



Circle of Wisdom Elder & Senior Centre June 2021 Calendar- Honoring Indigenous Month

Monday	Tuesday	Wednesday	Thursday	Friday
31. 10:00 Smudging 10:30 – 11:30 Sit and be healthy chair exercise by Susan.	1. 10:00 Smudging	2.10:00 10:00 Smudging 11:00 – 12:00- Day School Application presentation. -	3.10:00 .10:00 Smudging Need your foot size	4.10:00 10:00 Smudging
7.10:00 Smudging 10:30 – 11:30 Sit and be healthy chair exercise by Susan	8. 10:00 Smudging 1:00 – 2:00 AAWC Traditional Learning Series by Adrian Wolfleg. Pre-contact Mohkinstsis	9.10:00 Smudging 11:00 – 12:00- Mental Health Breaks tools- 1:00 – 2:00 Anishinaabe conversation Circle	10.10:00 Smudging 1:00 – 2:00 Blackfoot Conversation Circle	11.10:00 Smudging 1:00 – 2:00- Conversation Cree Circle
14.10:00 Smudging 1:00 – 3:00 Crafts- Moccasin making with Blackfoot Teaching with RUBY 10:30 – 11:30 Sit and be healthy chair exercise by Susan	15.10:00 Smudging. 1:00 – 2:00 AAWC Traditional Learning Series by Adrian Wolfleg. Sacred Circle Wellness Teachings	16.10:00 Smudging 11:00 – 12:00-Day School application	17.10:00 Smudging Grandfather(MENS)/Grandson Circle- DRUM STICK MAKING 1:00 – 3:00 pm	18.10:00 Smudging-
21. Smudging Aboriginal Awareness Week Activities. 10:30 – 11:30 Sit and be healthy chair exercise by Susan	22. 10:00 Smudging 1:00 – 2:00 AAWC Traditional Learning Series by Adrian Wolfleg. Aboriginal Spiritual Journey- Calling home	23. 10:00 Smudging 11:00 – 12:00- Resiliency workshop	24. 10:00 Smudging	25. 10:00 Smudging BINGO
28.10:00 Smudging 12:00 – 4:00 pm on ZOOM 10:30 – 11:30 Sit and be healthy chair exercise by Susan	29.10:00 Smudging 1:00 – 2:00 AAWC Traditional Learning Series by Adrian Wolfleg. Going Forward	30.10:00 Smudging Community Workshop- Renewing, Reconnecting through Reconciliation, Working with Indigenous peoples-open 1 – 4 pm	All programs are free with focus on our Indigenous Elders & Seniors community leaders, knowledge keepers within Calgary and area. Must call 587.350.4789 to register for all programs. All Workshops are on, if you need a laptop for the day, let us know and we can set you up.	

Please call 587.350.4789 for more information

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 Circle of Wisdom Elders & Senior Centre provides a safe space for the diversity of Calgary’s Indigenous community in preserving traditions, culture in keeping the circle strong for our future leaders.”

Hours of Operations:

**Monday to Friday
 9:00 am to 5:00 pm**

Location:

**#200, 1603 - 10 Ave SW
 Calgary, Alberta Canada
 T3C 0J7**

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<https://www.facebook.com/CircleofWisdomCentre>