE Day Spot	
22	23	24 ESNS CLOSED CHRISTMAS EVE	25 ESNS CLOSED CHRISTMAS DAY	26 No NE Day Spot	27
29  11:00a-12:30p Senior Planet Tech Class	30	 11:00a-12:30p Drop-In Tech Time	JAN 1 ESNS CLOSED NEW YEARS DAY	2 No 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:
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EAST SIDE
 Neighborhood Services