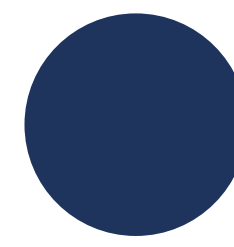
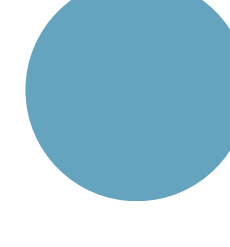
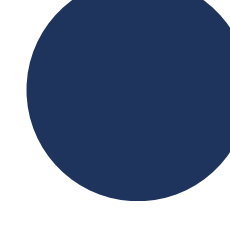

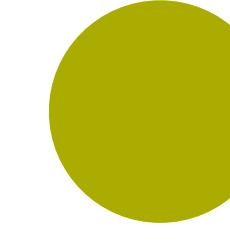
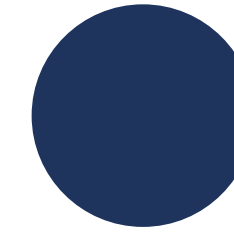

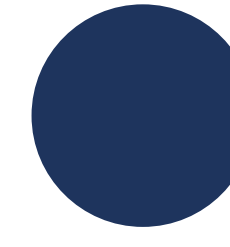
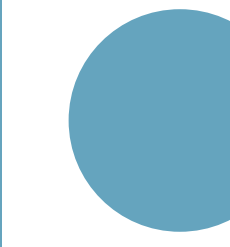
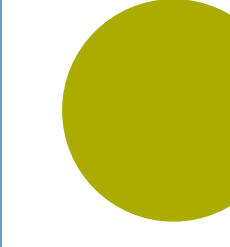

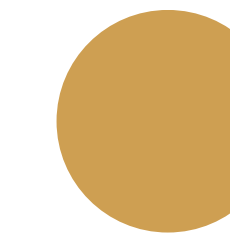
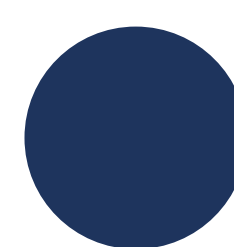
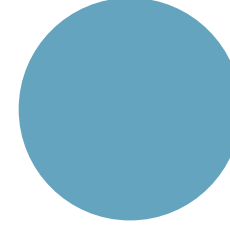
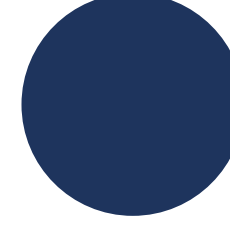
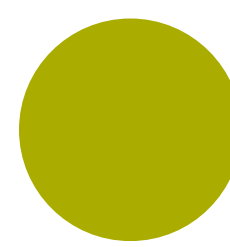
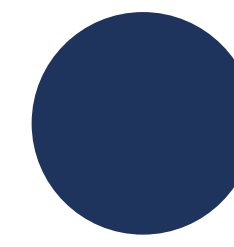
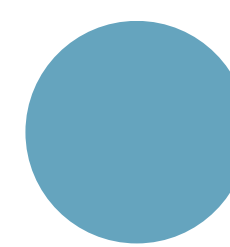
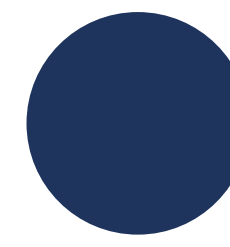
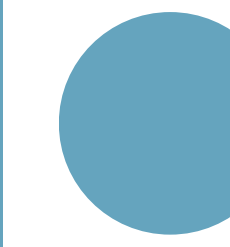
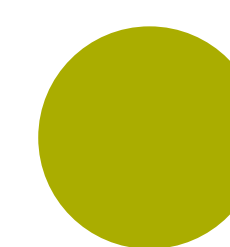
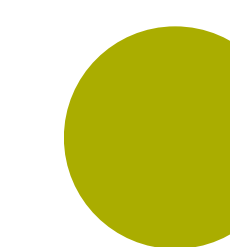
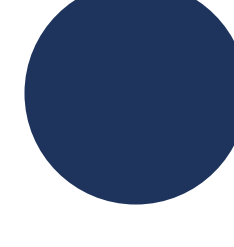
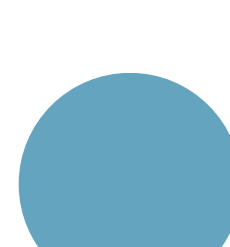

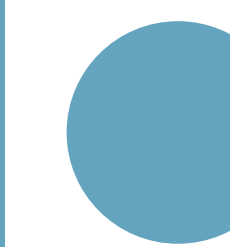
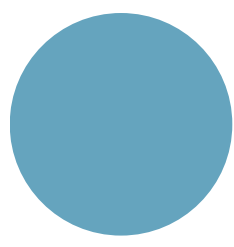
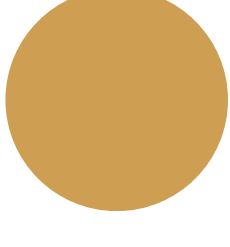
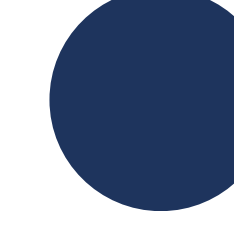


# JUNE 2025

M	T	W	T	F	S
<b>2</b>  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>1:00p-3:00p</b> A Matter of Balance	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	<b>7</b>
<b>9</b>  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>1:00p-3:00p</b> A Matter of Balance	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person  <b>3:30-4:30p</b> LGBTQ+ Caregiver Group	 <b>10a-1p</b> NE Day Spot	 <b>9-10a</b> Vital Living Book Club
<b>16</b>  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>1:00p-3:00p</b> A Matter of Balance	 <b>11:00a-12:30p</b> Drop-In Tech Time	<b>19</b> <b>ESNS CLOSED</b> <b>JUNETEENTH</b>	 <b>10a-1p</b> NE Day Spot	<b>21</b>
<b>23</b>  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>1:00p-3:00p</b> A Matter of Balance	 <b>11:00a-12:30p</b> Drop-In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	 <b>10a-1p</b> NE Day Spot	 <b>10a-1p</b> NE Day Spot
<b>30</b>  <b>11:00a-12:30p</b> Senior Planet Tech Class	 <b>1:00p-3:00p</b> A Matter of Balance	 <b>11:00a-12:30p</b> Drop In Tech Time	 <b>10:30-11:30a</b> Vital Fitness - In Person	<b>4</b> <b>ESNS</b> <b>CLOSED</b> <b>INDEPENDENCE</b> <b>DAY</b>	<b>5</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](mailto:VitalLiving@esns.org)



**EAST SIDE**  
 Neighborhood  
 Services