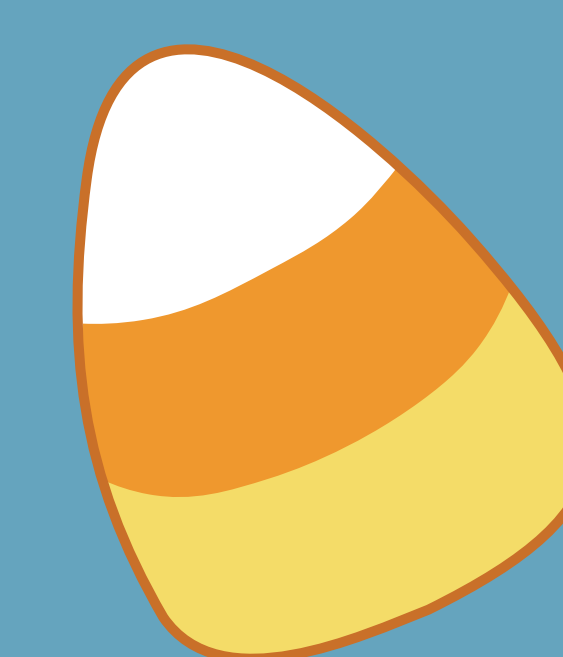


# OCTOBER 2025



M	T	W	T	F	S
<b>SEPT 29</b> <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>30</b>	<b>OCT 1</b> <b>11:00a-12:30p</b> Drop-In Tech Time	<b>2</b> <b>10:30-11:30a</b> Vital Fitness - In Person <b>10:30-11:30a</b> Beginner Tai Ji Quan	<b>3</b> <b>10a-1p</b> NE Day Spot	<b>4</b>
<b>6</b> <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>7</b> <b>2:00-3:00p</b> Caregiver Support Group	<b>8</b> <b>11:00a-12:30p</b> Drop-In Tech Time	<b>9</b> <b>10:30-11:30a</b> Vital Fitness - In Person <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>3:30-4:30p</b> LGBTQ+ Caregiver Group	<b>10</b> <b>10a-1p</b> NE Day Spot	<b>11</b> <b>9-10a</b> Vital Living Book Club
<b>13</b> <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>14</b> <b>2:00-3:00p</b> Caregiver Support Group	<b>15</b> <b>11:00a-12:30p</b> Drop-In Tech Time	<b>16</b> <b>10:30-11:30a</b> Vital Fitness - In Person <b>10:30-11:30a</b> Beginner Tai Ji Quan	<b>17</b> <b>10a-1p</b> NE Day Spot	<b>18</b>
<b>20</b> <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>21</b> <b>2:00-3:00p</b> Caregiver Support Group	<b>22</b> <b>11:00a-12:30p</b> Drop-In Tech Time	<b>23</b> <b>10:30-11:30a</b> Vital Fitness - In Person <b>10:30-11:30a</b> Beginner Tai Ji Quan	<b>24</b> <b>10a-1p</b> NE Day Spot	<b>25</b> <b>10a-1p</b> NE Day Spot
<b>27</b> <b>10:30-11:30a</b> Beginner Tai Ji Quan <b>11:00a-12:30p</b> Senior Planet Tech Class	<b>28</b> <b>2:00-3:00p</b> Caregiver Support Group	<b>29</b> <b>11:00a-12:30p</b> Drop In Tech Time	<b>30</b> <b>10:30-11:30a</b> Vital Fitness - In Person <b>10:30-11:30a</b> Beginner Tai Ji Quan	<b>31</b> <b>10a-1p</b> NE Day Spot	<b>NOV 1</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:**  
612-787-4086  
VitalLiving@esns.org



**EAST SIDE**  
Neighborhood Services