



FREE
POTAWATOMI
TRAVELING TIMES

Volume 28, Issue 21 • May 1, 2023
datbëgon gizes • Leaf Moon



A Tribal Member's Road on Recovery

by **Val Niehaus**

FCP Tribal Member Buzz Anwash is no stranger to the ups and downs of life, but he has turned those “downs” into “ups” as he started his road of sobriety on Jan. 4, 2021.

This was his first time at Roots Recovery Center in Milwaukee. There, he found his passion for running long distance through the guidance of one of the community outreach employees, Ethan Grube. Anwash told *PTT*, “Boot camp is where I started running long distance, but once I got to Roots, Ethan really helped me in my running journey. We would run together, and he gave me advice and helped me get into the marathon circuits.”

Anwash just got done running a half marathon (13.1 miles) on April 22, 2023, in Medford, Wis., called the “Pine Line”. His time was 2:25:00. He made it clear that even though this isn't what he may have hoped for, he is still proud of himself for finishing. Anwash is looking forward to beating his time for his next race — the Madeline Island

Marathon — on May 20, 2023.

Anwash explained that he does the best he can in conditioning himself each day. When he is not busy with work, children or just the basic life responsibilities, he finds the time to run to keep his body conditioned and to prepare himself for his largest marathon he will ever run in. This marathon he spoke about will be in October of this year and is a full marathon (26.2 miles) that will be held in Milwaukee called the “Lakefront Marathon” and is Wisconsin's largest one. Anwash's determination and love for running is very apparent when he speaks about it. He mostly runs these marathons alone. Anwash takes selfies of himself for that special keepsake, but most of all to prove that he has come this far from his addictions and that he needs to keep on this path for his child and family.

The FCP community will be rooting you on in your marathons to come. What a role model for people to see and keep pushing forward!



(top left, top right and below) Anwash running in the “Pine Line” Marathon.



Anwash running in the “Trailbreaker” marathon in April.

NATIONAL PREVENTION WEEK
A CELEBRATION OF POSSIBILITY

EVERYONE is WELCOME!

MAY 7-13 2023

MONDAY, MAY 8 @ 4PM
Family Fun Night
Argonne Pavillion
Bag Toss Tournament
\$20/team. Cash prizes for 1st, 2nd, & 3rd!
Contact Angela Jacobson at 715-478-4978 to register.
Kickball vs. Forest County Sheriff, Fire, & EMS
FOOD & FUN!

TUESDAY, MAY 9 @ 4PM
Game Night – Resource & Information Fair
Potawatomi Community Center
Cribbage Tournament
\$10/person. Cash prizes for 1st, 2nd, & 3rd! Contact Thomas McGeshick to register at 715-478-6454.
Volleyball Tournament
4 to 6-person co-ed teams. Each team must have a min of 2 females and 2 males. \$100/team. Cash prizes for 1st, 2nd, & 3rd! Contact Stephanie Shepard at 715-478-6526 to register.
Kickball on the turf!
FOOD & FUN!

WEDNESDAY, MAY 10 @ 4PM
Sobriety Feast
Carter Powwow Grounds
Bring a dish to pass

THURSDAY, MAY 11 @ 4PM
Theme Dance
Wabeno Fire house
Come dressed as your favorite Disney or Pixar character!
FOOD, MUSIC & FUN!

FRIDAY, MAY 12 @ 8AM
6th Annual Recovery Walk
Starting at Stone Lake C-Store

For information please contact:
Angela Jacobson
715-478-4978
Kimberlee Soldier
715-622-0139

SPONSORED BY

Stop the Dealing - Start the Healing
FOREST COUNTY SHERIFF'S DEPT.
FOREST COUNTY HEALTH DEPT.
FOREST COUNTY FIRE DEPT.
Community Coalition of Forest County
working together to identify and address community goals

#MyPreventionStory

Times and locations subject to change.

Times and locations subject to change.

Reminder to Tribal Membership

QUARTERLY GENERAL COUNCIL MEETING

**Saturday
May 13
2023**

**1:00
P.M.**

Lunch Served | **Noon**
Color Guard Posting of Flags
Fire Nation Drum | **Noon - 1:00 P.M.**

Potawatomi Community Center
5471 thayék éthë dnëkmëgzëk myéw
(The Place Where Everyone Plays Road)
Crandon, WI 54520

\$200 CASH MEETING STIPEND • You are required to bring your Tribal ID






Effective Monday, May 1, 2023 the FCP Health Division will be returning to pre-pandemic respiratory guidelines.

Patients and staff will no longer be required to wear a mask in Health Division buildings, including the Health and Wellness Center, Caring Place, and Transitional Living.

Masks are recommended for anyone who has symptoms consistent with COVID-19 or other infectious respiratory illnesses.

Just ASK and we'll MASK





NMÉBNÉ GIZES SUCKER FISH MOON

APRIL 19 – MAY 19

- There are 22 species of sucker in Wisconsin.
- White suckers are critical to food chains as they are food for many other predating fish.
- The Blue Sucker is threatened in Wisconsin.
- Big Suckers spawning run occurs around May 1st.
- Proper culvert size and placement is critical for suckers to return to spawning grounds.
- WI Hook & Line State Record for White Sucker is 23.1", but FCP LRN has sampled a 25.2" sucker in King Lake.

Additional Resources:
- dnr.wi.gov/topic/EndangeredResources/Animals
- unionsportsmen.org/spring-sucker-fishing-tips
- FCP LNR Aquatic Biologist



FOREST COUNTY POTAWATOMI COMMUNITY POW WOW EVENTS

VETERANS POW WOW
JUNE 10 & 11, 2023

MENO KENO MA GE WEN POW WOW
AUGUST 25-27, 2023



FOREST COUNTY POTAWATOMI GAMING COMMISSION

2023 SUMMER INTERNSHIP PROGRAM

In the program, you will have the opportunity to meet Gaming Commissioners and staff, become familiar with the many duties of the Gaming Commission, observe each of its departments, and become familiar with how the Gaming Commission regulates casino operations on-site. You will visit the various venues within the Milwaukee and Carter properties and experience the excitement that the tribe's casinos have to offer. This is an excellent way to enhance your gaming and regulation knowledge. There will also be discussions, an individual project, departmental exploring and so much more. This program is designed to fit a variety of learning styles. If this program interests you, apply today!

- Must be an enrolled Forest County Potawatomi Community member, 18 years or older, have high school diploma or recognized equivalent.
- Weekly stipend provided.

APPLICATION DEADLINE: June 16, 2023
INTERNSHIP DATES: July 10 - August 25, 2023

PLEASE CONTACT: Miranda Villa, Executive Assistant
to get an application at: 414-837-3786 | Miranda.Villa@fcp-nsn.gov
www.paysbig.com/gaming-commission




If you or someone you know feels unsafe, please consider using one of these resources. They're free, available 24/7, and confidential!

- Forest County Potawatomi Community Advocacy (715) 478-7201
- Tri-County on DV and SA 1 (800) 236-1222
- National Domestic Violence Hotline 1 (800) 799-7233

Deadline for the May 15, 2023, issue of the PTT is Wednesday, May 3, 2023.

POTAWATOMI TRAVELING TIMES

100 N. Prospect Avenue • PO Box 340 • Crandon, WI 54520
(715) 478-7437 • times@fcp-nsn.gov • www.fcpotawatomi.com



FCP EXECUTIVE COUNCIL

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Vice Chairwoman: HEATHER VANZILE
Secretary: AIYANA VANZILE
Treasurer: IMMANUEL "MANNY" JOHNSON II
Council Members: BROOKS BOYD, DESTINEE ALLOWAY

PTT STAFF

Reporter/Photographer: VAL NIEHAUS
Graphic Designers: KRYSTAL STATEZNY & CHAD SKUBAL

Potawatomi Traveling Times (PTT) is a twice-monthly publication of the Forest County Potawatomi Nation. Editorials and articles appearing in the PTT are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the PTT staff or the FCP Nation. PTT encourages the submission of Letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The PTT reserves the right to reject any advertising, materials or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the PTT and will not assume any responsibility for unsolicited material nor will the PTT guarantee publication upon submission. PTT will not guarantee publication of materials submitted past deadlines posted in the PTT. No part of this publication may be reproduced without the written consent of the Editor.

Earth Day at Bodwéwadmí Ktëgan

submitted by Lindy Carroll, Bodwéwadmí Ktëgan Sales and Marketing Coordinator

April 22, 2023 was a day of celebration and education at Bodwéwadmí Ktëgan; a day to honor Mother Earth and show FCPC members what the Land & Natural Resources (LNR) Division does to preserve and protect Her.

The LNR Division consists of six departments: Energy, Forestry, Land Information, Outreach & Engagement, Bodwéwadmí Ktëgan, and Natural Resources. Natural Resources is further broken down into Wildlife, Air Quality, Aquatic Sciences, Botany/Wetlands, and Erosion Control.

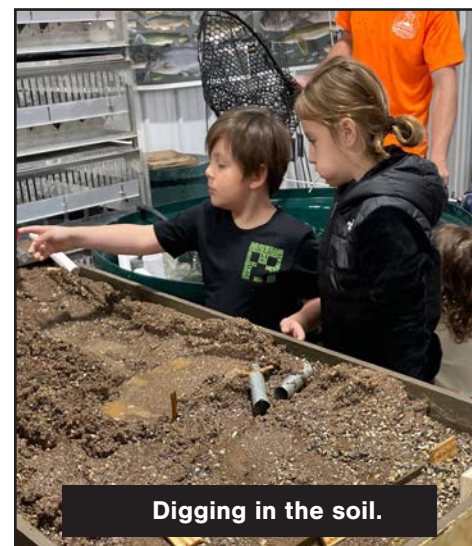
At the Mother Earth Day celebration, each LNR department and sub-department provided information and interactive materials explaining what their purpose is. Guests were able to catch live fish, see a maple sap line in action, light a light bulb by pedaling a

bicycle, and other fun activities. Several egg hunts were held throughout the day for the children. There was also face painting and several craft stations where the children made their own bird feeders out of recycled materials and painted clay pots in which they were able to plant a variety of seeds to take home. Additionally, guests were treated to a tasty brunch of fluffy pancakes, mouthwatering farm sausage, and this season's maple syrup.

One division alone cannot protect our Mother Earth. We all must do our part to keep Her healthy for our future generations. If you would like more information on what you can do to preserve our home, please reach out to the LNR Outreach & Engagement staff at 715-478-7222.



A bit of fishing fun!



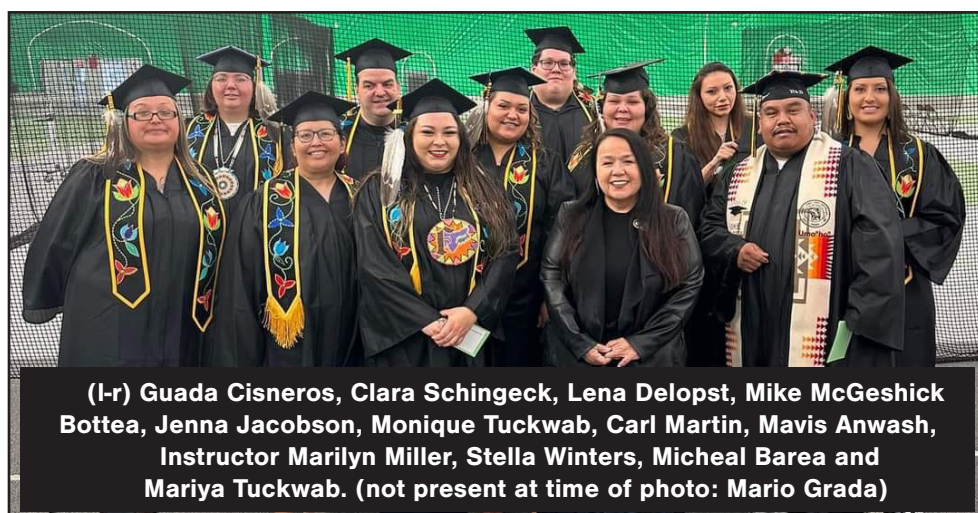
Digging in the soil.



What child doesn't like face painting!

Nicolet College Offers Tribal Business Management Certification

by Val Niehaus



(l-r) Guada Cisneros, Clara Schingek, Lena Delopst, Mike McGeshick Bottea, Jenna Jacobson, Monique Tuckwab, Carl Martin, Mavis Anwash, Instructor Marilyn Miller, Stella Winters, Micheal Barea and Mariya Tuckwab. (not present at time of photo: Mario Grada)

Nicolet College offered this past year a course in Tribal Business Management instructed by Indigenous Studies & Tribal Business Management Instructor Marilyn Miller. The course included fundamental management skills and how a Native nation's legal, political and cultural context impacts an organizations workflow.

Miller was able to sit down with PTT and speak about her passion in teaching this course. It should be noted this is her first year and she's loving it! She said, "I love when we are all together as one laughing, learning and bouncing ideas and thoughts from one another." She even mentioned when this last group graduated on April 22, 2023, how she was so ecstatic for them but felt a bit sad knowing this session was done with.

But fear not — there will be an upcoming summer term held at the Potawatomi Community Center that starts on May 10. There will also be sessions held in Lac Du Flambeau if you cannot make it here. You can find the detailed information for both of these sessions at nicoletcollege.edu under "Tribal Business Management" for all the detailed dates, times and registration. This course is open to anyone interested in Tribal Management; you do not have to be a tribal member or even affiliated.

The FCP Community would like to congratulate those who participated in this past class session and graduated with a certificate in Tribal Business Management.

INB INTERNATIONAL BOXING PRESENTS INB

MAY 20TH, 2023

WORLD'S COLLIDE

BENJAMIN ZELFER

VS

MARK DANIELS JR.

MIDDLEWEIGHT CHAMPIONSHIP

RIVERSIDE BALLROOM


1560 Main St. Green Bay, Wisconsin 54302

DOOR OPEN @ 6PM FIGHTS START @ 7PM

\$40 GENERAL ADMISSION \$80 RINGSIDE \$100 VIP

NITROTICKETS.COM TICKETS AVAILABLE ONLINE AT NITROTICKETS.COM

ALL BOUTS SUBJECT TO CHANGE




BASKETBALL OFFICIALS Training Course

Youth athletes need your help!
Are you new to officiating or interested in getting started? Join us for this 5-hour class where you'll gain the fundamentals needed to officiate basketball at the high school level, and prepare you for WIAA certification. Class consists of classroom and on-court training.

THURSDAY, June 22, 2023 3-8pm
Cost = \$10 OPEN TO EVERYONE

To register call 715-478-6500 or online community.fcpotawatomi.com
Snack will be provided.



POTAWATOMI COMMUNITY CENTER
5471 thayék ethë dnëkmëgzék myéw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin

Questions?
Contact Division Administrator
Matt Steingraber at 715-889-1400




BODWÉWADMI KTËGAN
IS NOW ON FACEBOOK!

KEEP UP-TO-DATE ON WHAT'S HAPPENING OUT AT THE FARM, GET RECIPES, MEET OUR STAFF, SEE NEW MERCHANDISE, WATCH VIDEOS AND SO MUCH MORE.

 Like US TODAY!

Bodwéwadmí Ktëgan
3389 Cty Hwy H
Laona, WI 54541
715.478.4545
M-F / 9 AM - 5 PM

HIGH SCHOOL BOYS BASKETBALL SUMMER LEAGUE

Thursdays June 15th thru July 20th, 2023
NO GAMES JULY 6TH

Work on your skills and have some fun on the court this summer competing with other high school teams!

10-Game Guarantee.
Two games played each night.


OPEN TO BOYS FROM ALL WISCONSIN & MICHIGAN HIGH SCHOOLS
Cost = \$500/team
Fee is only to cover the cost of WIAA Officials

To register call 715-478-6500 or online community.fcpotawatomi.com



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Matt Steingraber at 715-889-1400




RED ROAD EVENTS

FEB - JUNE 2023 | **CULTURAL CENTER, LIBRARY & MUSEUM - LOWER LEVEL**
A night of fellowship **6 pm** | 8130 Mish ko swen Dr.
Crandon, WI 54520

February 23 - Mental Health & Addiction Basics
March 23 - Alternative Healing Options
April 20 - Impact of Food on Mental Health
May 25 - Co-Dependency
June 22 - Culture in Recovery

POTLUCK DINNER
Bring a Dish to Pass
Open to Everyone



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER BEHAVIORAL HEALTH
Contact: Angela Jacobson @ 715-478-4978

AQUATIC CENTER

5471 thayék ethë dnëkmëgzëk myëw
(The Place Where Everyone Plays Road)
Crandon, Wisconsin



**POTAWATOMI
COMMUNITY CENTER**

For more information please contact
Aquatics Manager Kimberly Shawano:
715-478-6513 • Kimberly.Shawano@FCP-nsn.gov

◀ MAY AQUATIC SCHEDULE ▶

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Yard Pool	Lap Swim 10am-1pm 2pm-5pm	Lap Swim 5:30am-3pm 4pm-7pm (LL) Swim Lessons 4pm-6:30pm	Lap Swim 5:30am-3pm (LL) 4pm-7pm (LL) Aqua Jogging 10:15am-10:45am Swim Lessons 4pm-7pm	Lap Swim 5am-3pm 4pm-7pm (LL)	Lap Swim 8am-3pm 4pm-7pm	Lap Swim 10am-3pm 4pm-8pm	Lap Swim 11am-3pm 4pm-8pm
Activity Pool & Hot Tub	Family Swim 10am-1pm 2pm-5pm	Open Swim 5:30am-9am 10am-3pm 6:30pm-7pm Shallow Water Aerobics 9:15am-10am Swim Lessons 4pm-6:30pm Aqua ZUMBA® 5:30pm-6:15pm	Open Swim 5:30am-9am 10am-3pm Shallow Water Aerobics 9:15am-10am Swim Lessons 4pm-7pm	Open Swim 5:30am-10am 11am-3pm 4pm-7pm Aqua ZUMBA® 10:15am-11am	Open Swim 8am-3pm 4pm-7pm	Open Swim 10am-3pm 4pm-8pm	Open Swim 11am-3pm 4pm-8pm
Slide & Features	Slide & Features 10am-1pm 2pm-5pm	CLOSED	CLOSED	CLOSED	CLOSED	Slide & Features 4pm-8pm	Slide & Features 11am-3pm 4pm-8pm

ATTENTION
May 10 & 24
Hot Tub will close for maintenance at 3pm for the remainder of the day

Summer Session 1 SWIM LESSONS
starting June 4th
Member Registration opens May 21st
Non-Member Registration opens May 28th
Session will run 3x/week for 2 weeks

To register for classes visit our front desk or online at: community.fcpotawatomi.com. All classes subject to change.



PLEASE NOTE



You MUST register for all classes. Visit our front desk or scan this QR Code.

◀ Spring Session 2 ▶

Group Exercise Schedule

April 16 - June 3, 2023

Class Location Key

AQUATIC CENTER
GROUP EXERCISE ROOM
COMBATIVE ROOM
TURF FIELDHOUSE

◀ Land Classes ▶

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Loosen Up 11:10am-12:10pm	Senior Fit 9am-9:45am 20 On The Turf 11am-11:20am Youth Boxing Club 5:30pm-6:30pm Spin 5:30pm-6:15pm	Bootcamp 5:45am-6:15am Cycling, Core & Curves 9:15am-10:15am 20 On The Turf 11am-11:20am Dance2Fit 5:30pm-6:30pm	Bootcamp 5:45am-6:15am Full-Body Fitness 8:30am-9:15am 20 On The Turf 11am-11:20am ZUMBA® Toning 5:30pm-6:30pm	Mobility & Core 9am-9:45am 20 On The Turf 11am-11:20am Power Vinyasa 5:30pm-6:30pm	Tabata 8:30am-9am Restorative Yoga 9:15am-10:15am ZUMBA® Fitness 10:30am-11:30am	NO CLASSES

ATTENTION
NO CLASSES
Monday, May 29th

◀ Aquatic Classes ▶

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
NO CLASSES	Shallow Water Aerobics 9:15am-10am Aqua ZUMBA® 5:30pm-6:15pm	Shallow Water Aerobics 9:15am-10am Aqua Jogging 10:15am-11am	Aqua ZUMBA® 10:15am-11am	NO CLASSES	NO CLASSES	NO CLASSES

◀ Fitness Promotions ▶

GROUP FIT PLAN
Unlimited Classes
Members = \$20

DROP-IN FEES
Members \$3 per class
Non-Members \$10 per class



For more information please contact Group Exercise Coordinator Abigail Messing at 715-478-6528, or email her at: Abigail.Messing@FCP-nsn.gov. All classes and prices subject to change. Specialty Classes require separate fees.

HIR Wellness Institute: MANA NOW FUNDRAISER - MAY 5, 2023

HIR Wellness Institute invites you to an intimate evening of wellness and sisterhood, as we raise funds for the 2023 recipient of HIR Wellness Institute's MANA NOW Award.



In November 2020, HIR Wellness Institute CEO & Founder Lea S. Denny, announced and appointed Maile's 'ohana (family) as the inaugural recipients of the MANA NOW Award, named in her honor:

Maile's Achievement Nourishing Ambition (MANA) Network of Women (NOW)

This award is to bring light and justice to the survivors of sexual violence and the complex loss of Missing & Murdered Indigenous Women and Relatives (MMIWR).

Maile was a strong, spirited and intelligent young woman. Her dreams were filled with possibilities. Like many young people, Maile had her heart set on the "American Dream" to make a difference in this world as a visual and performing artist and writer. She followed her ambitions to Las Vegas where she was manipulated and forced into sex trafficking. Upon her attempt to escape, her life was taken from her and her family, never returning home to be placed to rest. Maile is survived by her mother Sandie Chow and twin sister Malia Chow, who continue to bring awareness, love, and support to all those that are victims of violence and identify as Missing and Murdered Indigenous Women and Relatives (MMIWR).

Each year this unique award is given to survivors of trafficking or sexual violence, Missing & Murdered Indigenous Women & Relatives, or their family members who have dreams and aspirations to carry on their loved one's legacy. Our goal this year is to raise \$20,000.

What to expect for our event!

Who: Women & Feminine Identifying Individuals

Date: May 5th, 2023, 4-7PM CST

Where: HIR Wellness Institute | 3136 W Kilbourn Ave, Milwaukee, WI

Healing Work

- Reiki sessions by HIR Wellness Institute Reiki practitioners, Acupressure, Chair massage, HeartMath sessions, Worry basket + release exercise, Well-checks available with a licensed therapist for social & emotional connection.

Healthy Eats

- Charcuterie board & hors d'oeuvres, Hand crafted elixirs, Herbal teas

Heartful Giving

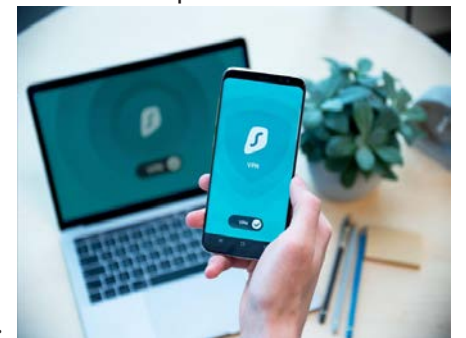
- Cabi fashion show by independent Cabi stylist Jill Meyer (25% of purchase goes to the fundraiser!!), Silent Auction (Great items!), Raffles

We are inviting our Network of Women to invest in the wellness, healing, and thriving of survivors when they need it most. For more information and to purchase tickets, please visit:

<https://www.eventbrite.com/e/mana-now-womens-wellness-fundraiser-2023-tickets-566780675257>

PBDC Federal: PROTECT YOURSELF FROM THE LATEST PHISHING SCAMS

If you fall for a phishing scheme, no amount of technical precaution matters. It is increasingly difficult for individuals and companies to protect themselves from would-be hackers as their methods become harder to detect. It's not only obviously fake emails, invoices, or requests to update passwords that are dangerous. In 2023, successful phishing schemes were executed by enabling Macros on Word or connecting to certain Wi-Fi hotspots that are not, in fact, secure.



Phishing is a type of cyberattack where hackers send a message (often email, but also through text, phone calls, or even a Teams message) that appears to be from a reputable source, such as a bank or government agency or institutions with .edu or .org. Their goal is to trick the recipient into revealing sensitive information, such as login credentials, credit card numbers, or personal data. These attacks can have serious financial consequences, making it crucial for contractors to remain vigilant and informed.

Phishing attacks have become increasingly common in recent years, and federal and state governments are not immune to their impact. In 2017, the IRS lost \$30 million in fraudulent tax returns after employees clicked on phishing emails and fake ads to update Adobe Flash. Hackers were able to obtain the personal information of over 100,000 taxpayers. In 2018, the city of Atlanta paid over \$2.6 million in retrieving or rebuilding critical functions after hackers gained entry to secure systems through phishing and ransomware that guessed weak passwords. For nearly a week, Atlanta police completed reports by hand, court records were inaccessible, residents could not pay bills online, and vital sewer requests could not be processed.

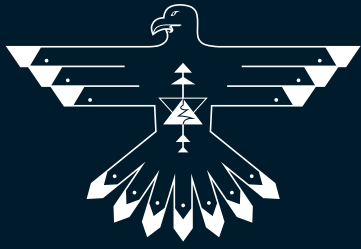
To recognize phishing, there are several warning signs to watch out for. These include emails that come from unknown senders, emails that ask for personal information, and emails that contain spelling or grammatical errors. One should also be wary of emails that have urgent or threatening language, as well as emails that contain suspicious links or attachments. To prevent phishing attacks, individuals should be cautious about the information they share online, avoid clicking on suspicious links or attachments, and use strong passwords that are changed regularly.

Even if an organization has taken all the necessary precautions to prevent phishing attacks, there are still some unexpected ways in which phishing can seriously disrupt an organization. For example, attackers can use social engineering tactics to trick employees into revealing sensitive information or providing access to the organization's systems. Hackers can also use spear-phishing attacks that are tailored to a specific individual within the organization, making these forms of intrusion much harder to detect.

If a contractor falls for a phishing scheme, the consequences can be severe, with financial losses being just the tip of the iceberg. The cybercriminals behind the attack can potentially gain access to sensitive information and compromise an organization's security, leading to lasting reputational damage. It can take years for companies to recover from these types of attacks, and the costs associated with mitigating the damage can be significant.

By being aware of the warning signs of phishing, individuals can take steps to protect themselves and their organization from these types of attacks. However, it's important to remember that phishing attacks are constantly evolving, and even the most well-prepared organization can still fall victim to these scams. As such, it's critical to remain vigilant and stay up to date on the latest security threats and best practices.

Article submitted by Matt Frye-Castillo



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(The Place Where Everyone Plays Road)
Crandon, Wisconsin

715-478-6500

community.fcpotawatomi.com

➤ Aquatic Center

- ▶ Kiddie Pool
- ▶ Basketball Hoops
- ▶ Water Slide
- ▶ Hot Tub
- ▶ Lap Pool with Diving Blocks

➤ Recreation

- ▶ Golf Simulator
- ▶ Basketball/Pickleball/Badminton Courts/Volleyball
- ▶ Turf Fieldhouse: Indoor Soccer/Batting Cages
- ▶ Sports Equipment to Use
- ▶ Game Room

➤ Fitness & Wellness

- ▶ Walking/Running Track
- ▶ Cardio & Strengthening Machines
- ▶ Free Weights
- ▶ Rock Climbing Wall
- ▶ Group Exercise Studio
- ▶ Combative Room
- ▶ Personal Training Services

➤ Child Care

- ▶ On-Site Child Drop-Off

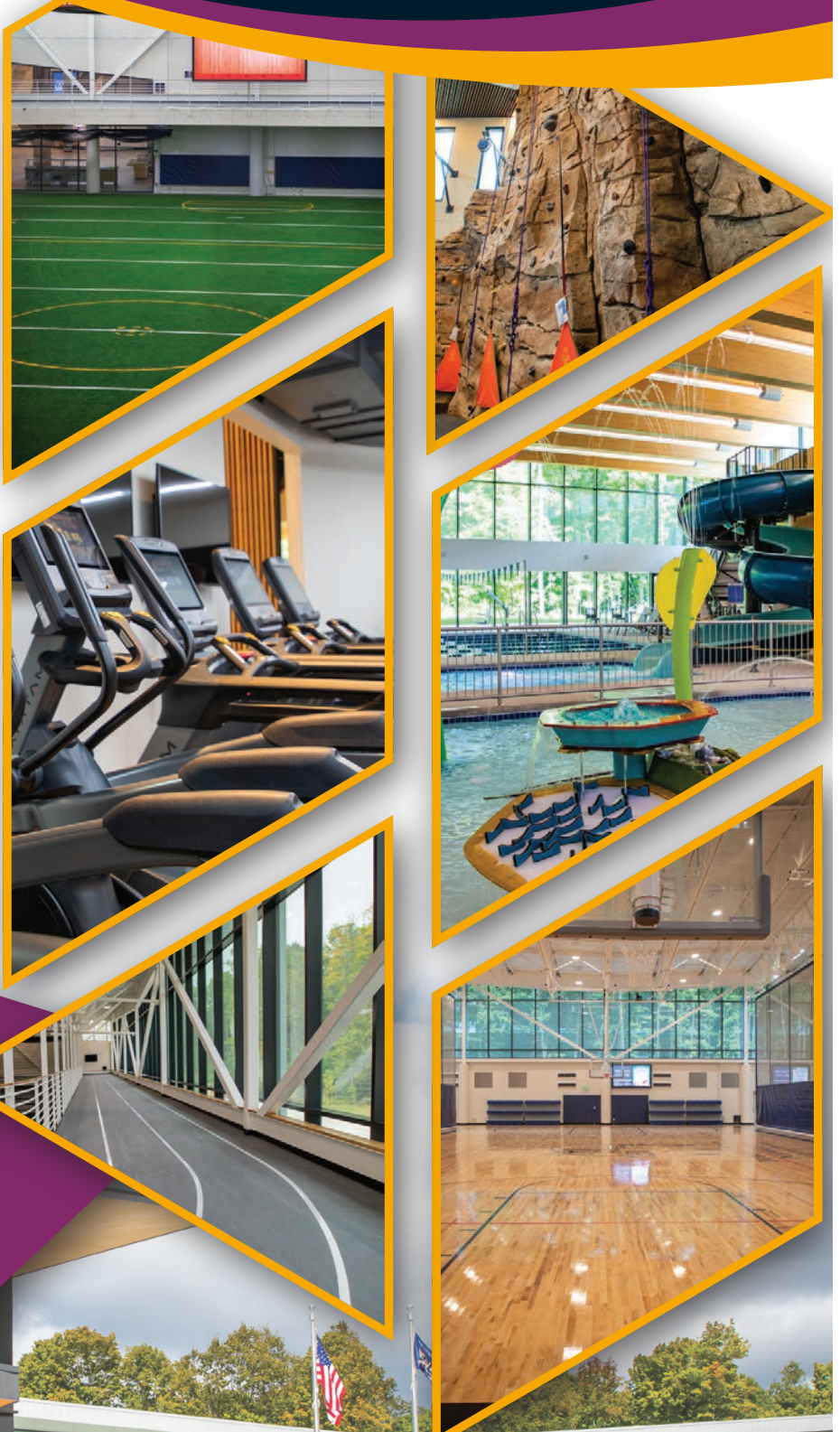
➤ Concessions

- ▶ Soup & Salad Bar

Visit
Our
Website

for info on:

- ▶ MEMBERSHIPS
- ▶ DAY PASSES
- ▶ SCHEDULES



Hours of Operation

MONDAY thru FRIDAY • 5:30am–9pm

SATURDAY • 7am–9pm

SUNDAY • 10am–6pm

Looking to host an event?

Give us a call at 715-478-6500

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	FRIDAY, MAY 26 TEN GAMES PAYING \$500!		

MAY DAYS WHEEL SPIN
 THURSDAYS IN MAY
 DRAWINGS: 12 PM - 7 PM

WIN UP TO \$200 CASH ON A SPIN!

Bingo's Mother's Day DRAWINGS

SUNDAY, MAY 14

Receive an electronic entry with your Bingo entry pack purchase for a chance to win

\$50 REWARD PLAY!

THE MORE YOU KNOW, THE MORE CASH YOU MIGHT WIN!

Let's Get TRIVIAL

SUNDAYS IN MAY

Win your share of up to **\$4,400 Cash!**

Black Light BINGO

FREE BEER | LIVE DJ
 SHREK THEME

FRIDAY, MAY 26

Mother's DAY

FREE GIFT

Complimentary gift for all Mom's from 10 am - 10 pm.

SUNDAY MAY 14

ONE LUCKY \$500 CASH WINNER IN MAY!

BINGO'S **CASH DRAWING**

Receive one entry with every entry pack purchase.

DRAWING: WED. MAY 31

MEMORIAL DAY FREE GIFT

Honoring those who served.
 Visit Guest Services 10 am - 10 pm.

MONDAY, MAY 29

DOUBLE UP PAYOUTS

REGULAR GAMES IN MAY

If there are at least 40 bingo players, all regular game payouts will be doubled!