

MARCH 2019—INDIGENOUS CULTURE @ VNFC

* calendar subject to change

Mon	Tue	Wed	Thu	Fri
<p>4</p>	<p>5</p> <p>Bookmaking 12-2:30pm Amphitheatre</p> <p>Urban Language Hub 4-5pm Sayisi Dene 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>6</p>	<p>7</p> <p>Urban Language Hub 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>8</p> <p>Soup Lunch noon-1pm Elder Raffle Tix \$2 12-3pm Unity Drummers 6pm-8pm</p>
<p>11</p>	<p>12</p> <p>Bookmaking 12-2:30pm Amphitheatre</p> <p>Urban Language Hub 4-5pm Sayisi Dene 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>13</p> <p>Elders @ Songhees Nation Luncheon 11-1:30pm Offsite at Songhees Wellness Centre</p>	<p>14</p> <p>Urban Language Hub 5:30-7:30pm Nuu-chah-nulth</p> <p>Nihiyaw (Cree) Gathering 5:30-7:30pm</p>	<p>15</p> <p>Qi Gong 11am-noon Soup Lunch noon-1pm Elder Raffle Tix \$2 12-3pm Unity Drummers 6pm-8pm</p>
<p>18</p>	<p>19</p> <p>Urban Language Hub 4-5pm Sayisi Dene 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>20</p> <p>Beading Circle 5-7pm Amphitheatre</p>	<p>21</p> <p>Urban Language Hub 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>22</p> <p>Qi Gong 11am-noon Soup Lunch noon-1pm Elder Raffle Tix \$2 12-3pm Unity Drummers 6pm-8pm</p>
<p>25</p> <p>Elder Tech Time 1pm-2:30pm Computer Lab</p>	<p>26</p> <p>Elders Tea & Bannock 12-2pm Board Room</p> <p>Urban Language Hub 4-5pm Sayisi Dene 5:30-7:30pm Cree & Nuu-chah-nulth</p>	<p>27</p> <p>Popcorn & Movie 1:-2:30pm Boardroom</p>	<p>28</p> <p>Urban Language Hub 5:30-7:30pm Cree</p> <p>Nuu-Chah-Nulth Gathering 5:30-7:30pm</p>	<p>29</p> <p>Qi Gong 11am-noon Soup Lunch noon-1pm Elder Raffle Tix \$2 12-3pm Elders Bingo 1-2pm Unity Drummers 6pm-8pm</p>

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

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



INDIGENOUS CULTURE & TRADITIONS MARCH 2019

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Elders Raffle Tickets \$2/ticket - Great prizes. Support Elders activities, fieldtrips

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. Pick up the program calendars.

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

Community Elders Tea & Bannock Tuesday, March 26 noon-2pm

Elders Tea & Bannock (typically every 2nd week ongoing) to visit, lunch provided.

Elder Tech Time Monday Feb 25 1pm-2:30pm (**Computer Lab**) Elders welcome Job Club for one on one help with basic cell phone or computer questions.

Qi Gong Friday March 15, 22, 29, 11am-noon Everyone welcome sit or stand to movements led by [Yul Hill](#), then join us for lunch.

Bookmaking Tues March 5 & 12 12:30-2pm (**Elders Room**) **Pre-Register** Indigenous Elders and those learning their language are invited to be creative, reflect on Indigenous languages through art, creating one page of a book.

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

Popcorn & Movie Wed March 27 1pm-2:30pm Everyone Welcome. Movie TBA, suggestions welcome.

Urban Language Hub Tuesdays March 5, 12, 19, 26 and Thursdays March 7, 14, 21, 28 5:30pm-7:30pm ***pre-register with Lisa*** to apply for this intake of [Nihiyaw Cree Lessons](#) & [Nuu-Chah-Nulth lessons](#). This month, we are starting up **Sayisi Dene** lessons.

Community Cree Gathering Thurs March 14 5:30pm-7:30pm (**Gym**) Calling Nihiyawak (Cree People) Join Art Napoleon, Stella Johnson and Jackie Ballantyne in a fun potluck dinner, then immerse in Cree language and culture.

Community Nuu-Chah-Nulth Gathering Thurs March 28 5:30pm-7:30pm (**Gym**) Local Nuu-Chah-Nulth welcome to come for potluck dinner, then immerse in language and culture.

Visit the VNFC website for program calendars hosted by VNFC Teams www.vnfc.ca



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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.

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

