

# NATIVE AMERICAN HERITAGE MONTH CALENDAR

in Partnership with the Kickapoo Tribal Health Center (KTHC)

<p><b>1</b> November 1 - 30 30 Days of Thankfulness   <a href="https://bit.ly/2TFpTHC">bit.ly/2TFpTHC</a>          10,000 Steps Challenge   <a href="https://bit.ly/35VqCu">bit.ly/35VqCu</a></p>	<p><b>2</b>   <b>BEDTIME BUCKAROOS</b>  <i>Tsa Ca' Ayah, a Caddo Story</i> read by Chase Kahwinhut Earles  </p>	<p><b>3</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>4</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>5</b>   <b>Heritage Highlight</b>          The first American Indian Day was in May 1916 in New York. Red Fox James, a Blackfeet Indian, rode horseback from state to state, getting endorsements from 24 state governments, to have a day to honor American Indians.</p>	<p><b>6</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>7</b>           Visit the Museum to walk through and discover constellations important to the Pawnee people. Map your own chart and listen to star stories.</p>
<p><b>8</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>9</b>   <b>BEDTIME BUCKAROOS</b>  <i>The Boy who Cried Bigfoot!</i> read by Abbey Trent  </p>	<p><b>10</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>11</b>   <b>Veteran's Day</b>          Acknowledge the many Native American and Alaskan Natives who have served in the U.S. Armed Forces, and the Tribal Law Enforcement who serve to protect us. Native Americans and Alaskan Natives have the highest per-capita involvement of any population in the U.S. Military.</p>	<p><b>12</b>   <b>Blood Drive</b>          at Kickapoo Tribal Health Center   <a href="https://bit.ly/3mww1hM">bit.ly/3mww1hM</a></p>	<p><b>13</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>14</b>   <b>World Diabetes Day</b>          Visit the KTHC Diabetes web page to learn more.   <a href="https://bit.ly/35Q3wEY">bit.ly/35Q3wEY</a></p>
<p><b>15</b>           Rock Your Mocs Week</p>	<p><b>16</b>   <b>BEDTIME BUCKAROOS</b>  <i>Coyote and the Bear, a Pawnee Story</i> read by Marcus Frejo  </p>	<p><b>17</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>18</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>19</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>20</b>   <b>Rock Your Mocs on the Kickapoo Trails</b>          Follow the walking trail at the link below!   <a href="https://bit.ly/35GWcvi">bit.ly/35GWcvi</a></p>	<p><b>21</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>
<p><b>22</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>23</b>   <b>BEDTIME BUCKAROOS</b>  <i>Turtles Warpath a Pawnee Story</i> read by Marcus Frejo  </p>	<p><b>24</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>25</b>   <b>Traditional Treats</b>          Make some yummy chia seed pumpkin muffins.   <a href="https://bit.ly/3mHyTID">bit.ly/3mHyTID</a></p>	<p><b>26</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>27</b>   <b>Heritage Highlight</b>          Follow along with a craft activity provided by the Cherokee Cultural center.   <a href="https://bit.ly/3jMznM4">bit.ly/3jMznM4</a></p>	<p><b>28</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>
<p><b>29</b> 30 Days of Thankfulness 10,000 Steps Challenge</p>	<p><b>30 LET'S PLAY!</b>          Visit the National Cowboy and Western Heritage Museum to see Liichokoshkomo!  </p>	<p>          NATIONAL COWBOY &amp; WESTERN HERITAGE MUSEUM          1700 Northeast 63rd Street          Oklahoma City, OK 73111          (405) 478-2250  </p> <p> @ncwhm    @nationalcowboymuseum @OKKTHC · Medical Center   NCWHMuseum · OK_KTHC   nationalcowboymuseum.org · okkthc.com          #HashtagTheCowboy · #KTHC</p>		<p> When you see this icon, visit our YouTube channel to watch the suggested video.</p> <p> When you see this icon, visit the website link listed to the right.</p>		