

# JANUARY

## Cultural Class Calendar



Traditional Healing Clinic  
4320 Diplomacy Drive, Suite 1010  
Anchorage, AK 99508  
907-729-4958

Scan the QR code to register.



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 partner organizations have established a joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Class Skill Level Key:</b> <span style="color: green;">B</span> = Beginner <span style="color: blue;">I</span> = Intermediate <span style="color: purple;">A</span> = Advanced			<b>1</b> NEW YEAR'S HOLIDAY; SOUTHCENTRAL FOUNDATION CLOSED	<b>2</b>
<b>5</b> <span style="color: blue;">I</span> <b>Badge Reels</b> 9-10 a.m.; 1-2 p.m. <span style="color: green;">B</span> <b>Ahtna Animals</b> 11 a.m.- noon; 3-4 p.m. <span style="color: green;">B</span> <b>Mindful Mondays</b> 4-4:30 p.m.	<b>6</b> <span style="color: green;">B</span> <b>Mindful Mornings</b> 8:15-9 a.m. <span style="color: green;">B</span> <b>Project Circle</b> 11 a.m.- noon <span style="color: green;">B</span> <b>Drum as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>7</b> <span style="color: blue;">I</span> <b>Badge Reels</b> 9-10 a.m.; 1-2 p.m. <span style="color: green;">B</span> <b>Ahtna Colors</b> 11 a.m.- noon <span style="color: green;">B</span> <b>Breathe into Energy</b> 3-4 p.m.	<b>8</b> <span style="color: green;">B</span> <b>Devil's Club Wall Hanging</b> 10 a.m.- noon <span style="color: blue;">I</span> <b>Fabric Flowers</b> 2-4 p.m.	<b>9</b> <span style="color: blue;">I</span> <b>Badge Reels</b> 9-10 a.m.; 1-2 p.m. <span style="color: blue;">I</span> <b>Raised Flowers</b> 2-4 p.m.
<b>12</b> <span style="color: blue;">I</span> <b>Felt Beading</b> <b>Edging Styles</b> 9-10 a.m.; 1-2 p.m. <span style="color: green;">B</span> <b>Ahtna Animals</b> 11 a.m.- noon; 3-4 p.m. <span style="color: green;">B</span> <b>Mindful Mondays</b> 4-4:30 p.m.	<b>13</b> <span style="color: green;">B</span> <b>Mindful Mornings</b> 8:15-9 a.m. <span style="color: blue;">I</span> <b>Fabric Flowers</b> 10 a.m.- noon	<b>14</b> <span style="color: blue;">I</span> <b>Felt Beading</b> <b>Edging Styles</b> 9-10 a.m.; 1-2 p.m. <span style="color: green;">B</span> <b>Ahtna Colors</b> 11 a.m.- noon <span style="color: green;">B</span> <b>Breathe into Energy</b> Noon-1 p.m.; 3-4 p.m.	<b>15</b> <span style="color: blue;">I</span> <b>Tote Bags</b> 9 a.m.- noon <span style="color: green;">B</span> <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m. <span style="color: green;">B</span> <b>Project Circle</b> 2-3 p.m.	<b>16</b> <span style="color: blue;">I</span> <b>Felt Beading</b> <b>Edging Styles</b> 9-10 a.m.; 1-2 p.m.
<b>19</b> <b>MARTIN LUTHER</b> <b>KING JR. DAY</b> <b>HOLIDAY</b> <b>SOUTHCENTRAL</b> <b>FOUNDATION</b> CLOSED	<b>20</b> <span style="color: green;">B</span> <b>Mindful Mornings</b> 8:15-9 a.m. <span style="color: green;">B</span> <b>Pin Cushions</b> 9:30-11 a.m. <span style="color: green;">B</span> <b>Drum as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>21</b> <span style="color: green;">B</span> <b>Breathe into Energy</b> 3-4 p.m. <span style="color: blue;">I</span> <b>Raised Flowers</b> 9-11 a.m.; 2-4 p.m.	<b>22</b> <span style="color: green;">B</span> <b>Pin Cushions</b> 9:30-11 a.m. <span style="color: green;">B</span> <b>Ahtna Chokers</b> 1-3 p.m. <span style="color: green;">B</span> <b>Talking Circle</b> 3-4 p.m.	<b>23</b> <span style="color: purple;">A</span> <b>Beaded Wristlets</b> 9-11 a.m.; 1-3 p.m. <span style="color: blue;">I</span> <b>Dentalium Earrings</b> 3-5 p.m.
<b>26</b> <span style="color: purple;">A</span> <b>Beaded Wristlets</b> 9-11 a.m.; 1-3 p.m. <span style="color: green;">B</span> <b>Mindful Mondays</b> 4-4:30 p.m.	<b>27</b> <span style="color: green;">B</span> <b>Mindful Mornings</b> 8:15-9 a.m. <span style="color: blue;">I</span> <b>Fabric Flowers</b> 9-11 a.m. <span style="color: green;">B</span> <b>Drum as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>28</b> <span style="color: green;">B</span> <b>Breathe into Energy</b> Noon-1 p.m.; 3-4 p.m. <span style="color: blue;">I</span> <b>Drawstring Bags</b> 1-3 p.m. <span style="color: green;">B</span> <b>Ahtna Chokers</b> 10 a.m.- noon	<b>29</b> <span style="color: green;">B</span> <b>Talking Circle</b> Noon-1; 3-4 p.m. <span style="color: blue;">I</span> <b>Raised Flowers</b> 9-11 a.m.	<b>30</b> <span style="color: blue;">I</span> <b>Drawstring Bags</b> 9-11 a.m. <span style="color: green;">B</span> <b>Project Circle</b> 1-2 p.m.; 3-4 p.m.



# Classes



## New Class Calendar Feature!

Not sure if class difficulty meets your skill level? Classes are now labeled as beginner, intermediate, or advanced to help you determine what classes would be best for you. Look for the letters B for beginners, I for intermediate, and A for advanced on the class calendar.

### Ahtna Animals

Join Lia as she teaches about the Ahtna Language. Learn how to pronounce different animal names in the Ahtna Athabascan language.

### Ahtna Chokers

Using sinew, hide, and beads, assemble a traditional Ahtna choker for yourself or a loved one! Not Ahtna? No worries! This is great introduction to beginner level beading.

### Ahtna Colors

Join Lia as she teaches about colors in the Ahtna Language.

### Badge Reels

Join Witty as she teaches us how to bead a badge reel.

### Beaded Wristlets

Join Witty in this advanced beading class where you will learn how to make beaded wristlets.

### Beathe into Energy

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

### Devil's Club Wall Hanging

Devil's club has a variety of uses. In this class taught by Witty, you will learn how to assemble wall décor made from beads, string, and devil's club.

### Dentalium Earrings

Learning from our Tribal doctor apprentice Ruby, you will learn how to create beautiful dentalium earrings.

### Drawstring Bags

Taught by our culture specialist Witty, you will learn how to hand sew a drawstring bag with pre-cut fabric. Participants will begin the project in class and complete it at home, applying the skills and techniques learned during class.

## Drum as Medicine

Learn how to play the traditional hand drum in five easy steps with Buz.

## Fabric Flowers

A florally fun time with Lia beading flowers petal details onto fabric that peaks out for additional color as earrings or keychains.

## Felt Beading Edging Styles

In this Intermediate level class, you will join Witty in learning how to felt bead, specifically to sharpen your edging style skills!

## Mindful Mondays

Come and wind down from your stressful workday with Tribal doctor/clinical director Natalee. This class teaches mindfulness practices: a sense of calm and clarity to set yourself up for success. Join this afternoon gathering to connect with others and end your day with intention.

## Mindful Mornings

A mindful morning routine is a way to start your day with the gift of serenity, a sense of calm and clarity setting yourself up for success. Join this morning gathering with Natalee to connect with others and begin your day with intention.

## Pin Cushions

Avoid those pesky pokes when you drop your needle. Learn to sew a pin cushion to tidy up your crafting space with Witty.

## Project Circle

Bring any creative project with you to class held by Lia. Set aside this time to make progress on any creative project and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

## Raised Flowers

In this beading class taught by Lia, you will learn how to bead flower templates in a three-dimensional beaded design.

## Talking Circle

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

## Tote Bags

Learn how to make a tote bag from cloth material with Witty. Can be used for shopping or personal belongings.