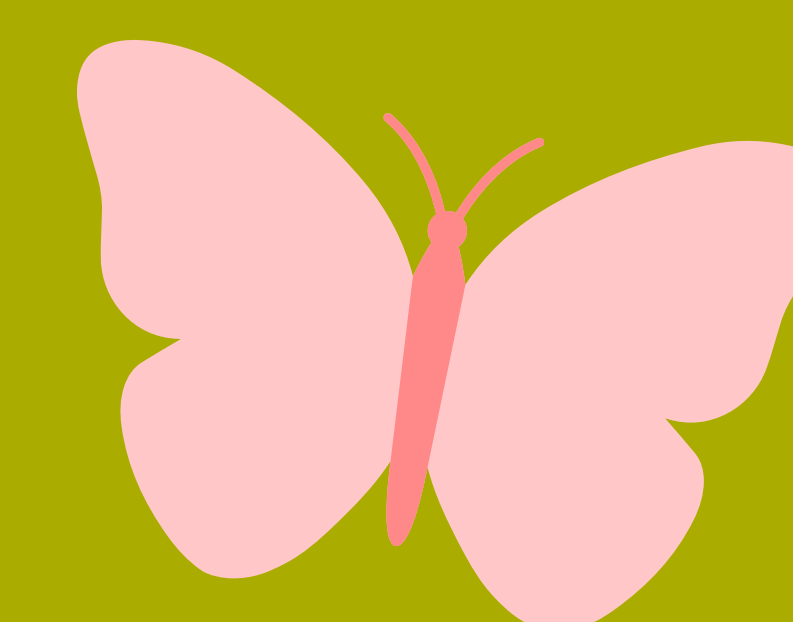
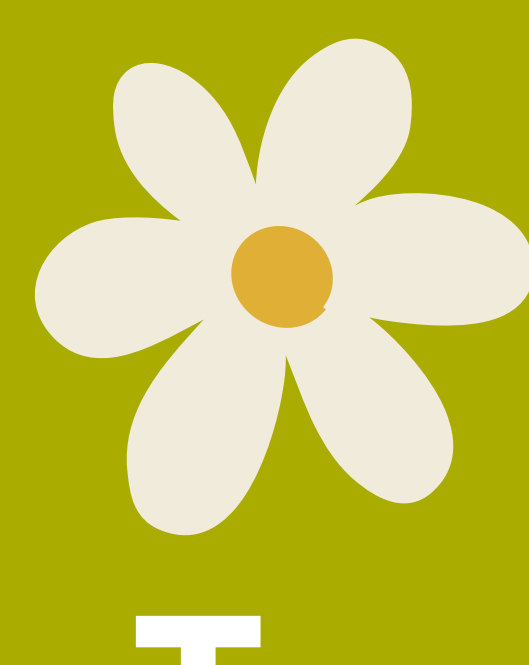
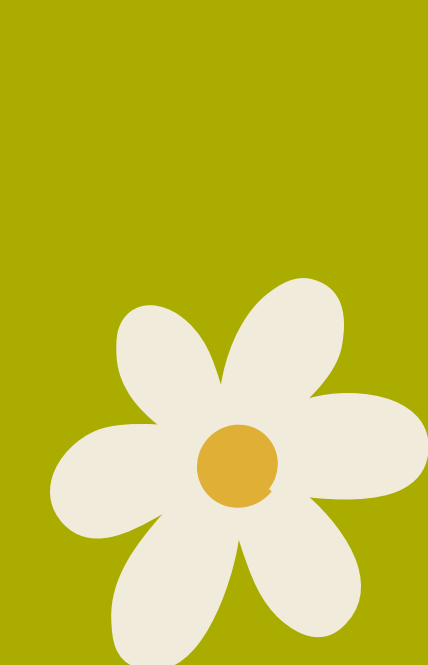


MAY 2025



| M | T | W | T | F | S |
|--|---|---|---|------------------------------------|---|
| APR 28 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class | 29 | 30 11:00a-12:30p Drop-In Tech Time | MAY 1 10:30-11:30a Vital Fitness - In Person | 2 10a-1p NE Day Spot | 3 |
| 5 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class | 6 | 7 11:00a-12:30p Drop-In Tech Time | 8 10:30-11:30a Vital Fitness - In Person 3:30-4:30p LGBTQ+ Caregiver Group | 9 10a-1p NE Day Spot | 10 9-10a Vital Living Book Club |
| 12 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class | 13 1:00p-3:00p A Matter of Balance | 14 11:00a-12:30p Drop-In Tech Time | 15 10:30-11:30a Vital Fitness - In Person | 16 10a-1p NE Day Spot | 17 |
| 19 10:30-11:30a Online Practice Tai Ji 11:00a-12:30p Senior Planet Tech Class | 20 1:00p-3:00p A Matter of Balance | 21 11:00a-12:30p Drop-In Tech Time | 22 10:30-11:30a Vital Fitness - In Person | 23 No NE Day Spot | 24 |
| 26 ESNS CLOSED MEMORIAL DAY | 27 1:00p-3:00p A Matter of Balance | 28 11:00a-12:30p Drop In Tech Time | 29 10:30-11:30a Vital Fitness - In Person | 30 10a-1p NE Day Spot | 31 |

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