

# DECEMBER 2018—INDIGENOUS CULTURE @ VNFC

\* calendar subject to change

Mon	Tue	Wed	Thu	Fri
<b>3</b> 	<b>4</b> <b>Urban Language Hub</b> ◇ Cree Lessons 5:30pm-7:30pm Board Room ◇ Nuu-chah-nulth Lessons 5:30pm-7:30pm Community Room	<b>5</b> <b>Beading Circle</b> 5-7pm Amphitheatre	<b>6.</b> <b>Urban Language Hub:</b> ◇ Cree Lessons 5:30pm-7:30pm Board Room ◇ Nuu-chah-nulth Lessons 5:30pm-7:30pm Community Room	<b>7</b> <b>Winter Artisan Market</b> 10:30am-4pm (Gym & Community Room) Fridays Nov 9th to Dec 14th <b>Soup Lunch</b> noon-1pm
<b>10</b> 	<b>11 Creative Together</b> Group activity for Indigenous Elders 12-2pm Board Room <b>Urban Language Hub</b> ◇ Cree Lessons 5:30pm-7:30pm Board Room ◇ Nuu-chah-nulth Lessons 5:30pm-7:30pm Community Room	<b>12 Beading Circle</b> 5-7pm Amphitheatre <b>CHIROPRACTOR 10:30-1 PM</b> <b>HERBAL CLINIC 12:30-2:30 PM</b>	<b>13</b> <b>Urban Language Hub:</b> ◇ Cree Lessons 5:30pm-7:30pm Board Room ◇ Nuu-chah-nulth Lessons 5:30pm-7:30pm Community Room	<b>14</b> <b>Winter Artisan Market</b> 10:30am-4pm (Gym & Community F) Fridays Nov 9th to Dec 14th <b>Soup Lunch</b> noon-1pm
<b>17</b> 	<b>18</b> <b>Elders Tea &amp; Bannock</b> 12-2pm Board Room 	<b>19</b> 	<b>20</b> VNFC CLOSED (open again January 3, 2019)	<b>21</b> VNFC CLOSED (open again January 3, 2019)
<b>24/31</b> <b>Happy Holidays</b>	<b>25</b> 	<b>26</b> 	<b>27</b> 	<b>28</b> 

## INDIGENOUS CULTURE & TRADITIONS PROGRAM

Updated Dec 1, 2018

Contact Lisa @ [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca) or (250) 384-3211

The Victoria Native Friendship Centre  
 231 Regina Ave Victoria, BC V8Z 1J6



# INDIGENOUS CULTURE & TRADITIONS OCTOBER 2018

**Elders ongoing FUNdraiser** Raffle Tickets for Purchase. Donations gratefully accepted, help community Elders to raise funds for activities, fieldtrips and ongoing programming.

**Elders Room** daily 9am - 4:30pm (**Elders Room**) Indigenous Elders are welcome to utilize the Elders Room, work on cultural projects, meet other Elders, or just visit over tea.

**Community Elders Tea & Bannock Tuesday, Dec 18 12noon-2pm** Elders are welcome to Tea & Bannock typically every 2nd week (ongoing) to visit, light lunch provided. Pick up a calendar and drop in any of the programs offered.

**Indigenous Artist Market** Fridays Nov 9th to Dec 14th 10:30am-4pm (**Gym/Community Room**) Contact VNFC for the Artisan Vendor application...we have ten artisans confirmed to date. Everyone Welcome - Shop Local!

**Elders Workshop Tues Dec 11th noon to 1:30pm (Elders Room) Pre-Register** Indigenous Elders will reflect our unique languages in this book making project, creating one page of a communal book. Materials and instruction will be provided.

**Beading Circle Wed Dec 5 & 12 5:00pm—7:00pm (Amphitheatre)** Open to community to meet others, bring the project your working on and meet other experienced beaders. RSVP for the potluck snacks. Refreshments provided. (Ongoing, dates posted monthly).

**Urban Language Hub** If you are a fluent speaker of any Indigenous dialect willing to mentor others, please contact Lisa to discuss how you'd like to be involved. **Cree and Nuu-Chah-Nulth Language (no spaces available)** Tuesdays Dec 4 & 11 and Thursdays Dec 6 & 13 5:30pm-7:30pm Pre-register with Lisa if you wish to apply for the next intake of language lessons. **Cree Language Friday Dec 14 10am-11:45am (Board Room)** Cree/Metis Elder Stella Johnson will teach us Cree Tipi Teachings and Values to bring in our home. Light snacks and refreshments provided. After everyone welcome for community lunch.

**Volunteers welcome...** Contact Lisa to talk about ways you might get involved to support our Indigenous community Elders, or other volunteer opportunities and pick up a volunteer application form

**WELLNESS via VNFC Health Team:** (\* indicates sign up at VNFC reception by phone or in person)

**LUNCH AND LEARN** 2nd Wed each month. Wed Dec 12th.

**HEALTH SUPPORT CIRCLE** 3rd Tuesday monthly. Tues Dec 18th 1:30-3pm. Drop In, support and educational workshops.

**\*CHIROPRACTOR** Wed Dec 5 & 19 10:30am-1pm Dr. Youlton, drop in. Practitioner responsible for own billing. (*ECD Playroom*)

**COMMUNITY LUNCH** Fridays (**free**) noon-1pm. Join us for soup lunch (*Gym*) on Dec 7 & 14th.

**\*HERBAL MEDICINE By Donation.** Wednesdays 2:30-2:30pm. Pacific Rim College creates Herbal Medicine onsite. (*Wellness Room*)

**\*NUTRITIONAL CONSULTATION** Tuesdays 12:30pm-2:30pm. Free nutrition advice, meal planning and support. (*Wellness Room*)

**\*ACCUPUNCTURE** Fridays 12:30-2:30pm Sign up at Reception. (*Wellness Room*).

**UNITY DRUMMERS** Fridays 6pm-8:30pm Open to community to share songs and friendship (*Gym*)

Visit the VNFC website for all the amazing programs hosted by VNFC Teams [www.vnfc.ca](http://www.vnfc.ca)

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