

**January
2023**



INDIGENOUS CULTURE & TRADITIONS @ VNFC

Note: cultural programming is hybrid limited onsite & zoom available

UPDATED Jan 18, 2023 *calendar subject to change

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Qi Gong 10:30am-noon Zoom	5	6 Team Planning 9am-noon	7 Language Hub 11am-1pm Y Cree with Lyle Zoom
9 Team Planning 1pm-4:30pm	10 Guys Coffee Break 11am-noon Zoom	11 Qi Gong 10:30am-noon Zoom Active Elders 1pm-2pm Zoom	12 Knit/Craft Circle 1pm-2:30pm Zoom Urban Language Hub Anishinaabe Language Table 5:30pm-7pm zoom CC	13 Team Planning 9am-noon	14 Language Hub 11am-1pm Y Cree with Lyle Zoom
16 Elder Tech Time 10:30am-noon CR Team Planning 1pm-4:30pm	17 Elders Tea 1:30-3:00pm CC Urban Language Hub Language Advisory Gathering 5:30pm-7pm zoom CC	18 Qi Gong 10:30am-noon Zoom Urban Language Hub Dene Language Planning 5-6:30pm Zoom	19 Urban Language Hub Dakota Language 1pm CR Anishinaabe Language Table 5:30pm-7pm Boardroom Beading Circle 5pm-6:30pm Amp	20 Team Planning 9am-noon Community Lunch noon-1pm Gym	21 Language Hub 11am-1pm Y Cree with Lyle Zoom
23 Team Planning 1pm-4:30pm Urban Language Hub Nadut'en (Carrier) 5:30pm-7pm Zoom	24 Bingo! 1:30pm-3:30pm Boardroom Urban Language Hub <i>Planning for both cohorts:</i> nuučaañuł 5:30pm-7pm CC Nihiyaw Cree 5:30pm-7pm CR	25 Qi Gong 10:30am-noon Zoom Active Elders 1pm-2pm Gym & Zoom Urban Language Hub Dene Language 5-6:30pm Zoom	26 Knit/Craft Circle 1pm-2:30pm Zoom Urban Language Hub Anishinaabe Language Table 5:30pm-7pm Boardroom	27 Team Planning 9am-noon Community Lunch noon-1pm Gym	28 Language Hub 11am-1pm Y Cree with Lyle Zoom
30 Elder Tech Time 10:30am-noon CR Urban Language Hub Nadut'en (Carrier) 5:30pm-7pm Zoom	31 Urban Language Hub nuučaañuł planning 5:30pm-7pm CC Nihiyaw Cree Language Gathering 5:30pm-7pm Amp	February 1 Qi Gong 10:30am-noon Zoom Urban Language Hub Dene Language Planning 5-6:30pm Zoom	2 Urban Language Hub Dakota Language 1pm CR Anishinaabe Language Table 5:30pm-7pm Boardroom	3 Team Planning 9am-noon Community Lunch noon-1pm Gym	4 Language Hub 11am-1pm Y Cree with Lyle Zoom



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

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Programming for Indigenous Community: Urban Indigenous Language Hub (Pre-Register by emailing the [intake](mailto:language@vnfc.ca) to language@vnfc.ca) open to those of that language group and their families.

Mondays 5:30pm Zoom	Nadut'en (Carrier) Planning Jan 23 and 30	Saturdays 11am Zoom	Y Cree with Lyle Jan 7 thru to Feb 4, ongoing
Tuesdays 5:30pm <i>planning for Feb classes</i> Cedar Rose Room	Nihiyaw Cree Y and TH Jan 24 and 31	Tuesday <i>planning for Feb classes,</i> <i>Tuesdays @ VNFC, Thursdays offsite</i>	nuučaañuł , Jan 24 and 31
Wednesdays 5:30pm zoom	Dene Planning	Thursdays 1pm	Dakota Sioux (Cedar Rose)
Thursday 5:30pm <i>Camosun classroom</i>	Anishinaabe Jan 12 thru to Feb 2, ongoing	Nehiyaw Cree-Community Gathering Tuesday Jan 31 @ VNFC	

Programming for Elders and Seniors:

[Elder & Seniors Tech Time](#) **Mondays** 2xs monthly. RSVP to book time with Ursa Creative twice monthly for tips on basic tech questions to use your tablet, phone or computer.

[Elder & Seniors Tea](#) **Tuesdays** 1xs monthly. Elder & Seniors welcome to have tea, connect with one another, meet special guests for discussion topics monthly.

[Active Elders](#) **Wednesdays** 2xs monthly. Join us for light exercises, health tips and some outings

Programming for Everyone:

[Bead Circle](#) **Thursdays** monthly. Bring your own project, or make a new craft led by Ash. RSVP.

[Guys Coffee Break](#) **Tuesdays** 1xs monthly **11am-noon**. Drop in on zoom for a chat with Indigenous Elder men to visit together, open to all to join.

[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** 2xs monthly. **1pm-2:30pm**. Meet others working on any craft project (zoom only)

[Bingo](#) **Tuesday** 1xs monthly **1:30pm-3:00pm**. Everyone Welcome. Bingo cards available @VNFC @ VNFC. RSVP for the phone-in/zoom link.

Indigenous Culture & Traditions contacts **Team Lead:** Lisa Mercure lisa.m@vnfc.ca **Elders:** Angie Haizimsque elder.support@vnfc.ca

Culture: Ash Murphy culture@vnfc.ca **Language Hub Coordinator:** Peter Underwood language@vnfc.ca and Dale Whitford language.support@vnfc.ca