



# APRIL 2019\* INDIGENOUS CULTURE @ VNFC

\* calendar subject to change

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> <p><b>Indigenous Elders Raffle</b></p> <p>Victoria Native Friendship Centre 231 Regina Avenue Victoria, BC</p> <p><b>GRAND PRIZE:</b> Kingfisher Beachfront Suite &amp; Spa for two <b>Carved Silver Bracelet</b> by local artisan Connie Hensen <b>Whale Watching</b> for two with 5 Star Whale Watching <b>Tickets \$2 purchase @VNFC Fridays noon-3pm</b> For more info contact Lisa (250) 384-3211 lisa.m@vnfc.ca *Save the Date* next Elders FUN-raiser! April 23, 2019</p>	<p><b>2</b></p> <p><b>Urban Language Hub</b> 4-5pm Sayisi Dene 5:30-7:30pm Cree &amp; Nuu-chah-nulth</p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b> Qi Gong 11am-noon <b>Soup Lunch</b> noon-1pm <b>Elder Raffle Tix \$2</b> 12-3pm <b>Unity Drummers</b> 6pm-8pm</p>
<p><b>8</b></p>	<p><b>9</b> <b>Bookmaking</b> 12:30-2:pm Boardroom (drop-in) <b>Urban Language Hub</b> Pre-registered Lessons 4-5pm Sayisi Dene 5:30-7:30pm Cree &amp; Nuu-chah-nulth</p>	<p><b>10</b></p> <p><b>Urban Language Hub</b> 1-3pm Anishinaabemowin language planning</p>	<p><b>11</b> <b>Urban Language Hub</b> Pre-registered Lessons 5:30-7:30pm Cree Language as Art Nuu-chah-nulth Peer Led Lessons</p>	<p><b>12</b> Qi Gong 11am-noon <b>Soup Lunch</b> noon-1pm <b>Elder Raffle Tix \$2</b> 12-3pm <b>Yoga &amp; Meditate</b> 1-2pm <b>Unity Drummers</b> 6pm-8pm</p>
<p><b>15</b></p> <p><b>Indigenous Elders Raffle</b></p> <p>Victoria Native Friendship Centre 231 Regina Avenue Victoria, BC</p> <p><b>GRAND PRIZE:</b> Kingfisher Beachfront Suite &amp; Spa for two <b>Carved Silver Bracelet</b> by local artisan Connie Hensen <b>Whale Watching</b> for two with 5 Star Whale Watching <b>Tickets \$2 purchase @VNFC Fridays noon-3pm</b> For more info contact Lisa (250) 384-3211 lisa.m@vnfc.ca *Save the Date* next Elders FUN-raiser! April 23, 2019</p>	<p><b>16</b> <b>Elders Bingo &amp; Bannock</b> 1:30-3pm Community Room <b>Urban Language Hub</b> Pre-registered Lessons 4-5pm Sayisi Dene 5:30-7:30pm Cree &amp; Nuu-chah-nulth</p>	<p><b>17</b></p> <p><b>Urban Language Hub</b> 1-3pm Anishinaabemowin language planning <b>Beading Circle</b> 5-7pm Amphitheatre</p>	<p><b>18</b></p> <p><b>Bookmaking</b> 1-3pm Elders Room</p>	<p><b>19</b></p> <p><b>VNFC Closed</b></p> 
<p><b>22</b> <b>VNFC Closed</b></p> 	<p><b>23</b></p> <p><b>Urban Language Hub</b> Pre-registered Lessons 4-5pm Sayisi Dene 5:30-7:30pm Cree &amp; Nuu-chah-nulth</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>Elders Fundraiser Dinner, Silent Auction &amp; Scott Ward Hypnotist</b> <b>5:30-8pm Everyone Welcome!</b></p>	<p><b>26</b> Qi Gong 11am-noon <b>Soup Lunch</b> noon-1pm <b>Unity Drummers</b> 6pm-8pm</p>
<p><b>29</b></p> <p><b>Elder Tech Time</b> 1pm-2:30pm Computer Lab</p>	<p><b>30</b></p>	<p><b>May 1</b></p>	<p><b>May 2</b> <b>Urban Language Hub</b> Pre-registered Lessons 5:30-7:30pm Cree Peer Led Lessons Nuu-chah-nulth Language as Art</p>	<p><b>May 3</b> Qi Gong 11am-noon <b>Soup Lunch</b> noon-1pm <b>Unity Drummers</b> 6pm-8pm</p>

Updated April 3, 2019

**INDIGENOUS CULTURE & TRADITIONS PROGRAM**  
Contact Lisa lisa.m@vnfc.ca

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



\* calendar subject to change

**Elders FUN-raiser Thursday April 25, 2019 4pm-8pm @ VNFC Gym.** Volunteers needed to host a fun evening, dinner for purchase, silent auction and Scott Ward-Hypnotist, then lucky raffle winners announced.

**Elders Raffle Tickets** \$2/ticket sold @ VNFC until 3pm April 25.

**Elders Room** daily 9am - 4:30pm (**Elders Room**) Indigenous Elders welcome to visit over tea, relax or use the space for activities. Pick up the program calendars.

**Wellness Movements Friday April 12, 1pm-2pm** Everyone Welcome to a class with [Jaime Hunt](#) who hosts an accessible class, focusing on conscious breath, gentle movement, guided meditation.

**Bannock & Bingo Tuesday, April 16 1:30-3pm** Everyone Welcome! Hosted by the health support circle group 'Bannock & Bingo' includes light snacks and refreshments.

**Elder Tech Time Monday April 29 1pm-2:30pm (Computer Lab)** Elders welcome to Job Club for one on one help with basic cell phone or computer questions.

**Qi Gong Friday April 5, 12, 26, May 2 11am-noon** Everyone welcome. Yul Hill will guide us through wellness teachings (in your chair or standing), then join us for lunch.

**Bookmaking Tues April 9, Thurs April 18 12:30-2pm (Boardroom)** Everyone welcome (drop-in) in this workshop, over the course of several weeks, Individuals will create their own visual storybook around the theme of Indigenous language.

**Beading Circle Wed March 20 5:00pm—7:00pm (Amphitheatre)** Everyone Welcome (drop-in), bring any project working with your hands and meet others. **RSVP for the potluck snacks.** Refreshments and snacks provided. (dates posted monthly).

**Urban Indigenous Language Hub 5:30pm-7:30pm (Pre-Registration Required)**

*Tuesday Language Lessons April 2, 9, 16, 23, 30 Thurs Peer Led Lessons April 11 and May 2*

*\*pre-register for [Nihiyaw Cree](#), [Sayisi Dene](#) and [Nuu-Chah-Nulth](#) lessons, or Anishinaabemowin language planning.*

**Unity Drummers Fridays 6pm-8:30pm** Everyone Welcome to learn songs and meet our extended Drum Family (*Gym*) see their facebook group for details and special events.



Victoria Native Friendship Centre  
231 Regina Avenue Victoria, BC

## Indigenous Elders Raffle

**GRAND PRIZE:** Kingfisher Beachfront Suite & Spa for two  
**Carved Silver Bracelet** by local artisan Connie Hensen  
**Whale Watching** for two with 5 Star Whale Watching  
**Tickets \$2 purchase @VNFC Fridays noon-3pm**  
For more info contact Lisa (250) 384-3211 [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

\*Save the Date\* next Elders FUN-raiser!

Thursday, April 25, 2019

**Volunteers welcome...** Contact Lisa if you wish to support our Indigenous community Elders (hosting in the Elders Room, or other volunteer opportunities, whether it's a few hours per month or week, we appreciate you. We offer a free Criminal Records Check and can customize your duties, building on your work experience. [Volunteer applications](#) available at reception.

For copies of other VNFC program calendars and events: [www.vnfc.ca](http://www.vnfc.ca)  
or follow us on social media <https://www.facebook.com/VictoriaNativeFriendshipCentre/>

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

250-384-3211 [www.vnfc.ca](http://www.vnfc.ca)

