

# June




# INDIGENOUS CULTURE & TRADITIONS @ VNFC

# 2022

Note: all cultural programming subject to change to keep our community safe

UPDATED May 12 2022 \*calendar subject to change

Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b> <b>Team Planning</b>	<b>31</b> <b>Urban Language Hub</b> 5:30-7pm Language Planning (no classes) Nuu-Chah-Nulth	<b>1 Qi Gong</b> 10:30am-noon with Yul <b>Urban Language Hub</b> 5:30-7pm Language Planning (no classes) TH Cree	<b>2</b> <b>Urban Language Hub</b> 1-2:30 Dene Planning	<b>3</b> <b>Active Elders</b> 1pm-2:30pm	<b>4</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle
<b>6</b> <b>Team Planning</b>	<b>7</b> <b>Guys Coffee Break</b> 11am-noon (1st Tues/mth)	<b>8 Qi Gong</b> 10:30am-noon <b>Indigenous Book Circle</b> <i>Richard Van Camp : Gather</i> 1:30-2:30pm	<b>9 Knit/Craft Circle</b> 12:30-2pm <b>Urban Language Hub</b> 1-2:30 Dakota Planning	<b>10</b> <b>Elder Tech Time</b> 1pm-2pm	<b>11</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle
<b>13</b> <b>Team Planning</b>	<b>14</b> <b>Cedar Weaving and Teachings</b> 5:30-7pm	<b>15 Qi Gong</b> 10:30am-noon with Yul	<b>16</b> <b>Active Elders</b> 10:30am-2pm	<b>17</b> <b>Elder &amp; Seniors Tea</b> 1pm-2:30pm	<b>18</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle
<b>20</b> <b>Team Planning</b>	<b>21</b> <b>National Indigenous Peoples Day @ RRU</b>	<b>22 Qi Gong</b> 10:30am-noon with Yul	<b>23</b> <b>VNFCs REALLY BIG Bingo!</b> 5pm-7pm	<b>24</b> <b>Elder Tech Time</b> 1pm-2pm	<b>25</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle
<b>27</b> <b>Team Planning</b>	<b>28</b> <b>Urban Language Hub</b> 5:30-7pm Language Planning (no classes) Nuu-Chah-Nulth	<b>29 Qi Gong</b> 10:30am-noon with Yul	<b>30</b> <b>Knit/Craft Circle</b> 12:30-2pm	<b>1 Canada Day</b> 	<b>2</b> <b>Urban Language Hub</b> 11am-1pm Y Cree with Lyle



Victoria Native Friendship Centre  
231 Regina Ave Victoria, BC V8Z 1J6  
250-384-3211 www.vnfc.ca

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Note: most programs on zoom, some onsite

\*calendar subject to change

## Programming for Indigenous Community:

**Urban Indigenous Language Hub** (classes resume September) 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)** **Wed 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** Fridays June 3 **1pm-2:30pm** June 16 **10:30am-2pm** Join us for light exercises and health tips, outing tbc.

**Elder & Seniors Tea** Fridays June 17 **1pm-2:30pm** Connect with one another, meet special guests or discussion topics.

**Elder & Seniors Tech Time** Fridays June 10 & 24 **1pm-2pm**. Support for Elder & Seniors with basic tech tips.

## Programming for Everyone:

**VNFC's REALLY Big Bingo** Tues June 23 **5:30pm-7pm...with Grama Suzie from the Yukon**. Pick up bingo cards @ VNFC. Have fun meeting others in our community. RSVP for limited onsite seating, everyone welcome on zoom.

**Book Circle** Wed June 8 **1:30pm-2:30pm**. Everyone welcome to join *Richard Van Camp*, Tłıchǫ Dogrib Dene Nation as he shares about his book: *Gather* (purchase at local bookstores) Phone or Zoom RSVP to [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)

**Cedar Weaving and Teachings** Tues June 14 **5pm-7pm**. Cedar Teachings while weaving bracelets. Everyone welcome on zoom, RSVP for limited onsite to Ash at [culture@vnfc.ca](mailto:culture@vnfc.ca)

**Guys Coffee Break** 2nd Tuesmonthly June 7 **11am-noon**. Everyone welcome to chat with Indigenous Elders.

**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** Thursdays, June 9 & 30 **1pm-2:30pm**. Everyone welcome to join and work on any craft project.

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### Indigenous Culture & Traditions contacts:

Lois Williams - Language [language@vnfc.ca](mailto:language@vnfc.ca) Elder Support (applications by May26)

Ash Murphy- Embed Culture [culture@vnfc.ca](mailto:culture@vnfc.ca) Lisa Mercure - Coordinator [lisa.m@vnfc.ca](mailto:lisa.m@vnfc.ca)