



Wellness and Health June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Community Acupuncture* 8:30-3:15pm	2 Aquafit Class* 10:30-12:30 Community Massage* 1:00-4:30pm	3 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	4 Community Massage* 8:45am-12:45pm Home is where the heART is: Art as Therapy* 9:30am-12:00pm Open Garden 10am-12pm A.A 7:30-8:30pm	5 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm Bingo! 1:30-2:30pm A.A 7:30-8:30pm
8 Community Acupuncture* 8:30-3:15pm	9 Cultural Support with Mark Atleo* 9:00am-3:00pm Community Massage* 1:00-4:30pm	10 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	11 Community Massage* 8:45am-12:45pm Home is where the heART is: Art as Therapy* 9:30am-12:00pm Beading Circle 1:00-3:00pm A.A 7:30-8:30pm	12 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
15 Community Acupuncture* 8:30am-3:15pm	16 Mindfulness Meditation 10:00-11:00am Aquafit Class* 10:30-12:30 Community Massage* 1:00-4:30pm	17 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm	18 Community Massage* 8:45am-12:45pm Home is where the heART is: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	19 National Indigenous Peoples Day @ VNFC 11:00am-3:00pm Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
22	23 Aquafit Class* 10:30-12:30	24 Beading Circle 1:00-3:00pm A.A 7:30-8:30pm	25 Community Massage* 8:45am-12:45pm Cultural Support with Sky Bellefleur* 9:00am-12:00pm Home is where the heART is: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	26 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
29	30 Community Massage* 1:00-4:30pm			

**These services are for people who self identify as Indigenous*

CALENDAR SUBJECT TO CHANGE





Description of Events



For Indigenous Community Members:

Aquafit Class: Join us for free aquafit classes. Meet at VNFC. Transportation to and from Saanich Commonwealth Place provided. Leaving VNFC at 10:30 and returning 12:30. Class takes place from 11:15am-12:05pm. Limited spaces available! Email isobel.d@vnfc.ca to register. (*off-site*)

Community Acupuncture: Pacific Rim College students are here to provide acupuncture specific to your health needs. Along with acupuncture, your session may include fire cupping, gua sha and tui na massage. Book an appointment with reception. (*Wellness Room*)

Community Massage: Students from Camosun College (Tuesdays) and The West Coast College of Massage Therapy (Thursdays) provide free massages to community members. Contact reception to book an appointment. (*Wellness Room*)

Cultural Support: Mark Atleo and Sky Bellefleur will be here to provide cultural support. Mark by appointment from 9:00am-12:00pm and drop-in 1:00-3:00pm. Sky by drop-in from 9:00am-12:00pm. To make an appointment or for more information, please contact reception at 250-384-3211. (*Therapeutic Room*)

Home is where the heART is—Art as Therapy: Weekly art as therapy activities exploring home. Facilitated by art therapy practicum students. 6 spaces available. Contact Christina for more information or to register: christina.k@vnfc.ca or 250-384-3211 ext. 2208. (*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*)

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!: Elders & Seniors (60+) for bingo by zoom, or in person. We have great prizes! Pick up your bingo cards at VNFC and email culture@vnfc.ca for zoom info. (*Gym*)

Mindfulness Meditation: Join us for a class on mindfulness meditation led by Shima. Participants will learn about mindfulness, experience a guided meditation, and have any questions answered. Limited spaces. Register with Scott (scott.i@vnfc.ca). Drop-ins welcome! (*Wellness Room*)

National Indigenous Peoples Day @ VNFC: This year we're celebrating National Indigenous People's day at the VNFC! Join our community from 11am-3pm for an afternoon of culture, connection and celebration. Everyone welcome! More details coming soon.

Open Garden: Join us for an open house in the VNFC Garden! Come enjoy the beauty of local plants and pollinators in the glow of late spring. We'll provide tea, snacks and an opportunity to get your hands in the dirt! Please direct any questions to gardensupport@vnfc.ca (*Garden*)

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

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

ALL SERVICES ARE FREE FOR COMMUNITY