Activities at the Occidental Community Center and Gym
Crafts Faire December 7-8
Sat 10-5 & Sunday 10-4

For more information visit Occidental Community Council Web site → Crafts Faire
Applications due September 21!
www.occidental-ca.org
Gym Floor is DONE !!
And thanks to all who helped get the new ergonomic SportCourt flooring !!

Occidental Community Center Advisory Council- Meets monthly on 1-st Thursday at 6:30 PM, makes recommendations to the County Parks Department.

Next Project Possibilities:
- Outside ADA bathroom
- Outside drinking fountain
- New Library
- Playground equipment
- Come join and decide and shape Occidental
New Gym floor is GREAT and available for play and tournaments!
The Occidental Community Council
Meets monthly and hosts a web site
VISIT
www.occidental-ca.org
and see
Sonoma County Gazette's

Occidental Oriented
By Gino Gaffney
gino@workswithnature.com

Welcome
The Occidental Community Council’s website is intended to serve the residents of the Occidental area by providing them with information about local events and services. We hope that this information will allow area residents to make the most of the many and diverse opportunities offered by the Occidental area community.

Participation Encouraged
The Occidental Community Council meets on the third Saturday at 10:30am each month at the Community Center. Come help us plan our annual fundraiser and spend the proceeds on worthy projects.
If you want to get involved in the community there are many opportunities.
Women’s Health, Aging Gracefully Class  Mondays
10 AM at the Occidental Community Center

Maria Gonzalez-Blue is the instructor. Offered through the Santa Rosa Junior College Older Adults Community Education program.
SRJC Mixed Media Intuitive Art Class  Tuesdays  10 AM-12:30 Maria Gonzalez-Blue
WEST COUNTY BOOTCAMP is a fitness class designed for all ages, genders and levels of fitness. It consists of cardio and strength training, much like a HIIT (High Intensity Interval Training) class. It's a fun and supportive group, where everyone works their hardest and challenges each other to be their best!
WEST COUNTY BOOTCAMP
CLASS SCHEDULE

MONDAY  8AM
TUESDAY  7AM & 8AM
WEDNESDAY  7AM & 8AM
THURSDAY  NO CLASS
FRIDAY  7AM & 8AM
SATURDAY  8AM
SUNDAY  NO CLASS
Google “Occidental Community Council” for a Calendar of Activities

Building Emergency Information & After Hours
- Sonoma County General Services – Daytime (regular hours) - (707) 565-2550

Weekends or after hours - (707) 565-2121
Strength and Stretch Coordinator: Danielle Cleary
Mondays and Wednesdays 9-10 AM

YMCA Occidental
3920 Bohemian Highway

Monday & Wednesday
9 - 10 AM

$5 per class
*Bring water & a mat or large towel
Monday Night Indoor Soccer 8-10 PM
Steve Bair - Coordinator
Tuesday Night Basketball
5:30-8 PM  Coordinator: Joe Thornburg
Wednesday Night Volleyball 7:30 - 9:30
Coordinator: Geoff King
Outdoors at the Occidental Community Center
All year    All seasons

4 Outdoor Basketball hoops

2 Lighted Tennis Courts are Open and Free