Wahsu:tés "wa soon dase" Long Night

ONEIDA INDIAN NATION DECEMBER GP&S CALENDAR 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 6:00 Social Dinner/Potluck	7
8 10 a.m4 p.m. Native Craft Fair and Traditional Dance Exhibition at Oneida Heritage	9	10	11	12	13	14
15	16	17	18 8:30 Blood Drive at Turning Stone		20	21
22	23	24	25 Closed for the holiday	26	27	28
29	30	31 9:00 p.m. New Year's Eve Social Dinner/Potluck				

GP&S Administration 829-8215 or 829-8918
Health Services 829-8700 or 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 Meal Program 829-8154
(reservations must be made a day in advance)

Member Benefits 829-8335; Nation Member toll-free number 1-800-685-6115

Ceremonies: Chelsea Jocko 829-8208

Department of Housing 361-6355

Shako:wi Cultural Center or Oneida Heritage classes 829-8801 or jfarmer@oneida-nation.org

GP&S calendar, Elders newsletter/calendar/menu online at www.oneidaindiannation.com. Also visit www.facebook.com/ OneidaIndianNationNY

GP&S calendar activities are open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients; employees or the public as stated.

PROGRAM DETAILS

Seasonal Flu Shots Available

The medical providers at Oneida Indian Nation Health Services recommend the flu vaccine for all persons ages 6 months and older and for those who are at the greatest risk of complications, including pregnant women, children, and elders who are at risk for flu-related complications. The flu can cause certain health conditions to become worse, including diabetes, asthma, and heart and lung disease. A flu shot is needed each year because influenza viruses are always changing and immunity wanes over time. Call Health Services to schedule an appointment.

After Hours Medical Call Center

All Health Services patients can call the Health Center after hours to talk to our Medical Call Center. Your call will be triaged and patients will be appropriately directed based upon their concern. All calls are forwarded to the patient's providers for follow up if required. The Medical Call Center is not to be used for medical emergencies, prescription refills or to make or cancel appointments. For more information, contact Lisa Winn, Patient Access Manager.

Blood Drive at Turning Stone Resort Casino

The annual Oneida Indian Nation-American Red Cross winter blood drive will be held on Wednesday, Dec. 18 in the Chautauqua Room from 8:30 a.m. - 2:30 p.m.

Appointments are preferred but walk-ins will be accepted. The drive is open to the public. To schedule an appointment to donate, contact Pat Catalano at (315) 829-8215. For questions about donor requirements, visit redcrossblood.org.

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ONEIDA INDIAN NATION RECREATION DEPARTMENT CALENDAR



DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
1:00 Sunday Football	12:00 6-pack Abs 6/7/8 Volleyball League	12:00 Cardio Blast 5:00 Cardio Circuit	12:00 30-minute AMRAP	12:00 Core, Stability, Flexibility 5:00 FIT Class 6:00 YAP		1:00 Open Basketball
8 1:00 Sunday Football	9 12:00 6-pack Abs 6/7/8 Volleyball League	10 12:00 Cardio Blast 5:00 Cardio Circuit	11 12:00 30-minute AMRAP	12 12:00 Core, Stability, Flexibility 5:00 FIT Class 5:00 Jr. YAP 6:00 YAP	13	14 1:00 Open Basketball
15 1:00 Sunday Football	16 12:00 6-pack Abs 6/7/8 Volleyball League	17 12:00 Cardio Blast 5:00 Cardio Circuit	18 12:00 30-minute AMRAP	19 12:00 Core, Stability, Flexibility 5:00 FIT Class 5:00 Jr. YAP 6:00 YAP	20 5:00 YAP Fun Event Deadline to sign up for Winter Recess with \$10 payment	21 1:00 Open Basketball
22 1:00 Sunday Football	23 9:30 Jr. YAP Fun Event 12:00 6-pack Abs 6/7/8 Volleyball League	24 Buildings open 8 a.m.—6 p.m.	25 Closed for the Holiday	26	27	28 1:00 Open Basketball
29 1:00 Sunday Football	30 6/7/8 Volleyball League	31 Buildings open 8 a.m 6 p.m.		After School Program (ASP) The ASP meets Monday-Friday at the Rec Center from 3-5 p.m. for grades 3-12. Students receive homework help, computer access, and cultural/recreation games and activities.		

Recreation Dept. 829-8484 or 1-800-685-6115. Youth Development Programs: 829-8486 or 829-8217. **Registration priority:** Oneida Indian Nation Members, Children of Enrolled Oneidas, Oneida Indian Nation Health Services clients, and if noted, employees and the general public. All program participants must sign a waiver; minors (ages 13-17) must have parent/guardian signature. Minors must be accompanied by their parent/guardian to off-site trips and specified on-site programs. Recreation grounds and buildings are alcohol/drug/smoke free, as are all off-site programs/events for all participants.

PROGRAM DETAILS

December Fitness Programs

Classes at noon:

Mondays - 6-pack Abs

Tuesdays - Cardio Blast

Wednesdays - 30-minute AMRAP (as many reps as possible)

Thursdays - Core, Stability, Flexibility
Tuesdays at 5 p.m. - Cardio Circuit
Thursdays at 5 p.m.- FIT Challenge

Open Basketball

The gym is open on Saturdays from 1-3 p.m. for pick up games of basketball. Open to ages 13 and older, and employees. All participants must show a valid ID. Proper clothing and footwear must be worn in the gym. Open Basketball is a lead-in to the 3-on-3 league starting in January.

Coed Volleyball League

Games are played every Monday at 6 p.m., 7 p.m. and 8 p.m. through Feb. 17, 2020.

Jr. YAP Workshops and Fun Event

Holiday Cards Workshops - Dec. 12 and Dec. 19 at 5 p.m.

Fun Event at Billy Beez at Sangertown Square - Dec. 23 at 9:30 a.m.

YAP Workshops and Fun Event

Community Service Workshops - Dec. 5, 12, 19 at 6 p.m.

Fun Event at PiNZ at Sangertown Square - Dec. 20 from 5-8:30 p.m.

Winter Break Grades 3-8

Activities will be held at the Rec Center on Thursday, Jan. 2 and Friday, Jan. 3 from 9 a.m.-5 p.m. Open to the first 15 students who register with payment by Dec. 20. A flyer will be posted on the Nation's Facebook page with full details.