

Teyakohúhtya'ks
 "day ya go *who* dyucks"
 One's ears are freezing

ONEIDA INDIAN NATION

January 2020 GP&S Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed for the holiday	2	3	4
5	6	7	8 6:00 Potluck 6:45 Ceremony Training	9 8:30 a.m. Midwinter Ceremonies No food needed	10 8:30 a.m. Midwinter Ceremonies	11 8:30 a.m. Midwinter Ceremonies
12 8:30 a.m. Midwinter Ceremonies	13 Peach Stone Game may continue if necessary	14	15	16	17	18
19	20 Closed for the Holiday	21	22	23	24	25
26	27	28	29	30	31	

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

Ceremonies: Chelsea Jocko 829-8208
Department of Housing 361-6355
GP&S calendar, Elders newsletter/calendar/menu online at
www.oneidaindiannation.com. Also visit [www.facebook.com/](https://www.facebook.com/OneidaIndianNationNY)
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

Midwinter Ceremonies

All Oneidas and other Native Americans are invited to the potluck, training and ceremonies. Potluck and ceremony training are held at the Cookhouse, beginning at 6 p.m. Ceremonies are held at the Council House, starting at 8:30 a.m. Please wear regalia each day if you have it, and bring a dish to pass and eating/drinking utensils for yourself/family members to the ceremonies Jan. 10-12.

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.

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ONEIDA INDIAN NATION
RECREATION DEPARTMENT CALENDAR
JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
After School Program Monday-Friday at the Rec Center from 3-5 p.m. for grades 3-12. Homework help, computer access, and cultural/recreation games and activities.			1 Closed for the holiday	2 9:00 Winter Recess	3 9:00 Winter Recess	4 1:00 Open Basketball
5 1:00 Sunday Football	6 12:00 HIIT 5:00 Boxing 6/7/8 Volleyball Deadline to sign up for ESPN+ Boxing at TSRC	7 12:00 AMRAP 5:00 Boxing	8 12:00 HIIT	9 12:00 AMRAP 5:00 Jr. YAP Workshop 5:30 Cardio 6:00 YAP Workshop	10 12:00 HIIT	11 1:00 Open Basketball
12 1:00 Sunday Football	13 12:00 HIIT 5:00 Boxing 6/7/8 Volleyball	14 12:00 AMRAP 5:00 Boxing	15 12:00 HIIT	16 12:00 AMRAP 5:00 Jr. YAP Workshop 5:30 Cardio 6:00 YAP Workshop	17 12:00 HIIT 5:00 Jr. YAP Fun Event Rockin' Jump Trampoline Park	18 1:00 Open Basketball 5:00 ESPN+ Boxing at TSRC
19 1:00 Sunday Football	20 Buildings open 12-6 p.m.	21 12:00 AMRAP 5:00 Boxing	22 12:00 HIIT	23 12:00 AMRAP 5:30 Cardio	24 12:00 HIIT 5:00 YAP Fun Event ice skating at Kennedy Arena	25 1:00 Open Basketball
26 1:00 Sunday Football	27 12:00 HIIT 5:00 Boxing 6/7/8 Volleyball Deadline to sign up for Running Club	28 12:00 AMRAP 5:00 Boxing	29 12:00 HIIT	30 12:00 AMRAP 5:30 Cardio Circuit	31 12:00 HIIT	Feb. 1 7:00 Running Club begins

PROGRAM DETAILS

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.

Coed Volleyball League

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

Winter Recess Grades 3-8

Activities will be held at the Rec Center from 9 a.m.-5 p.m.
 Jan. 2 - Morning recreation activities and games. Afternoon trip to Syracuse Stage for a performance of Beauty & The Beast
 Jan. 3 - all day trip to the MOST in Syracuse to watch the Superpower Dogs movie in IMAX® and explore the museum exhibits.

Oneida Indian Nation Running Club

The Running Club begins Feb. 1 at 7 a.m. with the Boilermaker Training Program and continues Saturdays until training with the Utica Roadrunners in spring 2020. Open to ages 13 and older (\$10 per person), and employees (\$25 per person).

January Fitness Programs

Monday - 12 p.m. HIIT (high intensity interval training); 5 p.m. Boxing
 Tuesday - 12 p.m. AMRAP (as many reps as possible); 5 p.m. boxing
 Wednesday - 12 p.m. HIIT
 Thursday - 12 p.m. HIIT; 5:30 p.m. cardio circuit
 Friday - 12 p.m. HIIT
 Classes are open to ages 13 and older and employees.

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