


JUNE 2019* INDIGENOUS CULTURE @ VNFC

* calendar subject to change

Mon	Tue	Wed	Thu	Fri
3 Elders Crafter-noon 1-2:pm Elders Room	4 Urban Language Hub Pre-registered Lessons 5:30-7:30pm Cree & Nuu-chah-nulth	5 Garden Club Drop-In 10am-noon Elders Tea noon-2:pm Amphitheatre	6	7 Beading Circle 10am-noon Soup Lunch noon-1pm Movie: The Road Forward Leave VNFC 1:45pm (Elders & Family welcome pre-register with Lisa June 6) Unity Drummers 6pm-8pm
10 Qi Gong 11am-noon Boardroom Elder Tech Time 1pm-2:30pm Computer Lab	11 Urban Language Hub Pre-registered Lessons 4-5pm Sayisi Dene VNFC Annual General Meeting 5pm-7:30pm	12 Garden Club Drop-In 10am-noon PAWS-pet therapy noon-1:30pm Urban Language Hub 1-3pm Anishinaabemowin	13 Bookmaking 1:30-2:30pm Cedar Room	14 Soup Lunch noon-1pm Unity Drummers 6pm-8pm
17 Qi Gong 11am-noon Boardroom	18 Lunch and Learn noon-1:30pm Cedar Rose Room Urban Language Hub Pre-registered Lessons 4-5pm Sayisi Dene 5:30-7:30pm Cree & Nuu-chah-nulth	19 Elders Tea noon-2:pm Amphitheatre Urban Language Hub 2-3pm Anishinaabemowin	20 Garden Club Drop-In 10am-noon Esquimalt Farmers Market noon-2:pm Amphitheatre	21 @ Royal Roads 10:30am-7:30pm Soup Lunch noon-1pm Unity Drummers 6pm-8pm 
24 Qi Gong 11am-noon Boardroom	25 Urban Language Hub Pre-registered Lessons 4-5pm Sayisi Dene	26 Garden Club Drop-In 10am-noon	27 Traditional Medicine 1:30pm-3pm Elders Room	28 Soup Lunch noon-1pm Unity Drummers 6pm-8pm

Updated June 3, 2019

INDIGENOUS CULTURE & TRADITIONS PROGRAM

Contact Lisa lisa.m@vnfc.ca

Victoria Native Friendship Centre

231 Regina Ave Victoria, BC V8Z 1J6

250-384-3211



INDIGENOUS CULTURE & TRADITIONS JUNE 2019

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

Elders Tea *Wednesday, June 5 & 19 1:30-3pm (Amphitheatre)* Indigenous community Elders welcome for tea, light lunch to meet others, pick up program calendars and check in.

Elder Tech Time *Monday June 10 1pm-2:30pm (Computer Lab)* Elders welcome to Job Club for one on one help with basic cell phone or computer questions.

Medicine Demonstration *Thursday, June 27 1:30pm-3pm (Elders Room)* Jean Smith will demonstrate Devils Club uses

Elders Tour *Friday, June 28 10:30am-3pm* Indigenous Elders actively involved at VNFC will participate in a local fieldtrip.

Garden Club *June 5, 12, 20, 26 10am-noon* Volunteers Needed. Help us build the VNFC garden, expert gardener onsite.

Qi Gong *Monday June 10, 17 & 24 11am-noon (Board Room)* Everyone welcome to drop in. Yul Hill will guide us through well-ness teachings (in your chair or standing).

PAWS-pet therapy *Thursday June 12 noon-1:30pm (Community Room)* Everyone welcome (drop-in) to learn about pet therapy.

Bookmaking *Thursday June 13 1-3pm (Cedar Room)* Everyone welcome (drop-in) in this workshop, supplies provided to work with paint and create your own art.

Beading Circle *Friday June 7 10am-noon (Elders Room)* Everyone Welcome (drop-in), bring any project working with your hands and meet others. Refreshments and snacks provided. (dates posted monthly).

Movie: The Road Forward Leave VNFC 1:45pm (Elders & Family welcome pre-register with Lisa June 6)

Esquimalt Farmers Market *Thursday June 20 4:30pm-7pm (527 Fraser Street, Esquimalt)* Everyone welcome, VNFC will host children's activities to recognize Indigenous Peoples' Day, come meet local farmers and artisans, live music and friendly neighbors.

Follow them on [Facebook](#) | [Twitter](#) | [Instagram](#) @esquimaltmarket

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

◇ **Nihiyaw Cree, and Nuu-Chah-Nulth lessons** *Tuesday June 4 & 18 from 5:30-7:30pm*

◇ **Sayisi Dene** *Tuesday June 11, 18 from 4-5pm*

◇ **Anishinaabemowin language planning** *Wednesday June 12 & 19 1-3pm*

Indigenous Peoples' Day @ Royal Roads University *Friday June 201 10:30am-7:30pm (@ RRU)* Contact VNFC if you wish to pre-register at reception for the shuttle to RRU. "the day-long event will include Indigenous practices and protocols, art, food and games:

canoe landing protocol and canoe challenge, drumming, singing and dancing, children's field games, Indigenous foods, craft workshops, artists and vendors, a walk along Colwood Creek with Cowichan Nation Elder Kenneth Elliot to learn about the history of the land and Indigenous plants"

Unity Drummers *Fridays 6pm-8:30pm* Everyone Welcome to learn songs and meet our extended Drum Family (*Gym*) see their

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.

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