


# September 2019 INDIGENOUS CULTURE & TRADITIONS @ VNFC

Sun	Mon	Tue	Wed	Thu	Fri
 <p>On behalf of VNFCs Board, Staff and Elders, we welcome community to help Celebrate <b>VNFCs 50th</b> year serving community!!</p> <p><b>Join us Sunday September 29 9am-5pm</b></p>	<b>2 Labor Day Holiday</b> VNFC Closed	<b>3</b>	<b>4 Urban Language Hub</b> 5-7pm *Language Planning with Speakers and Helpers*	<b>5 Qi Gong</b> 11am-noon Amphitheatre	<b>6 Soup Lunch</b> noon-1pm Gym <b>Unity Drummers</b> 6pm-8pm Gym
	<b>9 Walking Club</b> 1-2pm meet in Elders Room <b>MNGV Jigging</b> 6-7:30pm VNFC Gym	<b>10 Beading Circle</b> noon-2:pm Elders Room <b>Urban Language Hub</b> 3-4pm Dakota language planning	<b>11 Health Lunch-Learn</b> Noon-1:30:pm Community Room	<b>12 Qi Gong</b> 11am-noon Amphitheatre <b>Urban Language Hub</b> 3:30-5pm Sayisi Dene	<b>13 Soup Lunch</b> noon-1pm Gym <b>Unity Drummers</b> 6pm-8pm Gym
	<b>16 Elder Tech Time</b> 1pm-2:30pm Computer Lab <b>MNGV Jigging</b> 6-7:30pm VNFC Gym	<b>17 Beading Circle</b> 5-7pm Amphitheatre	<b>18 Elders Workshop</b> noon-2:pm VNFC Boardroom <b>Urban Language Hub</b> 5-7pm *Language Planning with Speakers and Helpers*	<b>19 Qi Gong</b> 11am-noon Amphitheatre <b>Esquimalt Farmers Market</b> 4:30pm-7pm at Memorial Park 1200 Esquimalt	<b>20 Soup Lunch</b> noon-1pm Gym <b>Beading Circle</b> 1pm-2:30pm Elders Room <b>Unity Drummers</b>
	<b>23 Walking Club</b> 1-2pm meet in Elders Room <b>MNGV Jigging</b> 6-7:30pm VNFC Gym	<b>24 Beading Circle</b> noon-2:pm Elders Room <b>Urban Language Hub</b> 5:30-7:30pm Nihiyaw Cree & Nuu-Chah-Nulth	<b>25 Elders Lunch &amp; Tea</b> noon-2:pm VNFC Boardroom <b>Urban Language Hub</b> 2-3pm Anishinaabemowin	<b>26 Qi Gong</b> 11am-noon Amphitheatre <b>Urban Language Hub</b> 3:30-5pm Sayisi Dene	<b>27 Soup Lunch</b> noon-1pm Gym <b>Board Game Cafe</b> 1-3:pm Elders Room <b>Unity Drummers</b>
	<b>30</b> VNFC Closed	<b>October 1 Urban Language Hub</b> 5:30-7:30pm Nihiyaw Cree & Nuu-Chah-Nulth	<b>2 Elders Fieldtrip</b> *Pre-register	<b>3 Qi Gong</b> 11am-noon Amphitheatre	<b>4 Soup Lunch</b> noon-1pm Gym <b>Unity Drummers</b> 6pm-8pm Gym

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**Elders Room** daily *9am - 4:30pm (Elders Room)* Indigenous Elders welcome to visit over tea.

**Elders Lunch & Tea** *Every 2nd Wednesday noon-2pm*

**(Boardroom)** Indigenous community Elders welcome for tea, light lunch, meet others, pick up program calendars and visit.

**Elders Fieldtrips** *Monthly* Indigenous Elders actively involved at VNFC are invited to participate in a local fieldtrips.

Pre-registration required and nominal fee for outings.

**Elders Workshops** *Monthly* Indigenous Elders are invited to participate in our informative workshops, snacks and refreshments provided.



## Urban Indigenous Language Hub

*pre-register by applying for the next two intakes September-December & January to February.*

*We will host seasonal potlucks to share basic language and culture specific to each Indigenous language family.*

<b><u>Nihyaw Cree</u></b>	5:30pm-7:30pm Tuesdays
<b><u>Nuu-Chah-Nulth</u></b>	
<b>Dakota language planning</b>	3-4pm Tuesdays
<b><u>Sayisi Dene</u></b>	3:30-5pm Thursdays
<b><u>Anishinaabe</u></b>	Wednesdays - typically 1 day & 1 evening/month

**Victoria Native Friendship Centre** [www.vnfc.ca](http://www.vnfc.ca)

231 Regina Ave Victoria, BC V8Z 1J6 250-384-3211 [admin@vnfc.ca](mailto:admin@vnfc.ca)

Follow us on social media:

<https://www.facebook.com/VictoriaNativeFriendshipCentr/>

**Indigenous Culture & Traditions**

**Lisa Mercure**

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# September 2019 INDIGENOUS CULTURE & TRADITIONS @ VNFC

Programming for Everyone:

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

**Walking Club** *Every 2nd Monday 1pm-2pm* Everyone welcome to help Elders walk or scoot inside or around the neighborhood. Prize incentives, activity journals, pedometers and snacks provided.

**Qi Gong** *Thursdays 11am-noon (Amphitheatre)* Everyone welcome to drop in. Yul Hill will guide us through wellness teachings (in your chair or standing).

**Beading Circle** *Monthly 5:30-7pm (Amphitheatre) & 10am-noon 2xs/m (Elders Room)* Everyone Welcome, bring any project working with your hands and meet others. Refreshments and snacks provided.

**Esquimalt Farmers Market** *Thursday Sept 15 4:30pm-7pm (1200 Esquimalt Road-Memorial Park)* VNFC will be hosting in the Children's Area. Meet local farmers, artisans, enjoy the live music and friendly neighbors

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

## Celebrate VNFCs 50th Anniversary !

Sunday September 29, 2019 from 9am-5pm

Details on the VNFC website

[www.vnfc.ca/vnfc-50th-anniversary](http://www.vnfc.ca/vnfc-50th-anniversary)

**Call for Volunteers...** Contact Lisa to support Indigenous community Elders (hosting in the Elders Room, or other volunteer opportunities to build your work experience.

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