



**Oneida Nation
Government Programs & Services (GP&S)
Activities Calendar
August 2008**

On8stase' "New or Fresh Corn"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Highlighted date=Holiday					

AUGUST

GP&S offices are closed Friday, August 29

- 1 Monthly dinner and social dancing, 6 p.m.-10 p.m.**
- 13 Pizza and social dancing, 6 p.m.-8 p.m.**
- 15 Last day for the Summer Jam program. Youth Work/Learn program ends.**
- 21 Diabetes/Weight Management Support Group and Grilling with the Elders, 5 p.m.-6:30 p.m. on the Elders Center patio.**

Summer Jam Program

The Summer Jam program will end on Friday, August 15 with a talent show and awards at 9:15 a.m., presentations at 11:15 a.m., barbeque at the pavilion at 12:30 p.m., team activities at 2 p.m. and swimming in the Nation pool at 3 p.m. Parents, family members and friends are invited Call (315) 829-8484 for more information.

Diabetes/Weight Management Support Group

The Diabetes-Weight Management Support Group will join the Elders for grilling night on Thursday, August 21 on the patio of the Elders Center from 5 p.m.-6:30 p.m. Mike Washo, registered dietitian and certified diabetes educator will prepare and grill low-fat meat, marinated vegetables and dessert. For more details, call Mike at (315) 829-8713 or 1-800-663-4324.

SEPTEMBER PREVIEW

Diabetes Wellness Weekend - September 5-7 at the White Eagle Conference Center in Hamilton. Open to adult Nation Members and Health Center clients who are diabetic or pre-diabetic, and a caregiver or family member. Register by August 4. For more information, call Mike Washo at (315) 829-8713 or 1-800-663-4324.

"Enter the Healing Circle" adult health fair - Thursday, September 18 at the Elders Center from 4 p.m.-7 p.m. The fair will feature food demonstrations, paraffin wax dips, cholesterol/glucose/body fat/oral cancer and blood pressure screenings, gift basket drawings, self-empowerment, auricular acupuncture and guided imagery sessions and many other health and wellness activities and giveaways. For more information, contact Pat Catalano, health fair coordinator, at (315) 829-8215.

ONGOING ACTIVITIES

Personal Training by Appointment

- Wed. 5 p.m.-8 p.m. at the Recreation Center.
- Tues. and Thurs. 12 p.m.- 2 p.m. at the Elders Center and 2 p.m.-6 p.m. at the Recreation Center.
- Appointments scheduled through Mike Washo. Call (315) 829-8713. Also open to Nation employees.

Nation Pool Hours

- Mon-Fri - 10 a.m.- 8 p.m.
- Sat/Sun - 12 p.m.-8 p.m.
- Call (315) 829-8243 for open swim times or pavilion reservations.

Summer Jam Program

- Open to Nation Members and Health Center clients who will be entering grades 3-7 in the fall.
- Daily activities, crafts, recreation, weekly trips and guest speakers.
- Ends August 15.

Government Programs & Services (GP&S)

Calendar activities are open to Nation Members and Health Center clients*

Community Services, 829-8138; Elders Program 829-8133.

Education Department, Library, Language Program, 829-8200; GED/EDP 829-8206; Scholarship Program 829-8150. Early Learning Center (ELC) 829- 8139.

Behavioral Health Services, 829-8760, Pathways Case Management 829-8767.

Health Department, 829-8700, Dental Program 829-8715; or 1-800-663-4324.

Recreation Department, Gym, Youth Development, 829-8484. Pool 829-8243.

Toll-free Member number:1-800-685-6115.

**and where noted, some programs are also open to Nation employees.*