

# March

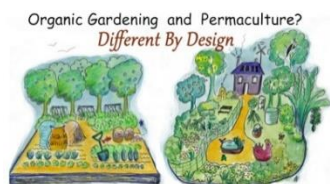
Tuesdays 1-3pm March 7-May 9:

## Native Okanogan Language Class:

Pronunciation, Some Immersion, Animal Names, Stories, Song

Tuesday March 28 3:30-5:30

\*Permaculture Design with Alex Eppel



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

# April

Tuesdays 1-3pm through April:

## Native Okanogan Language Class

Thursdays 11- 12:30 April 6, 13& 20

\*Chiropractic Health 3 pt. Series with Dr. Hammer of Family Chiropractic Omak  
Learn about the body & spine.

April 12 — 6-8 pm

## Okanogan History Series

### The Mystery of Hiram “Okanogan” Smith

Who was this first permanent white settler in what is now Okanogan County? Why did he stay? What was the impact? Why don't we know more about him? Why do we care?

## Beginners

### Hip/Hop



With Anna Torres-Wolleat: Beginners Hip Hop and Groove: We'll practice finding the beat in music and use simple varying moves to match it. We'll go over basic steps and isolations and learn how to put them together in 8-beat segments. The main goal is to loosen up, use every ounce of that body and have fun!

Thursday April 13 5:30-7:30 Earthships

with Steve Fardys: The presentation will include stories and personal observations from various builds and a photographic tour of some of the custom earthship homes of The Greater World Earthship community in Taos. (See pic. On cover)

Saturday April 29<sup>th</sup> 11-3

Hot Sauce Workshop-Come learn and create fun hot sauces from scratch with Ann of Texas Creek Salsa! She will show you what to use, discuss neat/local ingredients and how to bottle.

Sharing ideas for what to  
this season in your garden!!



grow

# May

Tuesday 1-3pm May 2, and 9: Native Okanogan Language Class

## Okanogan History Series

May 10 — 6-8 pm

### The Cariboo Trail

### Movie -vs- Reality

The trail was long and hard for the cattle and the men.

Tuesdays 4-5:30pm May-ongoing

## Non-Violent Communication Group

Led by Heather Straub: intro class May and ongoing, supportive group on non-violent ways of communicating, finding new approaches to difficult or challenging interactions.

Thursday May 4<sup>th</sup> 1-3, and May 18<sup>th</sup> 5:30-7

## Powerful and Positive Workshop

Get insights about how to achieve your goals through positivity! Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change! Join us in this powerful seminar: Utilize skills you already have; develop new skills; plan short and long term goals; stay focused and positive in good & bad times; turn challenging situations into new opportunities!

