

INDIGENOUS GARDENING **September**

NATIVE AMERICANS FOR COMMUNITY ACTION'S
Lasting Indigenous Family Enrichment Program (L.I.F.E.)

2021

Recurring Events

Sundays - Volunteer at Colton Community Garden and learn gardening skills from Master gardeners!

Noon - 3pm @ Colton Community Garden,
N. Winding Brook Rd, Flagstaff, AZ.
(Not meeting 9/5 due to holiday)

Monday, Wednesdays, Fridays - Volunteer at Izabel Community Garden and help grow food for the community!

5 - 6 pm @ Izabel Street Community Garden,
2300 N Izabel St, Flagstaff, AZ.

Thursdays, September 16th and 23rd - Join us outside in a group warm up, then either walk or jog in a safe and supported group led by a certified personal trainer!

6 - 7 pm @ Buffalo Park, 2400 N Gemini Rd, Flagstaff, AZ.

Special Events

Corn Roasting Demonstration using a Pueblo Bread Oven and Three Sisters Chili Food Demo by Coconino County AZ Health Zone. Event will be outdoors. Sunday, Sept. 12th, 9 am - noon @ Colton Community Garden.

Learn to make a hand drum with Christopher David. Tuesday, Sept. 14th, 6 - 8 pm @ Puente de Hozho Elementary School Gym, 3401 N. 4th St, Flagstaff, AZ.

NACA Open House. Get to know the services that NACA has to offer and earn prizes! Thursday, Sept. 23, 4 - 7 pm. 1500 East Cedar Ave., Flagstaff, AZ 86004 (Safeway Shopping Center)

Workshop on Teas and Infusions for Winter Months. Sunday, Sept. 26th, 11 am to noon, Colton Community Garden. Event will be outdoors.

Fall into Fitness. Try out fitness classes for and other NACA offerings for free! Wednesday, Sept. 29, 2 - 6 pm, NACA Wellness Center, 1500 East Cedar Ave.



NACA
NATIVE AMERICANS
FOR COMMUNITY ACTION

For more information,
contact Carrie Dallas.

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Website: nacainc.org/community-development/l-i-f-e-program

Follow us at: www.facebook.com/NACAFlagstaff