

SEPTEMBER 2025



M	T	W	T	F	S
1 ESNS CLOSED LABOR DAY	2	3 ● 11:00a-12:30p Drop-In Tech Time	4 ● 10:30-11:30a Vital Fitness - In Person	5 ● 10a-1p NE Day Spot	6
8 ● 11:00a-12:30p Senior Planet Tech Class	9	10 ● 11:00a-12:30p Drop-In Tech Time	11 ● 10:30-11:30a Vital Fitness - In Person ● 3:30-4:30p LGBTQ+ Caregiver Group	12 ● 10a-1p NE Day Spot	13 ● 9-10a Vital Living Book Club
15 ● 11:00a-12:30p Senior Planet Tech Class	16	17 ● 11:00a-12:30p Drop-In Tech Time	18 ● 10:30-11:30a Vital Fitness - In Person	19 ● 10a-1p NE Day Spot	20
22 ● 10:30-11:30a Beginner Tai Ji Quan ● 11:00a-12:30p Senior Planet Tech Class	23	24 ● 11:00a-12:30p Drop-In Tech Time	25 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner Tai Ji Quan	26 ● 10a-1p NE Day Spot	27
29 ● 10:30-11:30a Beginner Tai Ji Quan ● 11:00a-12:30p Senior Planet Tech Class	30	OCT 1 ● 11:00a-12:30p Drop In Tech Time	2 ● 10:30-11:30a Vital Fitness - In Person ● 10:30-11:30a Beginner Tai Ji Quan	3 ● 10a-1p NE Day Spot	4

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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VitalLiving@esns.org



EAST SIDE
Neighborhood
Services