

October 2021



# INDIGENOUS CULTURE & TRADITIONS @ VNFC

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

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>4</b></p>	<p><b>5 Guys Coffee Break</b> 11am-noon (1st Tuesday monthly)</p>	<p><b>6 Qi Gong</b> 10:30am-noon with Yul</p>	<p><b>7</b> <b>Urban Language Hub</b> 3-4pm planning Dene</p>	<p><b>8</b></p>	<p><b>9</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle</p>
<p><b>11</b> VNFC Closed </p>	<p><b>12</b></p>	<p><b>13 Qi Gong</b> 10:30am-noon with Yul</p>	<p><b>14 Knit Circle</b> 12:30-2pm <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite)</p>	<p><b>15</b> <b>Elder Tech Time</b> 1pm-2pm</p>	<p><b>16</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle</p>
<p><b>18</b> <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite)</p>	<p><b>19</b> <b>Bingo!</b> 1pm-2:30pm</p>	<p><b>20 Qi Gong</b> 10:30am-noon with Yul</p>	<p><b>21</b> <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite) <b>Urban Language Hub</b> 3-4pm planning Dene</p>	<p><b>22</b> <b>Elder &amp; Seniors Tea</b> 1pm-2:30pm</p>	<p><b>23</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle</p>
<p><b>25</b> <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite) <b>Urban Language Hub</b> 5-7pm Carrier Neduten</p>	<p><b>26</b></p>	<p><b>27 Qi Gong</b> 10:30am-noon with Yul  <b>Medicine Teaching</b> 4:30pm-6pm Pre-register limited space (zoom)</p>	<p><b>28</b> <b>Knit Circle</b> 12:30-2pm <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite)</p>	<p><b>29</b> <b>Elder Tech Time</b> 1pm-2pm</p>	<p><b>30</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle </p>
<p><b>November 1</b> <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite) <b>Urban Language Hub</b> 5-7pm Carrier Neduten</p>	<p><b>Nov 2</b> <b>Urban Language Hub</b> 5:30-7pm Nuu-Chah-Nulth</p>	<p><b>Nov 3 Qi Gong</b> 10:30am-noon with Yul <b>Urban Language Hub</b> 5:30-7pm TH Cree with Jackie</p>	<p><b>Nov 4</b> <b>Bead Circle</b> 12:30-4:30pm register limited space (onsite)</p>	<p><b>Nov 5</b> <b>Active Elders</b> 1pm-2pm</p>	<p><b>Nov 6</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle</p>

## Programming for Indigenous community:

**Urban Indigenous Language Hub** - apply for the fall intake [here](#) or email [language@vnfc.ca](mailto:language@vnfc.ca) to apply for [Carrier](#) (Monday 4:30pm), [Nuu-Chah-Nulth](#) (Tuesday 5:30), Nihiyaw Cree classes ([Wed 5:30pm](#) or [Sat 11am](#)). We're also creating curriculum for Dene and Dakota.

**[Bead Circle](#) Mondays & Thursdays Oct 14 ongoing 12:30-4:30pm** pre-register for zoom/onsite (6 onsite at VNFC screened to have 2 vaccines) add beads, contributing to a project laying flowers in Honor of the Children and Survivors of Residential Schools. Hosted by Saanich Community Artist in Residence Rain Cabana-Boucher, Metis Artist.

**[Medicine Teachings](#) Wednesday Oct 27 4:30-6pm** pre-register for this zoom event, limited spaces available. This month Namgis Elder Jean Smith will share Teachings of Devils Club Medicine and demonstrate making Medicine Tea.

## Indigenous Elders and Seniors welcome to:

**[Tech Time](#)** 2xs Monthly on **Friday Oct 15 & 29 1pm-2pm** (by appointment only) Elders and Seniors welcome to one on one help with basic cell phone or computer questions.

**[Elders Tea](#) Friday Oct 22 1-2:30pm** Elders and Seniors welcome to visit over tea, meet others or guest speakers.

## Everyone welcome:

**[Guys Coffee Break](#)** 1st Tuesday **Monthly 11am-noon (zoom)** everyone welcome to visit with Indigenous Men & Elders for casual convo over coffee. Oct 5, Nov 2, Dec 7

**[Qi Gong](#) Wednesdays 10:30am-noon (zoom)** easy stand/chair movements to improve health and overall wellness

**[Knit Circle](#)** 2 Thursdays Monthly (**Oct 14 & 28**) **12:30pm-2pm** work on any crafts with your hands while visiting.

**[Active Elders](#) Friday Nov 5 1pm-2pm** Join us on zoom to plan easy exercises to help Elders and Seniors get moving, and one day have helpers for walks in our community.

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

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**Indigenous Culture & Traditions**

**Lisa Mercure** [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

**Language Hub** [language@vnfc.ca](mailto:language@vnfc.ca)

**Elders** [Elder.Support@vnfc.ca](mailto:Elder.Support@vnfc.ca)