

# **Celebrate Spring with Oneida Adventures**

Join Oneida Adventures in our new spring programs! We are starting up biking again as well as continuing with our hikes. Unless identified, all programs begin at 12:05 and conclude at 12:55, All biking programs will depart from the ropes course behind the fitness center. Our programs provide rejuvenation to enhance your work experience after a relaxing and fun noon hour. Tell your co workers to join in!

***You must pre register for all activities for staffing and safety.***

***To pre register: email [Adventure\\_dept@oneidanation.org](mailto:Adventure_dept@oneidanation.org)***

After contacting us and registering, you will receive a informative email with details regarding the program that you registered for.

**Tuesday, April 11 Noon Hiking at Oneida Health Center**

**Thursday, April 13 Noon Hiking at Oneida Lake Trails**

**Thursday, April 27 Noon Biking OR Noon Hiking at Sherwood Forest**

**Monday, May 1 Noon Biking**

**Wednesday, May 3 Noon hiking at He-Nis-Ra**

**Monday, May 8 Noon Biking**

**Wednesday, May 10 Noon Biking OR Noon hiking at Norbert Hill Center**

**Wednesday, May 24 Noon Biking OR Noon hiking at Ropes course woods**

**Wednesday, May 31 Noon Biking OR Noon hiking at Silver Creek Trail**