**East Side Neighborhood Services**

**Vital Living Programs**

For more information or to register for ESNS Vital Living Programs call 612-787-4086 or email VitalLiving@esns.org

Living Well with Chronic Conditions

Mondays | March 1-April 5 | 1:00-3:00 PM

Via Zoom Conferencing

Living Well with Chronic Conditions helps you discover healthier nutrition options and exercise choices; learn how to improve communication with your family and healthcare professionals concerning your health and well-being; find practical ways to deal with pain and fatigue; and develop skills to get the support you need. This class meets two hours a week for six weeks.

This is a "virtual" six-week class via Zoom video conferencing. If you're not familiar with Zoom, don't worry we will help you! Registered participants will be asked to attend an orientation prior to the class where you will practice using Zoom and receive support for any technical challenges.

Tai Ji Quan: Moving For Better Balance

Mondays & Thursdays | March 8-May 27

11:30-12:30 AM | Via Zoom Conferencing

\*Weeks 13-24

This advanced Tai Ji class reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through mindful movements in a slow, flowing motion. The class meets twice a week on Mondays and Thursdays for 12-weeks.

This workshop is sessions 25-48 of the Tai Ji Quan curriculum. Attendees must have completed the previous sessions (Weeks 1-12) to sign up. Instructor's approval needed if you haven't completed the previous sessions. If you're interested in taking weeks 1-12, please visit this website to find a class.

Evidence-based health and wellness workshops/classes are sponsored by the Metropolitan Area Agency of Aging (MAAA) in the seven county metro area. East Side is a community partner in MAAA's Juniper initiative. yourjuniper.org

Mind | Body | Community

Every Thursday | 1:00-2:00 PM

Phone-In Class

Join from home East Side's newest wellness group!

Call-in each week to move with gentle movements, practice mindfulness activities and enjoy the company of others.

Each participant receives a goodie bag to use during the call and on their own. No cost to participate. The only equipment needed is a phone with the "speakerphone" feature to participate hands-free.

If you are not sure whether your phone has this feature, you can contact us to find out.

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Vital Fitness Home Edition

Every Tuesdays | 10:30-11:30 AM

Via Facebook Live

Join East Side's Vital Fitness group! Tune in weekly to the live video happening on East Side's Facebook page every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, click on the link here!

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Reimagining Aging Book Club

2nd Saturday of the Month | 9:00-10:00 AM

Via Zoom Conferencing

Join the Vital Living team for a monthly book discussion on engaging and enlightening books about aging and what it means to live a vital life today. We will reframe the idea of aging as opportunity -- the responsibility to reach out to other generations, share wisdom, and learn new ways of living in the world --and how we can grow up and grow old together.

Upcoming book selection:

February 13: The 100 Year-Old Man Who Climbed out of the Window and Disappeared by Jonas Jonasson

March 13: Our Souls at Night by Kent Haruf

We hope you can join this new and growing group. First time participants are warmly invited.

Pen Pal Partner (at-home opportunity) - use the contact information below for more information on this program

To write is human, to get mail, Divine! - Susan Lendroth

It is less expected to find a personal piece of mail in our mailboxes these days. But it feels so great to have a letter with our name on it. Make someone's day by exchanging brief notes, artful pictures, or a vintage postcard once or twice a month.

We will match you with a community member who wants to share a kind note in return. Each pen pal will receive a starter kit with a variety of vintage postcards, blank postcards, notecards and stamps.

To become a Pen Pal Partner or to learn about other engagement activities, please contact Jennifer at jgrilliot@esns.org or 612-787-4104.