



LIFEWAYS
c a l e n d a r
Experience and share the culture and traditions of the many Tribes and Bands of the Grand Ronde through classes, field trips and a variety of special events.

Activities will be held throughout the year in Eugene, Portland, Grand Ronde and throughout the traditional homelands of Our Tribes and Bands.

3312 SW Kelly Ave.
Portland, OR 97201
Phone: 503-235-4230
Lisa Archuleta
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Portland Area Office

Date(s)	Time	Activity
Tuesdays	5 PM to 6:30 PM	Chinuk Wawa (Youth & Families)
	6:30 PM - 8:30 PM	Chinuk Wawa (Adult & Youth Sessions)
Wednesdays	5 PM to 6:30 PM	Chinuk Wawa (Youth & Families)
	6:30 PM - 9 PM	Life Ways Class: Carving, Native Art Design Chinuk Wawa Family cultural activities
Saturdays - Activities will vary, so please contact the Portland Office if you plan to attend.	12 noon to 5 PM	Life Ways Class: A variety of family activities will occur relating to Native Art Design, Native Plants, Traditional Gathering, Cance Family activities, and Chinuk Wawa.

711 Country Club Rd. Suit 1 A
Eugene, OR 97401
Phone: 541-484-7085
Jon Darcy-Chantell, ext. 221
john.chantell@grandronde.org
Courtney Rose, ext. 225
courtney.rose@grandronde.org

Eugene Satellite Office

Date(s)	Time	Activity
Mondays	12 Noon	Elder Lunch <small>only held on the first Monday of every month</small>
	5:15 PM - 6:15 PM	Strength training
	6:15 PM - 7:15 PM	Yoga
Wednesdays	9:00 - 12 noon	Native American Pottery
	1:00 PM - 3:00 PM	Bead Club
Thursdays	1:00 PM - 3:00 PM	Native Plant Ethnobotony (May 3rd, 17 and 31 and "Traditional Native Paints" Art Class May 10 & 24)
	5 PM to 7 PM	"Traditional Native Paints" Art Class
	5:15 PM - 6:15 PM	Strength training
	6:15 PM - 7:15 PM	Yoga
	1-4 PM to 5-7 PM	Lifeways
Friday (May 25th)	10:00AM to 1:00PM	HEALTH SEMINAR~ Exercise and Diabetes
Saturdays	10:00 PM - 12 PM	Native Pottery
	12 PM - 2 PM	Community potluck <small>3rd Saturday of the month</small>

Grand Ronde Office

9615 Grand Ronde Road
Grand Ronde, OR 97347
Phone: 503-879-5211

Date(s)	Time	Activity
Mondays	5:30 PM	Chinuk Wawa Class Room 2004, Education Building
Fridays	5:30 PM	Traditional Carving

A partnership project of the Social Services, Cultural Resources, Adult Education, Eugene Satellite Office, Portland Area Office and Public Relations Office.