

MAY

Cultural Class Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Wristlets 9-11 a.m. Project Circle 1-2 p.m., 2-3 p.m.
4 Fur Poms 2-4 p.m. Mindful Mondays 4-4:30 p.m.	5 Mindful Mornings 8:15-9 a.m. Felt Beading Lines 9-10 a.m., 1-2 p.m. Storytelling 11 a.m.-noon Drum Circle 2-3 p.m.	6 Fringe Earrings 9-11 a.m. Storytelling 1-2 p.m. Badge Reels 2-4 p.m.	7 Devil's Club Beaded Jewelry 8-10 a.m. Cone Dangle Earrings 10 a.m.-noon Storytelling 1-2 p.m. Talking Circle 3-4 p.m.	8 Felt Beading Lines 10-11 a.m. Badge Reels 2-4 p.m.
11 Kuspuk Aprons 9 a.m.-3 p.m. Mindful Mondays 4-4:30 p.m.	12 Mindful Mornings 8:15-9 a.m. Storytelling 11 a.m.-noon Drum Circle 1-2 p.m. Linocut Block Printed Cards 4-5 p.m.	13 	14 Devil's Club Beaded Jewelry 8-10 a.m. Storytelling 11 a.m.-noon Fringe Earrings 1-3 p.m.	15 Salves 8:30-10 a.m., 2:30-4 p.m. Cone Dangle Earrings 10 a.m.-noon
18 Salves 8:30-10 a.m., 2:30-4 p.m. Felt Beading Lines 11 a.m.-noon Mindful Mondays 4-4:30 p.m.	19 Mindful Mornings 8:15-9 a.m. Ahtna Chokers 9-11 a.m. Storytelling 11 a.m.-noon Drum Circle 2-3 p.m. Devil's Club Wall Hanging 2-4 p.m.	20 Badge Reels 8-10 a.m. Project Circle 11 a.m.-noon, 2-3 p.m. Storytelling 3-4 p.m.	21 Fur Poms 9-11 a.m. Storytelling 1-2 p.m. Leather Pouches 1-3 p.m.	22 Badge Reels 8-10 a.m. Fabric Flowers 10 a.m.-noon
25 Holiday Closure Memorial Day	26 Mindful Mornings 8:15-9 a.m.	27 Devil's Club Wall Hanging 8-10 a.m. Storytelling 11 a.m.-noon Drum Circle 1-2 p.m.	28 Cone Dangle Earrings 9-11 a.m. Storytelling 11 a.m.-noon Leather Pouches 1-3 p.m.	29 Project Circle 9-10 a.m., 10-11 a.m., 2-3 p.m.

Scan the QR code to register.



Classes



Ahtna Chokers ^B

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

Badge Reels ^B

Create a beaded design for a retractable badge reel.

Cone Dangle Earrings ^I

Create cone dangle earrings using looping tools with step-by-step instruction from Lia.

Easy Earrings ^B

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

Devil's Club Beaded Jewelry ^B

Design a jewelry piece with beads, string, and prepared devil's club, an Alaska native shrub traditionally used for a variety of purposes.

Devil's Club Wall Hanging ^B

Create a wall hanging using beads, string, and prepared devil's club, an Alaska native shrub traditionally used for a variety of purposes.

Drum Circle ^B

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

Fabric Flowers ^I

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

Felt Beading Lines ^B

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

Fringe Earrings ^B

Join Lia as she teaches how to design and create multi-stranded fringe earrings.

Fur Poms ^B

Learn to hand-sew fur poms for use as jewelry or in other creative applications.

Kuspuk Apron ^I

Ingredients: needle, thread and fabric. All materials will be provided to create a kuspuk-inspired apron. Join Witty to sew a functional piece fit for the kitchen.

Leather Pouches ^B

Join Witty as she teaches how to hand-sew a leather pouch you can wear.

Linocut Block Printed Cards ^B

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

Mindful Mondays ^B

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 ^B

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

Project Circle ^B

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

Salves ^B

Learn a basic salve recipe and prepare a small sample using traditional Southcentral Alaska plants.

Storytelling ^B

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

Talking Circle ^B

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

Wristlets ^B

Learn the basics of designing and creating a beaded wristlet.



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.

B Beginner

I Intermediate

A Advanced

