

# JANUARY 2019—INDIGENOUS CULTURE @ VNFC

\* calendar subject to change

Mon	Tue	Wed	Thu	Fri
<b>December 31</b> VNFC CLOSED	<b>January 1</b> VNFC CLOSED	<b>2</b>	<b>3</b>	<b>4 Soup Lunch</b> noon-1pm <b>Unity Drummers</b> 6pm-8pm
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 Soup Lunch</b> noon-1pm
<b>14</b>	<b>15 Elders Tea&amp; Bannock</b> 12-2pm Board Room <b>Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>16 Beading Circle</b> 5-7pm Amphitheatre	<b>17 Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>18 Qi Gong</b> 11am-noon <b>Soup Lunch</b> noon-1pm <b>Unity Drummers</b> 6pm-8pm
<b>21 Cedar Weaving and Teachings</b> 1pm-2:30pm Amphitheatre	<b>22 Bookmaking</b> 12-2:30pm Amphitheatre <b>Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>23</b>	<b>24 Drum Sticks</b> 1pm-3pm <b>Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>25 Qi Gong</b> 11am-noon <b>Cree Lessons with Stella</b> 10:30am-noon Board Room <b>Soup Lunch</b> noon-1pm
<b>28 Elder Tech Time</b> 1pm-2:30pm Computer Lab	<b>29 Elders Tea&amp; Bannock</b> 12-2pm Board Room <b>Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>30 Rattles &amp; Songs</b> 5-7pm Gymnasium <b>Beading Circle</b> 5-7pm Amphitheatre	<b>31 Rattles &amp; Songs</b> 5-7pm Gymnasium <b>Urban Language Hub</b> 5:30-7:30pm Cree & Nuu-chah-nulth	<b>Feb 1 Qi Gong</b> 11am-noon <b>Soup Lunch</b> noon-1pm <b>Elders Bingo</b> 1-2pm <b>Unity Drummers</b> 6pm-8pm

Updated Jan 10, 2019

**INDIGENOUS CULTURE & TRADITIONS PROGRAM**

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

Victoria Native Friendship Centre  
 231 Regina Ave Victoria, BC V8Z 1J6  
 250-384-3211



# INDIGENOUS CULTURE & TRADITIONS JANUARY 2019

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- Elders Raffle Tickets** \$2/ticket - Great prizes (Kingfisher Resort and Spa, Whale Watching and Silver bracelet) Support community Elders to raise funds for activities, fieldtrips and ongoing programming. **Next FUN-raiser: Tuesday, April 23, 2019 4pm-8pm @ VNFC.**
- Elders Room** daily **9am - 4:30pm (Elders Room)** Indigenous Elders welcome to visit over tea, relax or use the space for activities.
- Unity Drummers** Fridays **6pm-8:30pm** Open to community to share songs and friendship (*Gym*)
- Community Elders Tea & Bannock Tuesday, Jan 15 & 29 noon-2pm** Elders Tea & Bannock typically every 2nd week (ongoing) to visit, light lunch provided. Pick up a calendar and drop in any of the programs offered.
- Qi Gong Fridays Jan 18, 25 & Feb 1 11am-noon** Everyone welcome sit or stand to movements led by Yul Hill, then join us for lunch.
- Elders Bookmaking Tues Jan 22 noon to 2:30pm (Elders Room) Pre-Register** Indigenous Elders invited to be creative, reflect on Indigenous languages through art, creating one page of a book. Light lunch, materials and instruction will be provided.
- Beading Circle Wed Jan 16 & 30 5:00pm—7:00pm (Amphitheatre)** Everyone Welcome, bring any project working with your hands and meet others. RSVP for the potluck snacks. Refreshments provided. (Ongoing, dates posted monthly).
- Cedar Weaving Mon Jan 21 1pm-2pm (Community Room)** Everyone Welcome \*pre-register with Lisa\*. Elder Genevieve will demonstrate cedar weaving, and teach words relating to cedar in the Nuu-chah-nulth language. Refreshments provided.
- Drum Sticks Thurs Jan 24 12:30pm-3pm (Community Room)** Everyone Welcome \*pre-register with Lisa\*. Sarah and Glenn will lead drum stick making. Your welcome to bring a stick. Snacks and supplies provided.
- Rattles & Songs Thurs Jan 30 & 31 5pm-7:30pm (Gym)** Everyone Welcome \*pre-register with Lisa\*. Sarah and Glenn will lead the Rattle making workshop, including learning a song over this two day workshop. Soup, snacks and supplies provided.
- 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. Tuesdays Jan 15, 22, 29 and Thursdays Jan 17, 24, 31 starts 5:30pm-7:30pm \*pre-register with Lisa\* to apply for this intake of Nihyaw Cree & Nuu-Chah-Nulth language lessons.
- Cree Language Friday Jan 25 1pm-2:30pm (Board Room)** Cree/Metis Elder Stella Johnson will lead Cree language.
- Elder Tech Time 1pm-2:30pm (Computer Lab)** Elders welcome to Job Club for help with basic cell phone or computer questions

**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. Volunteering builds your work experience, create a stronger community network, and is flexible so you enjoy your time with us. Volunteer applications available at reception.

Visit the VNFC website for program calendars hosted by VNFC Teams [www.vnfc.ca](http://www.vnfc.ca)

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