



NOVEMBER 2025



M	T	W	T	F	S
OCT 27 <ul style="list-style-type: none"> 10:30-11:30a Beginner Tai Ji Quan 11:00a-12:30p Senior Planet Tech Class 	28	29 <ul style="list-style-type: none"> 11:00a-12:30p Drop-In Tech Time 	30 <ul style="list-style-type: none"> 10:30-11:30a Vital Fitness - In Person 	31 <ul style="list-style-type: none"> 10a-1p NE Day Spot 	NOV 1
3 <ul style="list-style-type: none"> 10:30-11:30a Beginner Tai Ji Quan 11:00a-12:30p Senior Planet Tech Class 	4 <ul style="list-style-type: none"> 2:00-3:00p Caregiver Support Group 	5 <ul style="list-style-type: none"> 11:00a-12:30p Drop-In Tech Time 	6 <ul style="list-style-type: none"> 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Beginner Tai Ji Quan 	7 <ul style="list-style-type: none"> 10a-1p NE Day Spot 	8 <ul style="list-style-type: none"> 9-10a Vital Living Book Club
10 <ul style="list-style-type: none"> 10:30-11:30a Beginner Tai Ji Quan 11:00a-12:30p Senior Planet Tech Class 	11 <ul style="list-style-type: none"> 2:00-3:00p Caregiver Support Group 	12 <ul style="list-style-type: none"> 11:00a-12:30p Drop-In Tech Time 	13 <ul style="list-style-type: none"> 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Beginner Tai Ji Quan 3:30-4:30p LGBTQ+ Caregiver Group 	14 <ul style="list-style-type: none"> 10a-1p NE Day Spot 	15
17 <ul style="list-style-type: none"> 10:30-11:30a Beginner Tai Ji Quan 11:00a-12:30p Senior Planet Tech Class 	18 <ul style="list-style-type: none"> 2:00-3:00p Caregiver Support Group 	19 <ul style="list-style-type: none"> 11:00a-12:30p Drop-In Tech Time 	20 <ul style="list-style-type: none"> 10:30-11:30a Vital Fitness - In Person 10:30-11:30a Beginner Tai Ji Quan 	21 <ul style="list-style-type: none"> 10a-1p NE Day Spot 	22
24 <ul style="list-style-type: none"> 10:30-11:30a Beginner Tai Ji Quan 11:00a-12:30p Senior Planet Tech Class 	25 <ul style="list-style-type: none"> 2:00-3:00p Caregiver Support Group 	26	27 <p>ESNS CLOSED THANKSGIVING DAY</p>	28 <p>ESNS CLOSED NATIVE AMERICAN HERITAGE DAY</p>	28

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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