

Byron Katie Workshop

With Stef Skupin

Join us for this drop-in discussion group on the work of spiritual innovator Byron Katie. Her "Work" has a simple, replicable system for freeing ourselves from the thoughts that make us suffer.

*Thursdays 5 pm—6:30 pm
October and November*

Poetry Explosion

With Tracy Vance

Connect with your deepest creativity through exercises and selected poetry recitations to create dynamic, personal poetry. All poetry created in this and the spring class will be included in a poetry anthology to be published by the CCC in 2018.

*Thursdays 6 pm—8 pm
November*

Copper Window Art

With Bonnie Pleasants

Have fun creating these unique art pieces for your home with copper wire and items you collect!

*Introductory class: October 17 5 pm—7 pm
Creation class: November 18 1 pm—3 pm*
\$15 materials required for this class

National Novel Writing Month

With Tracy Vance

Have you ever wanted to write a novel? National Novel Writing Month (Nanowrimo.org) is an annual event designed to help you do just that! This drop-in group will help you sign up for Nanowrimo, give you a chance to discuss your work, get support and will also provide lots of time to get the writing done!

*Saturdays 12 pm—3 pm
November*

History Series

Pre-Registration for History Series not required.

BC/AD

(Before Civilization/After the Dam)

With Arnie Marchand

Arnie will discuss the impact of Grand Coulee dam on the Native American tribes of the Okanogan.



September 13 6:00 pm—7:30 pm

Frank Matura



With Doug Woodrow

Join Doug for a discussion on the life and work of famed photographer Frank S. Matura. Matura documented much of the early history of the Okanogan with vivid photography.

October 11 6:00 pm—7:30 pm

McLaughlin Canyon

With James Moore and Carol Ogilvie

On July 28, a pack train of 160 miners heading for the silver mines of Kimberly BC were ambushed in Tonasket's own McLaughlin Canyon. Come here about the historic build up to this event, how it unfolded and how it ended up affecting both the natives and new settlers to the region.



November 8 6:00—7:30 pm

Refreshments available for each event by donation

Community Cultural Center of Tonasket



Free Community Classes and History Series

Fall 2017

Community Cultural Center
509-486-1328
411 Western Avenue PO Box 664
Tonasket, WA 98855
Office hours: 9-4 Tuesdays and Thursday



FREE FALL CLASSES

In keeping with Community Cultural Center of Tonasket's mission to provide a facility for arts, recreation and education, the CCC is again offering free community classes. Led by community volunteers, these classes are both fun and informative!

As each class needs a minimum of three people, pre-registration is required.

Pre-register by calling 509-486-1328 or 486-0365.

KICK OFF PARTY

September 9
11 am to 1 pm

Join us for a meet and greet with some of our teachers and register for classes.

Snacks, coffee and juice provided!

Okanogan Language

With Dr. Ethel Lindauer, PhD

Learn the Okanogan language! This class will cover pronunciation and some oral speaking/immersion. Get an inspiring experience in keeping a Native American tongue alive and enjoying some Okanaogan culture.

*Tuesdays and Fridays 1 pm—3 pm
September through November*

Stress Management

With Donna Bausch

Increase your brain function and memory. Boost your energy level and overall health by learning to cope with the stress in your life and reducing its negative effects.

*Tuesdays 7 pm - 8 pm
September 25 to October 24*

Yoga and Mobility

With Emily Freeman

Mountain Mana yoga is a community-based healing modality that aims to improve mobility and have fun breathing and stretching! Emily's goal is to put YOU in the driver's seat for improving and healing YOUR body. Emily can also provide individualized consultations to fit your unique needs.

*Fridays 12:15 pm—12:45 pm
September through November*

Using Stories for Self-Discovery and Development

With Dinah Eppel

Myths, animal stories and legends have deep symbolic and archetypal messages for us. In this course we will use traditional stories to hold a mirror up to our pasts, and ourselves and discover how we respond to the events in our lives differently, bringing a new perspective and deeper self-knowledge.

*Tuesdays 5 pm—8 pm
September 5—September 26*

Reiki for Health & Healing

With Heather Straub

These one-on-one energetic treatments can be scheduled with Heather by calling 429-0252.

*Tuesdays scheduled between 1 and 4
September and October*

Dream Work

With James Moore

If you enjoy dreaming please join us in this workshop setting, where we'll look at our dreams, the different ways to approach and clarify them and explore how they express our unconscious mind as well as the way they can affect our waking mind.

*Wednesdays 1 pm—3 pm
September through November*

Permaculture Design

With Alex Eppel

This introductory permaculture presentation is designed to inform and inspire your approach to garden, farm and land design. Learn how nature patterns can be used to create low maintenance, highly productive and beautiful landscapes that positively impact our environment.

October 5 5 pm—8 pm

Earthships

With Steve Fardys

Earthships are a type of passive solar house made of natural and upcycled materials. Presentation will include stories and personal observations from various builds and photos from the custom earthship homes of The Greater World Earthship community in Taos.

November 7 6 pm—8 pm