

January  
2022



# INDIGENOUS CULTURE & TRADITIONS @ VNFC

Note: cultural programming is zoom (phone or online) to keep our community safe

UPDATED Jan 10, 2022 \*calendar subject to change

Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 Qi Gong 10:30am-noon with Yul	6	7 Elder Tech Time 1pm-2pm	8 Urban Language Hub 11am-1pm Y Cree with Lyle
10 Urban Language Hub 5:30-7pm Nadut'en (Carrier)	11 Guys Coffee Break 11am-noon (typically 1st Tues monthly) Urban Language Hub 5:30-7pm Nuu-Chah-Nulth	12 Qi Gong 10:30am-noon with Yul Urban Language Hub 5:30-7pm TH Cree with Jackie	13 Knit/Craft Circle 12:30-2pm Urban Language Hub 1-2:30 Dakota Language Planning	14 Active Elders 1pm-2pm	15 Urban Language Hub 11am-1pm Y Cree with Lyle
17 Urban Language Hub 5:30-7pm Nadut'en (Carrier)	18 Bingo! 1pm-2:30pm Urban Language Hub 5:30-7pm Nuu-Chah-Nulth	19 Qi Gong 10:30am-noon with Yul Urban Language Hub 5:30-7pm TH Cree with Jackie	20 Urban Language Hub 1-2:30 Dene Language Planning	21 Elder & Seniors Tea 1pm-2:30pm	22 Urban Language Hub 11am-1pm Y Cree with Lyle
24 Urban Language Hub 5-7pm Nadut'en (Carrier)	25 Urban Language Hub 5:30-7pm Nuu-Chah-Nulth	26 Qi Gong 10:30am-noon with Yul Urban Language Hub 5:30-7pm TH Cree with Jackie	27 Knit/Craft Circle 12:30-2pm Urban Language Hub 1-2:30 Dakota Language Planning	28 Elder Tech Time 1pm-2pm	29 Urban Language Hub 11am-1pm Y Cree with Lyle
31 Urban Language Hub 5-7pm Nadut'en (Carrier)	Feb 1 Urban Language Hub 5:30-7pm Nuu-Chah-Nulth	Feb 2 Qi Gong 10:30am-noon with Yul Urban Language Hub 5:30-7pm TH Cree with Jackie	Feb 3 Urban Language Hub 1-2:30 Dene Language Planning	Feb 4 Active Elders 1pm-2pm	Feb 5 Urban Language Hub 11am-1pm Y Cree with Lyle



**Victoria Native Friendship Centre**  
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**JANUARY 2022\***

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### Programming for Indigenous Community:

**Urban Indigenous Language Hub** (Pre-Registration Required) open to those of that language group and their families

- ◇ **Nadut'en (Carrier)** Mondays **5:30-7pm**
- ◇ **nuučaanuł, central dialect** Tuesday **5:30-7pm**
- ◇ **Nihiyaw (Cree)** **Wednesday 5:30-7pm** TH Cree with Jackie and **Saturday 11am-1pm** Y Cree with Lyle
- ◇ **Dakota and Dene Language Planning** alternating Thursdays **1pm-2:30pm**

### Programming for Elders and Seniors:

**Active Elders** Friday Jan 14, Feb 4, 2022 Fridays **1pm-2pm**. Join us for light exercises and health tips

**Elder & Seniors Tea** Jan 21, 2022 Fridays **1pm-2:30pm**. Monthly Elder & Seniors Tea to help us connect with one another, meet special guests or discussion topics monthly.

**Elder & Seniors Tech Time** Jan 7 & 28 2xs/month Fridays **1pm-2pm**. Supporting Elder & Seniors with basic cell phone, computer tips.

### Programming for Everyone:

**Guys Coffee Break** Jan 11, Feb 1 & Mar 1, 2022. 1st Tuesday monthly **11am-noon**. Everyone welcome to drop in for a chat with Indigenous Elders and Seniors to visit together.

**Qi Gong** Wednesdays **10:30am-noon**. Everyone welcome to drop in. Yul Hill will show us simple ways to help with your overall wellness, using simple movements from the comfort of your own home.

**Knit & Crafts Circle** Jan 13 & 27th 2xs/month Thursday **1pm-2:30pm**. Everyone welcome to meet others working on knitting or any craft project.

**Bingo** Jan 18, 2022 Tuesday **1pm-2:30pm**. RSVP for the phone-in/zoom link. Pick up bingo cards @ VNFC. Have fun meeting others in our community including Elders and Seniors.