

INDIGENOUS CULTURE & TRADITIONS NOVEMBER 2018* calendar subject to change

Mon	Tue	Wed	Thu	Fri
Mondays Mediations	Tuesdays Nutrition Consultation 12:30-2:30pm		1	2 Fridays - Soup Lunch 12-1pm Artist Market 10:30am-4pm Acupuncture 12:30-2:30 Unity Drumming 6-8:30 A.A 8—9PM
5	6 Indigenous Elders Tea & Bannock 12-2pm Board Room Registered Cree Lessons 5:30pm-7:30pm Board Room	7 VNFC CLOSED <i>(hosting an event)</i>	8 VNFC CLOSED <i>(hosting an event)</i> Registered Cree Lessons 5:30pm-7:30pm Board Room	9 Winter Artisan Market 10:30am-4pm (Gym & Community Room) Fridays Nov 9th to Dec 14th Soup Lunch noon-1pm
12 VNFC CLOSED Remembrance Day 	13 Registered Cree Lessons 5:30pm-7:30pm Board Room	14 CHIROPRACTOR 10:30-1 PM HERBAL CLINIC 12:30-2:30 PM	15 Registered Cree Lessons 5:30pm-7:30pm Board Room	16 Winter Artisan Market 10:30am-4pm (Gym & Community Room) Fridays Nov 9th to Dec 14th Soup Lunch noon-1pm
19 Urban Pow-wow 5-7:30pm Gym	20 Indigenous Elders Tea & Bannock noon-2pm Board Room Registered Cree Lessons 5:30pm-7:30pm Board Room	21 HERBAL CLINIC 12:30-2:30 PM Beading Circle 5-7pm Amphitheatre	22 Registered Cree Lessons 5:30pm-7:30pm Board Room	23 Winter Artisan Market 10:30am-4pm (Gym & Community Room) Qi Gong 11am-noon Elders Room Soup Lunch noon-1pm
26	27 Registered Cree Lessons 5:30pm-7:30pm Board Room	28 HERBAL CLINIC 12:30-2:30PM	29 Elders FUNdraiser 4pm -7:30pm Gym Dinner for Purchase Auction - Raffle 50-50 	30 Winter Artisan Market 10:30am-4pm (Gym & Community Room) Qi Gong 11am-noon Elders Room Soup Lunch noon-1pm

INDIGENOUS CULTURE & TRADITIONS PROGRAM

Updated Nov 2, 2018

Contact Lisa @ lisa.m@vnfc.ca or (250) 384-3211

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



INDIGENOUS CULTURE & TRADITIONS OCTOBER 2018

Elders FUNdraiser 4pm -7:30pm (*Gym*) Dinner for Purchase Auction - Raffle 50-50. Donations gratefully accepted, help community Elders raise funds for activities, fieldtrips and ongoing programming. Volunteers needed.

Elders Room daily 9am - 4:30pm (*Elders Room*) Indigenous Elders are welcome to utilize the Elders Room, work on cultural projects, meet other Elders, or just visit over tea.

Community Elders Tea & Bannock Tuesday, Nov 6 & 20 12noon-2pm (*Community Room*) Elders are welcome to Tea & Bannock every 2nd week (ongoing) to visit, light lunch provided. Pick up a calendar and drop in any of the programs offered.

Indigenous Artist Market Fridays Nov 9th to Dec 14th 10:30am-4pm (*Gym/Community Room*) Contact VNFC for the Artisan Vendor application. Everyone Welcome!

Urban Powwow Night Mon Nov 19th 5:00pm—7:30pm (*Gym*) All Indigenous community members are welcome. RSVP for a light dinner and snack potluck. Westwind Intertribal Drum will join us. New and experienced dancers and drummers welcome. Thank you for your support starting up the Urban Pow-Wow Night! **Update:** VNFC will host monthly Urban Powwow nights- dates posted monthly.

Beading Circle Wed Nov 21 5:00pm—7:00pm (*Amphitheatre*) Open to community to meet others, bring the project your working on and meet other experienced beaders. RSVP for the potluck snacks. Refreshments provided. (Ongoing, dates posted monthly).

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.

Cree Language (*no spaces available*) Tuesdays Nov 6, 13, 20, 27 and Thursdays Nov 9, 16, 23 5:30pm-7:30pm (*Board Room*) Pre-register with Lisa if you wish to apply for the first intake of Nihiyaw (Cree) language lessons with Lyle and Jackie.

Cree Language Friday Nov 16 & 23 1-2:30pm (*Board Room*) After community lunch, Cree/Metis Elder Stella Johnson will teach us Cree syllabics. Light snacks and refreshments provided.

Qi (chi) Gong Friday Nov 23 & 30 11am-noon (*Community Room*) Everyone welcome to join in Qi Gong with Yul. You can sit or stand to

Volunteers welcome... Contact Lisa to talk about ways you might get involved to support our Indigenous community Elders, or other volunteer opportunities and pick up a volunteer application form

movements while being guided in a relaxing environment. Refreshments provided during the session, then join us for lunch.

WELLNESS via VNFC Health Team: (* indicates sign up at VNFC reception by phone or in person)

LUNCH AND LEARN 2nd Wed each month. Wed Nov 14th. Join First Nation Health to share funding via Jordan's Principle (lunch included).

HEALTH SUPPORT CIRCLE 3rd Tuesday monthly. Oct 16th 1:30-3pm. Drop In, support and education about diabetes.

***FOOTCARE WORKSHOP** (drop in) Mon Nov 26th 1:30pm-3:30pm Everyone Welcome, range of footcare topics. (*pre-register for exams).

***CHIROPRACTOR** Wed Nov 7 & 21 10:30am-1pm Dr. Youlton, drop in. Practitioner responsible for own billing. (*ECD Playroom*)

COMMUNITY LUNCH Fridays (free) noon-1pm. Join us for soup lunch (*Gym*)

***HERBAL MEDICINE By Donation.** Wed Nov 14, 21 & 28 12:30-2:30pm. Pacific Rim College creates Herbal Medicine onsite. (*Wellness Room*)

***NUTRITIONAL CONSULTATION** Tuesdays 12:30pm-2:30pm. Free nutrition advice, meal plan-

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