



Wellness and Health May 2024

Updated: April 29, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
SUNDAY MAY 5: 10AM OUR WOMEN ARE SACRED Event	Chair Yoga (for Elders and seniors)* 12:15–1:00pm	Herbal Medicine Clinic* 1:45–3:15pm A.A 7:30–8:30pm	Knit and Craft Circle: Cedar rose pins 1:00–2:30pm A.A 7:30–8:30pm	Soup Lunch 12–1pm Fun and Fabulous Fridays Art as Therapy* 1:00-3:00pm Unity Drummers 5:30–7:30pm A.A 7:00–8:00pm
13	14	15	16	17
Community Acupuncture* 8:30–11:00am	Nuu-chah-nulth Brushings* 9:30am–3:30pm	Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	Exploring Gratitude Through Art* 9:30am–12:00pm Community Massage* 10:00am–1:00pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	Soup Lunch 12–1pm Fun and Fabulous Fridays Art as Therapy* 1:00-3:00pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
20	21	22	23	24
VICTORIA DAY VNFC CLOSED	Lunch and Learn: Island Health Community Virtual Care 12:00–1:30pm	Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	Exploring Gratitude Through Art* 9:30am–12:00pm Community Massage* 10:00am–1:00pm Container Gardening Workshop 1:00–3:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	Soup Lunch 12–1pm Fun and Fabulous Fridays Art as Therapy* 1:00-3:00pm Bingo! 1:00–2:30pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
27	28	29	30	31
Community Acupuncture* 8:30–11:00am	Mandalas for Wellness* 1:00–4:00pm	Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	Exploring Gratitude Through Art* 9:30am–12:00pm Community Massage* 10:00am–1:00pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	Soup Lunch 12–1pm Fun and Fabulous Fridays Art as Therapy* 1:00-3:00pm Unity Drummers 5:30–7:30pm A.A 7:00–8:00pm

*These services are for people who self identify as Indigenous

CALENDAR SUBJECT TO CHANGE

The Victoria Native Friendship Centre
231 Regina Ave Victoria, BC V8Z 1J6
250-384-3211



DESCRIPTION OF EVENTS

For Indigenous Community Members:

Chair Yoga: Please join Tanisha Nutall who will lead us through chair yoga to stretch and strengthen mobility. Join us for a light lunch and visiting afterward. Program is intended for Elders and seniors. RSVP by email (culture@vnfc.ca). (*Gym*)

Community Acupuncture: Join Emma Barker, registered acupuncturist, for a community acupuncture clinic. Taking place in a group setting, it is a peaceful, nap-inducing yet flowing hub of patients coming and going with the practitioner quietly facilitating that flow. You will be treated in a reclining chair, fully clothed, in a circle. Sign up with reception. (*Wellness Room*)

Community Massage: Students from West Coast College of Massage Therapy provide 50-minute massages. Contact reception to book an appointment (10am, 11am and 12pm). (*Wellness Room*)

Exploring Gratitude Through Art: Weekly art as therapy. Activities focused on gratitude. Facilitated by a student of the Canadian International Institute of Art Therapy Contact Shona for information & sign up at shona@vnfc.ca or 250.384.3211 ext.2226. 6 Spaces available!

Fun and Fabulous Fridays—Art as Therapy: No art experience necessary! Facilitated by art therapy student Miream Rabba. 6 spaces available each week. To learn more contact Shona (shona@vnfc.ca or 250-384-3211 ext. 2226). (*Territory for the Arts*).

Herbal Medicine Clinic: Pacific Rim College students are here to provide herbal treatments and teachings. Scheduled one-on-one appointments available at 12:15 and 1:45pm for herbal treatments specific to your health needs. Sign up at reception. Drop-in between 12:15-2:30pm to enjoy tea and herbal medicine related activities. (*Wellness Room*)

Mandalas for Wellness: The Mandala is a Buddhist symbol for wellness and meditation. Join DamChhoi Lama in the Territory for the Arts to learn about and practice this ancient art. Limited space available. Contact shona@vnfc.ca to register. (*Territory for the Arts*)

Nuu-chah-nulth Brushings: Mark Atleo will be here to provide brushings and healing prayers/song. 9:30 to 12:00 by appointment, and drop-ins from 1:00-3:30. Sign up with Isobel (isobel.d@vnfc.ca). (*Cedar Rose Room*)

Everyone Welcome:

Beading Circle: Join us as we partner with VNFC's Culture and Language Program to learn more about bead work and work on your own creations. No experience necessary and supplies are provided. (*Amphitheatre*)

Bingo!: Everyone welcome to join Elders & Seniors for bingo by phone, zoom, or in person. We have great prizes! Pick up your bingo cards at VNFC and email culture@vnfc.ca for phone/zoom info. (*Board Room; Zoom Meeting*)

Container Gardening Workshop: Don't have much space, but want to start growing at home? In this workshop, learn about what types of containers are best to use, how to replenish nutrients and choose the right soil, and what varieties of fruit, veg and flowers are best grown in containers. Please email garden@vnfc.ca to register. (*Garden*)

Knit and Craft Circle: Meet elders over a cup of tea and bring your knitting or crafting project to work on. Email culture@vnfc.ca for details. (*Camosun Classroom or Youth Drop-in; Zoom link available*)

Lunch and Learn: Island Health—Community Virtual Care: Join us for a healthy meal and presentation from Island Health to learn about their Community Virtual Care Program. The free virtual program offers many resources for folks with chronic disease, palliative or life limiting illnesses, intensive illness management as well as their virtual caregiver support program. Please email isobel.d@vnfc.ca to RSVP or get the virtual meeting information. (*Gym; Teams Meeting*)

Our Women are Sacred: To uplift our children, families and communities experiencing the loss and residual effects of the ongoing MMIWG2S+ epidemic. We will gather to walk softly, to reflect and honour our sacred life givers and our 2SLGBTQIIA+ relatives, to reaffirm the important role of our men as protectors, and to remember our loved ones in a walk of reflection. Event begins at 10 am on Hallowell Rd. (at Admiral's Rd.), and finishing at Maple Bank. We encourage folks to wear Regalia or the color **Red** to honor our MMIWG2S+ relatives and if you carry/know songs to bring your drum.

Soup Lunch: Weekly community lunch. All are welcome, so bring a friend. Free to attend and no registration required. (*Gym*)

Unity Drummers: The urban Indigenous community comes together to share songs and friendship. Family friendly. Everyone welcome. Visit their Facebook page for more information: <https://www.facebook.com/unity.drummers> (*Gym*)

Alcoholics Anonymous: Weekly Meetings. All are welcome. (*Amphitheatre*)

ALL SERVICES ARE FREE FOR COMMUNITY