

OCCTAC - November				
EDUCATION				
Health and Wellness	Activity for Seniors with Limited Mobility	11/5/2019	12:00 PM - 1:00 PM	SASC
Health and Wellness	Dimensions of wellness: Change your habits, change your life	11/12/2019	12:00 PM - 1:00 PM	SASC
Health and Wellness	10 Relaxation Techniques	11/19/2019	12:00 PM - 1:00 PM	SASC
Health and Wellness	No Class	11/26/2019	12:00 PM - 1:00 PM	SASC
Health Education	Pneumonia	11/6/2019	9:00 AM - 12:00 PM	SASC
Health Education	Hyperthermia	11/13/2019	9:00 AM - 12:00 PM	SASC
Health Education	Pain: You Can Get Help	11/20/2019	9:00 AM - 12:00 PM	SASC
Health Education	No Class	11/27/2019	9:00 AM - 12:00 PM	SASC
Cultural Appreciation	Learn about Canada	11/7/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	Learn about China	11/14/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	Learn about Japan	11/21/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	No Class	11/28/2019	12:30 PM - 3:30 PM	SASC
Socialization				
Positive Aging	Paper Flowers Creation	11/4/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	No class Veteran Day	11/11/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	Buttoms Tree	11/18/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	No class	11/25/2019	12:00 PM - 3:00 PM	SASC
Arts and Crafts	Pumpkin Seeds And Paper Plate Mandala Art	11/5/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	Mandala Rocks	11/12/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	Paint Mandalas	11/19/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	No Class	11/26/2019	9:00 AM - 12:00 PM	SASC
Music Appreciation	Cuco Sanchez	11/6/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	Luis Perez Meza	11/13/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	Tito Guizar	11/20/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	No Class	11/27/2019	1:30 PM - 4:30 PM	SASC
OCCTAC - December				
EDUCATION				
Health and Wellness	The importance of friends as you age	12/3/2019	12:00 PM - 1:00 PM	SASC
Health and Wellness	The Importance of Family in a Senior's Life	12/10/2019	12:00 PM - 1:00 PM	SASC
Health and Wellness	The Healing Power of Pets for Seniors	12/17/2019	12:00 PM - 1:00 PM	SASC
Health Education	Cataracts	12/4/2019	9:00 AM - 12:00 PM	SASC
Health Education	Osteoporosis	12/11/2019	9:00 AM - 12:00 PM	SASC
Health Education	Osteoarthritis	12/18/2019	9:00 AM - 12:00 PM	SASC
Health Education	No Class	12/25/2019	9:00 AM - 12:00 PM	SASC
Cultural Appreciation	Learn about Egypt	12/5/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	Learn about France	12/12/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	Learn about Spain	12/19/2019	12:30 PM - 3:30 PM	SASC
Cultural Appreciation	No Class	12/26/2019	12:30 PM - 3:30 PM	SASC
Socialization				
Positive Aging	Wine Cork Flowers	12/2/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	Sunflower Crafts	12/9/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	Tissue Paper Floweres	12/16/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	No Class	12/23/2019	12:00 PM - 3:00 PM	SASC
Positive Aging	No Class	12/30/2019	12:00 PM - 3:00 PM	SASC
Arts and Crafts	Cartoon Christmas Tree	12/3/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	Wooden Christmas Tree	12/10/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	Paper plates Christsmas Tree	12/17/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	No Class	12/24/2019	9:00 AM - 12:00 PM	SASC
Arts and Crafts	No Class	12/31/2019	9:00 AM - 12:00 PM	SASC
Music Appreciation	David Zaizar	12/4/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	Lucha Villa	12/11/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	Francisca Viveros Barradas	12/18/2019	1:30 PM - 4:30 PM	SASC
Music Appreciation	No Class	12/25/2019	1:30 PM - 4:30 PM	SASC