



FEBRUARY 2025



M	T	W	T	F	S
JAN 27 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	28 2-3p Care for Caregivers	29 11:00a-12:30p Senior Planet Tech Class	30 10:30-11:30a Vital Fitness - In Person	31 10a-1p NE Day Spot	FEB 1
3 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	4 2-3p Care for Caregivers	5 11:00a-12:30p Senior Planet Tech Class	6 10:30-11:30a Vital Fitness - In Person	7 10a-1p NE Day Spot	8 9-10a Vital Living Book Club
10 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	11 2-3p Care for Caregivers	12 11:00a-12:30p Senior Planet Tech Class	13 10:30-11:30a Vital Fitness - In Person 3:30-4:30p LGBTQ+ Caregiver Group	14 10a-1p NE Day Spot	15
17 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	18 2-3p Care for Caregivers	19 11:00a-12:30p Senior Planet Tech Class	20 10:30-11:30a Vital Fitness - In Person	21 10a-1p NE Day Spot	22 10a-1p NE Day Spot
24 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class	25 2-3p Care for Caregivers	26 11:00a-12:30p Drop In Tech Time	27 10:30-11:30a Vital Fitness - In Person	28 10a-1p NE Day Spot	MAR 1

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