

March
2020



INDIGENOUS CULTURE & TRADITIONS @ VNFC

Mon	Tue	Wed	Thu	Fri
<p>2 Elder Tech Time 1pm-2:30pm Computer Lab</p> <p>MNGV Jigging 6-7:30pm Amphitheatre</p>	<p>3 Board Game Cafe 1-2pm Elders Room</p>	<p>4 Active Elders 1-2:30pm Amphitheatre</p>	<p>5</p>	<p>6 Soup Lunch noon-1pm Gym</p> <p>Elders Fundraiser ~ Silent Auction & Indian Tacos 3pm-6:30pm Gym</p> <p>Unity Drummers 6pm-8pm Gym</p>
<p>9 MNGV Jigging 6-7:30pm Gymnasium</p>	<p>10 Crafter-noon 1pm-2:30pm Board Room</p>	<p>11 Active Elders 1-2:30pm Amphitheatre</p>	<p>12 Qi Gong Medical 10am-10:45am Group Qi Gong 11am-noon Cedar Rose Room</p> <p>Health: Lunch and Learn</p>	<p>13 Soup Lunch noon-1pm Gym</p> <p>Unity Drummers 6pm-8pm Gym</p>
<p>16 MNGV Jigging 6-7:30pm Gymnasium</p>	<p>17 Crafter-noon 1pm-2:30pm Board Room</p>	<p>18 Active Elders 1-2:30pm Amphitheatre</p> <p>Creative Arts Night 5-7pm Board Room</p>	<p>19 Qi Gong 11am-noon Cedar Rose Room</p> <p>Elders Tea & Bannock noon -1:30pm Boardroom</p>	<p>20 Soup Lunch noon-1pm Gym</p> <p>Unity Drummers 6pm-8pm Gym</p>
<p>23 MNGV Jigging 6-7:30pm Gymnasium</p>	<p>24 Elders Fundraiser ~ Dinner & Movie Night 4pm-7pm Gym</p>	<p>25 Active Elders 1-2:30pm Amphitheatre</p>	<p>26 Qi Gong 11am-noon Cedar Rose Room</p> <p>Board Game Cafe 1-2:pm Elders Room</p>	<p>27 Soup Lunch noon-1pm Gym</p> <p>Unity Drummers 6pm-8pm Gym</p>
<p>30 MNGV Jigging 6-7:30pm Gymnasium</p>	<p>31 Crafter-noon 1pm-2:30pm Board Room</p>	<p>April 1 Active Elders 1-2:30pm Amphitheatre</p>	<p>April 2 Qi Gong 11am-noon Cedar Rose Room</p>	<p>April 3 Soup Lunch noon-1pm Gym</p> <p>Unity Drummers 6pm-8pm Gym</p>

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Elders Room *daily 9am - 4:30pm (Elders Room)* Indigenous Elders welcome to visit over tea.

Board Game Café and **Elders Crafter-noon's** Indigenous Elders welcome to chose games to play or use the craft supplies while visiting, in the Elders Room (upon request). Tea & snacks.

Elder Tech Time *Monthly on a Monday 1pm-2:30pm (Computer Lab)* Elders and Seniors welcome to one on one help with basic cell phone or computer questions during CEERs Monday Job Club.

Elders Tea & Bannock *Thurs March 19 12-1:30pm* Indigenous community Elders are welcome for tea, light lunch, meet others, pick up program calendars and visit.



Urban Indigenous Language Hub Apply for the April intake by email lisa.m@vnfc.ca or pick up an application. Resources, snacks and refreshments provided at no cost.

Nihiyaw Cree

Rapid Language 5:30pm-7:30pm Tuesday

Nuu-Chah-Nulth

Rapid Language 5:30pm-7:30pm Monday

Language Table 5:30pm-7:30pm Tuesday

Dakota

Language Planning 2-3pm Thursday

Sayisi Dene

Language Planning 3:30-4:30pm Wednesday

Anishinaabe

Language Table Mondays- 1 day & 1 evening
Anishinaabe Community Potluck

Victoria Native Friendship Centre www.vnfc.ca

231 Regina Ave Victoria, BC V8Z 1J6 250.384.3211 admin@vnfc.ca

Follow us on social media:

<https://www.facebook.com/VictoriaNativeFriendshipCentr/>

Indigenous Culture & Traditions

Lisa Mercure lisa.m@vnfc.ca

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Programming for Everyone:

MNGV Jigging Mondays 6-7:30pm (Gym) Hosted by MNGV everyone welcome to drop in.

Active Elders Wednesdays 1pm-2:30pm Elders & Seniors welcome. Thanks to our friends at the District of Saanich, we will begin with chair exercises and work together in a customized active program—fill an Active Passport to enter for prize incentives. Activity journals, pedometers and snacks provided.

Qi Gong Thursdays 11am-noon (Boardroom) Everyone welcome to drop in. Yul Hill will guide us through wellness teachings (in your chair or standing). **Thursdays 10am-11:45am by appointment**

Creative Arts Night March 18 5-7pm (Boardroom)

Everyone Welcome, help us make giveaways for Indigenous Elders and meet others. Refreshments and snacks provided.

Crafter-noon March 10, 17, 31 1pm-2:30pm (Boardroom) Everyone Welcome to help Elders create giveaways for the Island Elders luncheon in April. Refreshments provided.

Elders Fundraising - Help raise funds for the Elders/Old Ones

VNFC will host the Indigenous Island Elders luncheon in April.

Silent Auction & Indian Tacos

Friday March 6th

4pm-6:30pm VNFC Gym

Fun for the whole family!

We are calling for community to support our Elders/Old Ones to gather together for this event along with ongoing programs. Cash donations over \$20 are issued a Charitable receipt. Please label donated items delivered to reception for silent auction/ Elders gifts so we know how many amazing people/agencies care about them. Contact Lisa for more information.

Auction, Dinner & Movie

Tuesday March 24th

4pm-6:30pm Gym

Everyone welcome to vote on the movie (Elders Room) - hosted by our Elders!

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