

# APRIL

## Cultural Class Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Earring Design</b> 9-10 a.m., 3-4 p.m. <b>Felt Beading Lines</b> 10-11 a.m., 2-3 p.m.	<b>2</b> <b>Dream Catchers</b> 9-10 a.m., 1-2 p.m. <b>Devil's Club Wall Hanging</b> 2-4 p.m.	<b>3</b> <b>Lanyards</b> 9-11 a.m. <b>Fry Bread</b> 1-3 p.m.
<b>6</b> <b>Kuspuks Day 1</b> 9 a.m.-3 p.m. <b>Mindful Mondays</b> 4-4:30 p.m.	<b>7</b> <b>Mindful Mornings</b> 8:15-9 a.m. <b>Easy Earrings</b> 9-10 a.m., 3-4 p.m. <b>Learning Ahtna: Counting</b> 10-11 a.m. <b>Storytelling</b> 11 a.m.-noon	<b>8</b> <b>Fabric Flowers</b> 9-11 a.m., 2-4 p.m. <b>Quiet Time</b> 1-2 p.m.	<b>9</b> <b>Project Circle</b> 9-10 a.m., 10-11 a.m. <b>Storytelling</b> 11 a.m.-noon <b>Talking Circle</b> 1-2 p.m. <b>Devil's Club Wall Hanging</b> 2-4 p.m.	<b>10</b> <b>Lanyards</b> 9-11 a.m. <b>Learning Ahtna: Colors</b> 1-2 p.m. <b>Learning Ahtna: Animals</b> 2-3 p.m.
<b>13</b> <b>Kuspuks Day 2</b> 9 a.m.-3 p.m. <b>Mindful Mondays</b> 4-4:30 p.m.	<b>14</b> <b>Mindful Mornings</b> 8:15-9 a.m. <b>Storytelling</b> 11 a.m.-noon <b>Drum Circle</b> 1-2 p.m.	<b>15</b> <b>Easy Earrings</b> 9-10 a.m., 3-4 p.m. <b>Storytelling</b> 11 a.m.-noon <b>Quiet Time</b> 1-2 p.m.	<b>16</b> <b>Fry Bread</b> 9-11 a.m. <b>Totebags</b> 1-4 p.m.	<b>17</b> <b>Culture Connects</b> 11 a.m.-2 p.m.
<b>20</b> <b>Kuspuks Day 3</b> 9 a.m.-3 p.m. <b>Mindful Mondays</b> 4-4:30 p.m.	<b>21</b> <b>Mindful Mornings</b> 8:15-9 a.m. <b>Easy Earrings</b> 9-10 a.m., 3-4 p.m. <b>Felt Beading Lines</b> 10-11 a.m. <b>Storytelling</b> 11 a.m.-noon	<b>22</b> <b>Dream Catchers</b> 10-11 a.m., 2-3 p.m. <b>Storytelling</b> 11 a.m.-noon <b>Quiet Time</b> 1-2 p.m.	<b>23</b> <b>Ahtna Chokers</b> 10 a.m.-noon <b>Tote Bags</b> 1-4 p.m.	<b>24</b> <b>Project Circle</b> 9-10 a.m., 10-11 a.m., 2-3 p.m. <b>Dentalium Earrings</b> 3-5 p.m.
<b>27</b> <b>Quill Felt Beading</b> 9-11 a.m., 2-4 p.m.	<b>28</b> <b>Ahtna Chokers</b> 9-11 a.m. <b>Lanyards</b> 1-3 p.m.	<b>29</b> <b>Fabric Flowers</b> 9-11 a.m., 2-4 p.m. <b>Storytelling</b> 11 a.m.-noon	<b>30</b>	

Scan the QR code to register.



# Classes



## **Ahtna Chokers** <sup>B</sup>

Using sinew, hide and beads, participants will assemble a traditional Ahtna choker.

## **Dream Catchers** <sup>B</sup>

Referred to as bwaajige ngwaagan, or 'dream snare', in some Ojibwe dialects, the Anishinaabe peoples of the Great Lakes region traditionally hung dream catchers above sleeping infants and children for their protection. Join Lia as she shares the practice of weaving your own dream catcher for your home and family.

## **Earring Design** <sup>B</sup>

Explore earring design concepts and learn the tools and techniques needed to bring ideas to life.

## **Easy Earrings** <sup>B</sup>

Begin a simple earring project in class and complete it at home using approachable patterns and custom color choices.

## **Dentalium Earrings** <sup>I</sup>

Dentalium are slender white shells found along the Pacific Coast. Join Ruby as she instructs how to use them alongside beads to create a pair of earrings.

## **Devil's Club Wall Hangings** <sup>B</sup>

Devil's club has long been used for a variety of purposes. Join Witty as she leads participants in creating a wall hanging from beads, string, and devil's club.

## **Drum Circle** <sup>B</sup>

Learn five foundational hand drum techniques while exploring rhythm and cultural purpose.

## **Fabric Flowers** <sup>I</sup>

Bead floral designs onto fabric to create earrings or keychains with added color and texture.

## **Felt Beading Lines** <sup>B</sup>

Learn foundational threading techniques while refining straight and curved line work.

## **Fry Bread** <sup>B</sup>

Join Lia as she shares her fry bread recipe and instructs how to cook this staple food shared among Alaska Native and Native American peoples.

## **Kuspuks** <sup>I</sup>

Qaspeqs or atikluks, commonly known as kuspuks are a traditionally made overshirt distinguished by its loose fit, large front pocket and decorative trim. Participants will learn basic garment construction techniques in this three-part class. Space is limited, and attendance at all three session is required.

## **Lanyards** <sup>B</sup>

Design and assemble a beaded badge lanyard with a magnetic breakaway clasp.

## **Learning Ahtna** <sup>B</sup>

Join Lia as she introduces participants to the foundations of Ahtna, the language of the Ahtna peoples and part of the Na-Dene language family, which includes Tlingit, Eyak, and other Athabascan languages.

## **Mindful Mondays** <sup>B</sup>

Wind down after the workday with Natalee. This class introduces mindfulness practices that promote calm and clarity. Participants will gather to connect with others and close the day with intention.

## **Mindful Mornings** <sup>B</sup>

A mindful morning routine offers an opportunity to begin the day with calm and clarity. Natalee will introduce mindfulness practices during this morning gathering. Participants will connect with others and begin the day with intention.

## **Culture Connects**

A celebration of Alaska Native traditions, wellness, and community. Enjoy cultural activities, traditional foods, and fun for the whole family in the Yagheli Shesh Qenq'a Anchorage Native Primary Care Center lobby. Open to the public. No registration required.

## **Quill Felt Beading** <sup>A</sup>

Join Lia in building flowers with porcupine quills and beads.

## **Project Circle** <sup>B</sup>

Work on personal beading, sewing, or craft projects in a supportive group setting with guidance as needed.

## **Storytelling** <sup>B</sup>

Share personal, traditional, or historical stories in a welcoming space for song and conversation.

## **Talking Circle** <sup>B</sup>

Learn about the talking circle ceremony for healing in this introductory class with Buz. Returning participants are welcome to join.

## **Tote Bags** <sup>B</sup>

Join Witty as she teaches participants how to sew a tote bag of their own.

## **Quiet Time** <sup>B</sup>

We all have energy centers within us. Buz introduces a meditative exercise focused on breathing into each of the nine energy centers, or chakras, based on the teachings of SCF's first Tribal doctor, Rita Blumenstein. This practice can enhance self-awareness and help uncover individual gifts.

**B** Beginner

**I** Intermediate

**A** Advanced



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.