


# 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>Join us Sunday September 29 - 9am-5pm</p> | <b>2 Labor Day Holiday</b><br>VNFC Closed  | <b>3</b>  | <b>4 Urban Language Hub</b><br>5-7pm *Language Planning with Speakers and Helpers*                                     | <b>5 Qi Gong</b> 11am-noon<br>Boardroom  | <b>6 Soup Lunch</b><br>noon-1pm Gym<br><b>Unity Drummers</b><br>6pm-8pm Gym                                   |
|   | <b>9 Walking Club</b><br>1-2pm meet in Elders Room<br><b>MNGV Jigging</b><br>6-7:30pm VNFC Gym   | <b>10 Beading Circle</b><br>noon-2:pm Elders Room<br><b>Urban Language Hub</b><br>3-4pm<br>Dakota language planning         | <b>11 Health Lunch-Learn</b><br>Noon-1:30:pm Community Room<br><b>Urban Language Hub</b><br>6--7:30pm Anishinaabemowin | <b>12 Qi Gong</b> 11am-noon<br>Boardroom<br><b>Urban Language Hub</b><br>3:30-5pm Sayisi Dene                          | <b>13 Soup Lunch</b><br>noon-1pm Gym<br><b>Unity Drummers</b><br>6pm-8pm Gym                                  |
|   | <b>16 Elder Tech Time</b><br>1pm-2:30pm Computer Lab<br><b>MNGV Jigging</b><br>6-7:30pm VNFC Gym | <b>17 Urban Language Hub</b><br>5-7pm *Language Planning with Speakers and Helpers*   | <b>18 Elders Workshop</b><br>noon-2:pm VNFC Boardroom<br><b>Beading Circle</b><br>5-7pm Amphitheatre                   | <b>19 Qi Gong</b> 11am-noon<br>Boardroom<br><b>Esquimalt Farmers Market</b> 4:30pm-7pm at Memorial Park 1200 Esquimalt | <b>20 Soup Lunch</b><br>noon-1pm Gym<br><b>Unity Drummers</b><br>6pm-8pm Gym                                  |
|   | <b>23 Walking Club</b><br>1-2pm meet in Elders Room<br><b>MNGV Jigging</b><br>6-7:30pm VNFC Gym  | <b>24 Beading Circle</b><br>noon-2:pm Elders Room<br><b>Urban Language Hub</b><br>5:30-7:30pm Nihiyaw Cree & Nuu-Chah-Nulth | <b>25 Elders Lunch &amp; Tea</b><br>noon-2:pm VNFC Boardroom<br><b>Urban Language Hub</b><br>2-3pm Anishinaabemowin    | <b>26 Qi Gong</b> 11am-noon<br>Boardroom<br><b>Urban Language Hub</b><br>3:30-5pm Sayisi Dene                          | <b>27 Soup Lunch</b><br>noon-1pm Gym<br><b>Board Game Cafe</b><br>1-3:pm Elders Room<br><b>Unity Drummers</b> |
|   | <b>30</b><br>VNFC Closed   | <b>October 1</b><br><b>Urban Language Hub</b><br>5:30-7:30pm Nihiyaw Cree & Nuu-Chah-Nulth                                  | <b>2 Elders Fieldtrip</b><br>*Pre-register   | <b>3 Qi Gong</b> 11am-noon<br>Boardroom  | <b>4 Soup Lunch</b><br>noon-1pm Gym<br><b>Unity Drummers</b><br>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>Nihiyaw Cree</b>             | 5:30pm-7:30pm Tuesdays                  |
| <b>Nuu-Chah-Nulth</b>           | 3-4pm Tuesdays                          |
| <b>Dakota language planning</b> | 3:30-5pm Thursdays                      |
| <b>Sayisi Dene</b>              | Thursdays - 1 afternoon and one evening |
| <b>Anishinaabe</b>              |   |

**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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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 (Board Room)*** 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) & noon-2pm (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 if you wish to support Indigenous community Elders (hosting in the Elders Room, or other volunteer

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**Indigenous Culture & Traditions**

**Lisa Mercure**

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