# NOVEMBER

## Cultural Class Calendar



**Scan the QR code to register.**

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

### Monday

**Monday, November 2**

Mindful Mondays
4-4:30 p.m.

**Monday, November 9**

Project Circle
9-11 a.m., 1-3 p.m.

Mindful Mondays
4-4:30 p.m.

**Monday, November 16**

Project Circle
9-11 a.m., 1-3 p.m.

Mindful Mondays
4-4:30 p.m.

**Monday, November 23**

Project Circle
9-11 a.m., 1-3 p.m.

Mindful Mondays
4-4:30 p.m.

**Monday, November 30**

Leather Pouches
3-5 p.m.

Mindful Mondays
4-4:30 p.m.

### Tuesday

**Tuesday, November 3**

Mindful Mornings
8:15-8:45 a.m.

**Tuesday, November 10**

Mindful Mornings
8:15-8:45 a.m.

Drum Circle
11 a.m.-noon

**Tuesday, November 17**

Mindful Mornings
8:15-8:45 a.m.

Storytelling
11 a.m.-noon

**Tuesday, November 24**

Mindful Mornings
8:15-8:45 a.m.

### Wednesday

**Wednesday, November 4**

Drum Circle
1-2 p.m.

**Wednesday, November 11**

Holiday Closure
Veterans Day

**Wednesday, November 18**

Felt Beading
9-11 a.m.

Paint Lab
11 a.m.-noon

Drum Circle
1-2 p.m.

**Wednesday, November 25**

Felt Beading
9-11 a.m.

Drum Circle
1-2 p.m.

### Thursday

**Thursday, November 5**

Talking Circle
1-2 p.m.

**Thursday, November 12**

Wristlets
9-11 a.m.

Talking Circle
11 a.m.-noon

Paint Lab
1-2 p.m.

**Thursday, November 19**

Talking Circle
1-2 p.m.

**Thursday, November 26**

Holiday Closure
Thanksgiving Day

### Friday

**Friday, November 6**

Tote Bags
1-4 p.m.

**Friday, November 13**

Tote Bags
1-4 p.m.

**Friday, November 20**

Brick Stitch Fringe Earrings
9 a.m.-noon

Tote Bags
1-4 p.m.

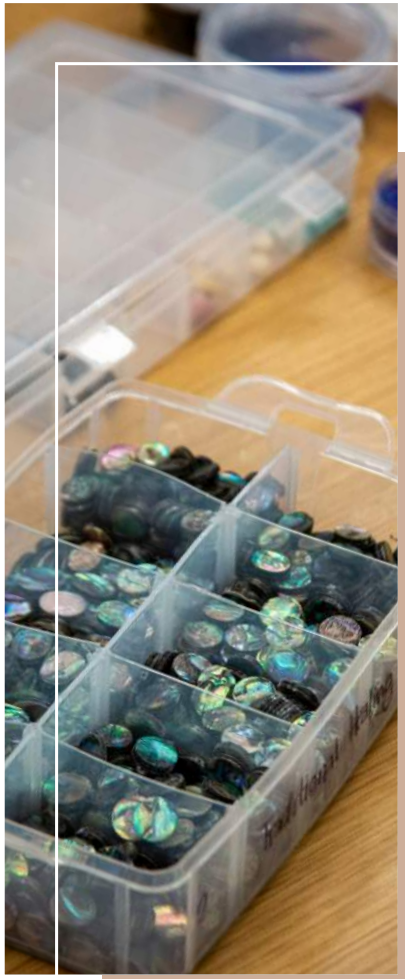
**Friday, November 27**

Holiday Closure
Day of Thanks

**Attend, Participate, and Enter to Win**

Start a participation card at your next cultural class. Customer-owners who attend 10 classes can enter a random prize drawing on Dec. 21!

# Classes



ALASKA NATIVE MEDICAL CENTER

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.

## Beginner Classes

### Brickstitch Fringe Earrings

Join tribal doctor apprentice Shirley Barnes as she demonstrates how to create fringe earrings with the brickstitch beading technique.

### Drum Circle

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

### Felt Beading

Learn foundational threading techniques while refining straight and curved linework.

### Leather Pouches

Tribal doctor Ruby Soboleff teaches participants how to create leather pouches and shares their cultural significance and their traditional uses.

### Mindful Mondays

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

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.

### Paint Lab

Explore creativity through painting on canvas with tribal doctor Ruby Soboleff. Participants will have the opportunity to express themselves through art while learning painting techniques.

### Project Circle

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

### Quiet Time

A beginner-friendly class that offers a variety of meditation practices. A renowned Native Elder described meditation as “a time to gain greater understanding from within and stop the chatter inside.” Practices may include Breathing in Energy Centers, as well as Gratitude Meditation, the practice of Not-knowing, and guided meditations from the Calm app.

### Talking Circle

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

## Intermediate

### Tote Bag

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

### Wristlets

Learn the basics of designing and creating beaded wristlets.

**If a scheduled class time does not work for you, call the Traditional Healing Clinic front desk to arrange a one-on-one session with a culture specialist.**