

April
 Wahsakayu:té:se'
 "wa sa guy yoon days"
 "It's Thundering"

ONEIDA INDIAN NATION GP&S CALENDAR

APRIL 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 6:00 Social Dance and Dinner	8
9	10	11	12	13	14	15
16	17	18	19 6:00 Social Dance and Pizza	20	21 6:00 Ceremony Potluck 6:45 Ceremony Training	22 8:30 Maple Ceremony
23	24	25	26	27	28	29
30						

GP&S DEPARTMENTS COLOR CODES AND PHONE NUMBERS

All calls listed below require dialing 315 before the number (except 800 numbers).

GP&S Administration 829-8215

Health Services 829-8700; Pathways Case

Management 829-8768; or toll free 1-800-663-4324.

Education 829-8155; Language 829-8206; Library 829-

8200; Scholarship 829-8150; ELC 829-8139; Elders

Program 829-8133 or 829-8135; Elders lunch

reservations 829-8154; call a day in advance.

Ceremonies: Sheri Beglen 829-8204

Shako:wi Cultural Center 829-8801; Cultural Programs 829-8920

Member Benefits 829-8335. Toll-free Nation Member number

1-800-685-6115. GP&S calendar, Elders newsletter/calendar/

menu are available at www.oneidaindiannation.com. Scroll

down to "Oneida Nation Happenings." GP&S calendar activities

are open to Oneida Indian Nation Members, Children of Enrolled

Oneidas and Oneida Indian Nation Health Services clients, unless

otherwise stated.

GP&S PROGRAM DETAILS

Maple Ceremony: Drying of the Logs

On Friday, April 21 is a potluck at 6 p.m., followed by ceremony training with Floyd and Beth Harris at 6:45 p.m., at the Cookhouse. The ceremony is on Saturday, April 22 at 8:30 a.m. at the Council House. All Oneida and other Native Americans are invited to the ceremony training, potluck and ceremonies. Please bring a dish to pass and eating/drinking utensils for yourself/family members to the ceremony and wear regalia if you have it. For more information, contact Sheri Beglen.

MAY PREVIEW

Elders Basket Bonanza

On Friday, May 5, the Elders are holding their Basket Bonanza fundraiser from 9 a.m. to 1 p.m. at the C&E Center Dining Room. Buy tickets for the baskets and other prizes from May 3-May 5 at the C&E Center. Contact Tammy Patterson for more information.

JUNE PREVIEW

Parent CPR-BLS Class

On Monday, June 5, Oneida Indian Nation Health Services is offering a Parent CPR-BLS (Cardiopulmonary-Basic Life Support) Class at 4 p.m. The class is open to parents of children who are patients at Health Services. Classes are \$5 per person and are limited to 10 per class. The class will be taught by Teresa Casler, LPN/clinical nurse, and will last about 3 hours. Registration is required by May 31. Contact Tara Smith at (315) 8209 or Clara Galster at (315) 829-8733 or 1-800-663-4324.

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ONEIDA INDIAN NATION
RECREATION DEPARTMENT CALENDAR
APRIL 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 5:30 Circuit Trng.
2	3 12:00 HIIT Class 7:00 Volleyball League ends	4 12:00 Kettlebell 5:30 Circuit Trng.	5 12:00 Combat Fitness 6:00 Basketball League ends	6 12:00 Core Class 5:30 Circuit Trng. 5:30 Jr. YAP Workshop 6:00 YAP Workshop	7	8 5:30 Circuit Trng.
9	10 12:00 HIIT Class	11 12:00 Kettlebell 5:30 Circuit Trng.	12 12:00 Combat Fitness 5:00 Running Club begins	13 12:00 Core Class 5:30 Circuit Trng. 5:30 Jr. YAP Workshop 6:00 YAP Workshop	14 12:00 Games, crafts 1:00 Egg Hunt	15 5:30 Circuit Trng. (final class)
16	17 9:00 Spring Break 12:00 HIIT Class	18 9:00 Spring Break 12:00 Kettlebell	19 9:00 Spring Break 12:00 Combat Fitness	20 12:00 Core Class 9:00 Spring Break	21 9:00 Spring Break	22
23	24 12:00 HIIT Class	25 12:00 Kettlebell	26 12:00 Combat Fitness	27 12:00 Core Class 6:00 YAP Workshop	28 5:30 Jr. YAP/YAP Fun Event	29
30	After School Program (ASP) Monday-Friday for grades 3-12 from 3:30-5 p.m. Homework assistance, gym games, cultural activities and more. Ends in June 2017.					

PROGRAM DETAILS

Fitness Classes

MONDAYS - HIIT (High Intensity Interval Training)
TUESDAYS - Kettlebell, Circuit Training, Insanity
 ® Live
WEDNESDAYS - Combat Fitness
THURSDAYS - Core, Stability, Flexibility, Circuit Training
SATURDAYS - Circuit Training

Egg Hunt, Games and Crafts

Games and crafts will be held in the gym from 12-1 p.m. on Friday, April 14. The egg hunt will begin outside the Rec Center (weather permitting) at 1 p.m. Eggs can be exchanged for prizes; eggs that contain golden tickets can be exchanged for special prizes.

Spring Break Program

A Spring Break program will be held April 17-21 for students in grades 3-12 from 9 a.m.- 4:30 p.m. Cost for the week is \$10 per student. Registration is limited to the first 15 students who sign up in person with payment by April 10. Daily crafts and recreation, with offsite trips to Glenwood Movieplex and Rosamond Gifford Zoo. Students must bring a bagged lunch and

Recreation Dept. Contact Information

315-829-8484 or 1-800-685-6115. Staff: Cole Perkins - Recreation Supervisor; Barb George-Winton - Administrative Assistant; Ben Kimball - Gym Attendant; Donna Howe - Youth Programs Coordinator. All program participants must sign a waiver; minors must have their parent/guardian also sign the waiver. Grounds and buildings within the Recreation facility are alcohol/drug/smoke free, as are all on and off-site programs/events for all participants. Also check the Oneida Indian Nation and Facebook websites for more information at <http://www.oneidaindiannation.com> and www.facebook.com/OneidaIndianNationNY

Order of priority for Recreation programs registration: Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients, and as noted, employees and the general public.