



September 2023 Programs Calendar

Office of Indigenous Culture & Traditions (ICT)



Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Aug 28	Aug 29	Aug 30 Qi Gong 10:30am—noon Zoom	Aug 31	1 Community Lunch 12-1pm Gym The Afterpartea 1-2pm CR	2
4 Labour Day VNFC Closed	5 Elder Tech Time 1pm-2:30pm Computer Lab	6 Qi Gong 10:30am—noon Zoom	7 Knit/Craft Circle 1pm Zoom	8 Community Lunch 12-1pm Gym The Afterpartea 1-2pm CR	9 Nêhiyawêwin (Cree Y) 11am Zoom
11 Nêhiyawêwin (Cree) Planning 5:30pm BR	12 Nuu-chah-nulth Planning 5:30pm BR	13 Qi Gong 10:30am—noon Zoom Sayisi Dene 5:00pm CR	14 Dakota Planning 1:00pm CR Beading Circle 5:00pm BR	15 No Lunch Today The Afterpartea 1-2pm CR	16 Nêhiyawêwin (Cree Y) 11am Zoom
18 Nêhiyawêwin (Cree) Planning 5:30pm BR	19 Elder Tech Time 1pm-2:30pm Computer Lab Nuu-chah-nulth Planning 5:30pm BR	20 Qi Gong 10:30am—noon Zoom Sayisi Dene 5:00pm CR	21 Anishinaabemowin Picnic 5:30pm Offsite Knit/Craft Circle 1pm Zoom	22 Community Lunch 12-1pm Gym The Afterpartea 1-2pm CR	23
25 Nêhiyawêwin (Cree) Planning 5:30pm BR	26 Team Planning 1pm-4:30pm Nuu-chah-nulth 5:30pm BR Ikidodaa (Anishinaabe) 5:30pm Offsite	27 Qi Gong 10:30am—noon Zoom Active Elders Chair Yoga Noon-1pm rsvp Sayisi Dene 5:00pm CR	28 Dakota Planning 1:00pm CR Anishinaabemowin 5:30pm CC Beading Circle 5:00pm BR	29 Community Lunch 12-1pm Gym The Afterpartea 1-2pm CR	30 VNFC @ the South Island Powwow 10am—6pm Royal Athletic Park 



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Victoria Native Friendship Centre | 231 Regina Ave | 250-384-3211 | vnfc.ca



Programming for Indigenous Community: Urban Indigenous Language Hub classes and gatherings are open to those of that language group and their families, email language@vnfc.ca or [register online](#).

Mondays 5:30pm <i>Boardroom</i>	Cree (Nēhiyawēwin)	Thursdays 1pm <i>Cedar Rose</i>	Dakota Sioux Planning
Tuesdays 5:30pm <i>Boardroom</i>	nuučaanuł	Saturdays 11am <i>Zoom</i>	Y Cree (Nēhiyawēwin) ongoing
Wednesdays 5:00pm <i>CR</i>	Sayisi Dene	Tuesdays <i>offsite</i>	Ikidodaa (Anishinaabe) <i>A class with the intention of becoming fluent</i>
Thursday 5:30pm <i>Camosun classroom</i>	Anishinaabe Language Table	<i>*contact Peter if you are interested in applying as a Language Helper for the nuučaanuł or Dene cohorts by email language@vnfc.ca</i>	

Programming for Elders and Seniors:

Elder & Seniors Tech Time **Mondays** 2/month. Hosted by Ursa Creative, book appointments for help with your phone, tablet etc.

Elder & Seniors Tea **Tuesdays** 1/month **1:30pm-3:00pm**. Elder & Seniors welcome to have tea, meet special guests monthly.

Active Elders 2/month. including outings and fun activities, and monthly chair yoga (gym/zoom)

After Partea **Fridays** 11:30am-3pm weekly. Time and space to gather visit with others after community luncheon

Cedar Weaving Circle RSVP to learn how to create cedar baskets.

Programming for Everyone:

Bead Circle **Thursdays** 2/month. Bring your own project, or use kits provided by Ash and make one for Elders, keep one.

Guys Coffee Break **Friday** 1/month. **11am-noon**. Join Indigenous Elder men to visit together over coffee before community lunch.

Qi Gong **Wednesdays** **10:30am-noon**. Yul leads Qi Gong weekly, learn movements to help your overall wellness. Hybrid 1/month.

Knit & Crafts Circle **Thursdays** 2/month. **1pm-2:30pm**. Meet others working on any craft project (zoom only)

Bingo **Friday** 1/month **1:30pm-3:00pm**. Everyone Welcome. Bingo cards available @VNFC. RSVP for the phone-in/zoom link

Community Events:

National Day for Truth and Reconciliation Each year, **September 30** marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. [VNFC @ Songhees](#)

Powwow Join us at Royal Athletic Park as we host Tipi Teachings: Stories and Songs from 10am-6pm. Email lisa.m@vnfc.ca or visit the info table during VNFC Friday community lunches to *register as a volunteer* by **Sept 22nd**

Check out the VNFC's new website for all program teams: <https://vnfc.ca/calendar>

Health Calendar for September: [2023-September-Health-Calendar.pdf \(vnfc.ca\)](#)

Indigenous Culture & Traditions Lead: Lisa Mercure lisa.m@vnfc.ca **Elders:** Samantha 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