



Victoria Native Friendship Centre  
231 Regina Avenue Victoria, BC  
(250) 384-3211

## Elders Tea & Bannock



Tuesday January 15 & 29

~ noon to 2pm ~

Indigenous community Elders welcome to visit and connect with others.

Soup, Tea and Bannock Provided

Please call VNFC (250) 384-3211 or email Lisa [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

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## Indigenous Elders Art Collaboration

**How would you describe Indigenous Languages in art?**

Indigenous community members are invited to meet Debbie, a registered Art Therapist and fun to be around. We encourage participants to be creative, while reflecting how Indigenous languages would look as art—each page will be combined into a folding book.

Light lunch, materials and instruction will be provided.



\*pre-register—limited space [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

Tuesday January 22nd 12 noon—2:30pm



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## Beading Circle

**Everyone Welcome to Join us!**

Bring your beading or any project working with your hands. Meet other new and experienced beaders.

If you use our supplies, make one to help our Elders program, and take another one home to sell/gift.

Wednesday 5pm to 7pm

January 16 & 30

Light dinner and Potluck Snacks ~ Refreshments Provided

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## Qi (Chi) Gong

Everyone Welcome to Join us!

Everyone welcome to join in Qi Gong with Yul Hill.

Your welcome to sit or stand to movements while being guided in a relaxing environment.



Friday January 18 & 25

11 am to 12 noon

(Community Room)





## Victoria Native Friendship Centre

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tel 250-384-3211

**VNFC'S Urban Language Hub:**

# Nuu-chah-nulth Lessons

**January 2019 5:30-7:30pm**

Tuesdays: 15, 22, 29 Thursdays: 17, 24, 31

**Genevieve Mack** (Ahousaht Nation) and **Fran Memnook** (Hesquiaht Nation) are fluent speakers leading the language group, support and encourage your language learning.

**Della Preston** (Tseshaht Nation) is currently studying language through the University of Victoria, in the Nuu-chah-nulth Language Proficiency Program.



Light dinner, refreshments and learning resources provided.

**\*pre-registration required\*** contact Lisa via email [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

## Victoria Native Friendship Centre

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**VNFC'S Urban Language Hub:**

# Nihiyaw (Cree) Lessons

**January 2019 5:30-7:30pm**

Tuesdays: 15, 22, 29 Thursdays: 17, 24, 31

Both Jackie and Lyle are fluent Nihiyaw (Cree) speakers and able to support new and advanced learners.

Pre-register by email, or apply at VNFC for the Nihiyaw (Cree) Lessons. Light dinner, refreshments and learning resources provided.



**\*pre-registration required\*** contact Lisa via email [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

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## Victoria Native Friendship Centre

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**VNFC'S Urban Language Hub:**

# Nihiyaw (Cree) Lessons

**Friday January 25, 2019**

**VNFC Board Room 1:00pm-2:30pm**

**Come learn with Cree/Metis Elder Stella Johnson**



Stella Johnson was raised by her Grandmother in McLennan, northern Alberta. She is fluent in Cree – both the plains (TH) and (Y) dialects, and understands the Michif language. **"I like to help others in waking up their Cree/Michif language."**

Please pre-register there is space for 15 participants in the Board Room by email [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

Everyone welcome to community lunch 12-1pm.

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# Indigenous Elders Raffle



**GRAND PRIZE:** One night at the Kingfisher Oceanside Resort Beachfront Suite & Spa



...AND 2 passes @ Pacific Mist Hydropath

### Carved Silver Bracelet

with wolf design by local artisan Connie Hensen



**FIVE STAR WHALE WATCHING**

**\*Save the Date\*** next Elders FUN-raiser! April 23, 2019

**Tickets \$2 each - purchase at VNFC 1pm-3pm**

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### Cedar Workshop

Everyone Welcome to Join us!



Elder Genevieve will demonstrate working with Cedar while sharing stories and her Nuu-chah-nulth language.

Pre-registration required due to limited space 15/session.

**Monday January 21, 2018**

1pm to 2:30pm

**(VNFC Community Room)**

RSVP by email [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)



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## Victoria Native Friendship Centre

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Wed Jan 30 & Thurs Jan 31, 2019

5pm – 7:30pm

### Rattles and Songs

#### Pre-register ~ Limited Spaces

Join Sarah Underdown and Glenn Patterson as they show us how to make rattles over two evenings. Start grounded through smudge. Feel free to bring your own stick.

Light soup lunch and supplies provided.

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## Victoria Native Friendship Centre

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Thursday January 24, 2019

12:30pm – 3pm

### Drum Stick Workshop

#### Pre-register ~ Limited Spaces



Join Sarah Underdown and Glenn Patterson as they show us how to make drumsticks. Start grounded through smudge.

Light soup lunch and supplies provided.

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## Victoria Native Friendship Centre

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# Elders Tech Time

Do you have basic cell phone or computer questions?

Come to the computer lab with your phone or laptop so we can give a few tips to help you.



Monday January 28 1-2:30pm

For more info contact Lisa (250) 384-3211 [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

(VNFC Computer Lab)

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