2nd Annual Round Dance

by Val Niehaus

The Forest County Potawatomi (FCP) tribe held their 2nd Annual Round Dance on Feb. 23, 2024, at the Potawatomi Community Center. The committee this year was Pwagen Frank, Nick Shepard, and Lisa Milligan, with many other community members helping where they could.

A feast began at 5 p.m. and was catered by Dewing's Catering, which included creamy wild rice soup, fry bread, and fruit.

The night started with the adult and youth hand drum contests with a handful of singers in each category. Winners for these categories were Adult Hand Drum Winners: 1st Red Deer Table, 2nd TLC, 3rd JR & Friends, 4th Mo Town, and 5th Hay Creek. Youth Hand Drum Winners: 1st Gianna Rainey, 2nd NBZ, 3rd Eddie Benton III.

After the hand drum contest, a pipe ceremony was led by Pipeman Joe Syrette to start out the Round Dance itself. Syrette is well-known throughout Indian Country for being a traditional healer to many communities. Syrette is Anishinaabe Ojibwe from Rankin Reserve Batchewana First Nation located in Sault Ste. Marie, Ontario, Canada. Once the pipe ceremony was finished, it was time for

the men with hand drums gather in the middle of the floor to drum and sing while others formed a circle to dance around them.

MC's for the night were John Teller Jr. and Jackson Tahuka, stickmen were Ian Waubanascum and Pwagen Frank, and whipman Michael Demain and Jaymin Rainey.

Invited singers included: Harvey Dreaver, Marcus Denny, Hokie Clairmont, Kino Pyawasit, Marlon Decshamps, Tevin Sage Meetos, Joesph Rainey Sr., Opie Day – Bedeau, Aaron Vito Buckanaga, Desmond Madera, William Mitchell, and Brandon Harvey. Invited drums were Fire

Nation, Mo Town, Smokeytown, and Hay Creek.

The night went smoothly, and the crowd and the singers were great. Those who got out and danced had the best smiles and laughter anyone could see. Many thanks to those who made this night so special, including the volunteers, organizers, singers, and cooks who made the meal, and to those Community Center workers who were on top of any help that was needed. It takes a community to pull off something this large, and what a night it was! Many are already looking forward to the next Round Dance at FCP.







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FCP Up & Coming



by Amber Haseman

Are you interested in finding out about upcoming events? Well, look no further! Aside from our beautifully-created graphics and digital media, we will be providing you with a sneak peek of the latest up and coming events. Be sure to mark your calendars, register today for your favorite events and classes, and stay up-todate with all the latest happenings.

Canning Class: The Bodwéwadmi Ktëgan (Potawatomi Farm) next canning class is March 19 at 5:30 p.m. Learn how to pressure-can meat. If you're interested in attending, register with Nicole Filiatreault at (715) 889-6383 or nicolem. filitreault@fcp-nsn.gov.

Winter's End Powwow: This year's Winter's End Powwow begins March 22 with the Royalty Contest. If you have any questions, contact Ruth at (715) 889-1334. The powwow will be held March 23-24 at the Potawatomi Community Center. There will be a grand entry at 1 p.m.

and 7 p.m. on Saturday with the feast at 5 p.m. Sunday's grand entry will begin at 12 p.m.

Easter Party: This year's annual Easter party is open to FCP tribal members and descendants and will be held March 29, 2024, at the Potawatomi Community Center. The feast begins at 12 p.m. Pictures with the Easter bunny will begin at 12:30-2:30 p.m. There will be recreation games in the turf fieldhouse at 1 p.m. with bike drawings to follow at 2

Baking Class with Jennifer: Calling all FCP tribal elders! Sign up today for a baking class with Jennifer Crawford at the Potawatomi Community Center. The class will be held

April 10 from 10 a.m. - 12 p.m. Jennifer will be teaching everyone how to bake their own personal sized carrot cakes. If you're interested, contact Jenna Paradies at (715) 478-4892 or jenna.paradies@fcp-nsn.gov.

Diva Dance Showcase



submitted by PCC Fitness & Wellness Manager Desiree Martin

The Potawatomi Community Center (PCC) hosted its 1st Annual Diva Dance Showcase on March 2, 2024.

Hip Hop 1 (4K-first grade) and Hip Hop 2 (second grade – fifth grade) consisted of 35 students who were so excited to show their friends and families all their hard work since October. Diva Dance Instructor Marissa Glinski put on a great show, with each group blending four to five different songs into each dance. The event hosted over 200 spectators, who were all able to celebrate with cake and juice with the dancers.

Glinski said, "My own daughters wanted to join dance, and I figured it would be a fun class to bring to our community. Even though I'm not a dance expert, I do have a background in teaching, and I took the much-welcomed help from Sierra Carpenter, who has ten years of competitive dance experience. We put together a very successful showcase at PCC. Beyond their performance, they were able to make new friends from surrounding schools, move their bodies in dance class weekly, listen and learn from coaches, and have fun while also being committed to a big responsibility."

It was a very successful night for the dancers! Make sure to keep your eyes open for more Diva Dance shows in the future.



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(715) 478-7437 • times@fcp-nsn.gov • www.fcpotawatomi.com

Deadline for the April 1, 2024, issue of the PT is Wednesday, March 20, 2024.



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FCP Employees - Blood **Pressure Screenings**



submitted by Supervisor Lindsey **Hicks**

FCP employees had the opportunity to get a blood pressure screening done by the Occupational Wellness department. This was done to honor and raise awareness of American Heart Month.





Indoor Triathlon

by Amber Haseman

Triathlete enthusiasts enjoyed this year's Indoor Triathlon featuring a variety of sports including swimming, biking, and running. The event began at 8 a.m., Feb. 24, 2024, at the Potawatomi Community Center. There were a total of eight athletes who registered and two different heats. The athletes each had about an hour to warm up before competing. The first heat began at 9 a.m. sharp.

Each participant had 10 minutes to complete each sport and get the most distance within that time. In-between each sport, they had a five-minute break until the next one. After completing each heat, the participants gathered in the cafeteria. Community Health provided an informational booth for heart health month with promotional items and heart healthy snacks in the café.

While the officials were calculating the scores, everyone had a chance to

sign up for the raffles which included: a water backpack with an igloo cooler, and water bottle, an aquatics bundle, and an air fryer with air pods, a sea salt bath soak, and an aroma diffuser.

After the officials calculated the scores, this years' results were announced as follows: male category for ages 46-55 was Richard Sorenson, male Category for 30-45 years was Kyle Lewis and female category for 30-45 years was Becky Sletto. Raffle prizes were drawn after the award presentation.

Although this year's Triathlon group was on the smaller size, it was a great experience for all. Not only was it a chance to work out and exercise, but an opportunity to hang out with others, visit, and most importantly, to have fun. Congratulations to this year's winners and to all who participated!



(I-r) Triathlon winners: Richard Sorenson, **Becky Sletto, and Kyle Lewis**





Putting the treadmill and exercise bikes to work

Four Compete at State Wrestling - Including Alloway & Glinski



submitted by Crandon Wrestling Team

It was an exciting weekend of wrestling action on Feb. 22-24, 2024, in Madison, Wis., as the state's top high school wrestlers competed for a chance at a state championship title. Crandon sent four wrestlers to compete including the first female qualifier, Samara Alloway. The action kicked off Thursday night at the Kohl Center in exciting fashion. Alloway went down to the #1 seed in her bracket by pinfall, while Dewing defeated Marathon's Cale Quaintance by decision (8-2). Palubicki was able to knock off Dominic Caylor, a senior from Oconto, by pinfall (3:47). On the second day of competition and after receiving a first-round bye, Elias Glinski was defeated by Reid Sawyer of New Lisbon by decision (3-2) but later defeated Dylan Dodson of Marathon by decision (9-2), which guaranteed him a spot on the podium. In similar fashion, Palubicki fell to Kade Rule of Mineral Point, who went on to become the state champion at 165 lbs, by major decision (12-2), but then was victorious over the #3 seed Ethan Upson, a senior from Phillips, by pinfall (5:47) securing his place on the podium. Mason Dewing was able

to defeat his opponent in the quarterfinals, sending him to the semi-finals, where he was pinned by Co'ji Campbell, a junior from Kenosha's St. Joseph's Catholic Academy, who went on to win his third state championship. Alloway lost her Friday match to Allison Abel of Menasha by pinfall (0:52). Saturday, the three remaining wrestlers looked to claw their way up the podium. At 120#, Mason Dewing went down to Stratford's Trenton Cournoyer by pinfall sending him into the 5th place match where he defeated Marshall Hanke by pinfall (1:46). At 138#, Elias Glinski defeated Tait Glassmaker by decision (3-0) sending him to the 3rd place match where he once again wrestled Reid Sawyer of New Lisbon. This time, Glinski came out on top and locked up the 3rd spot, and concluded his high school wrestling career. At 165#, Cruz Palubicki fell to Emmerson Moen of Iowa-Grant/Highland by major decision (14-2) which sent him to the 5th place match where he defeated senior Taylor Joseph, by pinfall (2:07). Congratulations on a successful season to all of the Crandon wrestlers and their families.





Alloway (I) and Glinski (r) speaking at the schools pep rally before heading to State competition photos by Leah Palubicki

Campus Upgrades

by Amber Haseman

You may have noticed the Executive Building has been receiving a facelift since late last year. "Greenfire" has been hard at work through the cold months taking old siding down, replacing the house wrap and placing the new siding. It's been a temperamental season with the constant ups and downs of winter with snow, freez-

ing rain, sleet, and wind, but the team pushed through. The new siding is almost complete and it's looking sharp.

They're not the only ones who have seen some changes. The Communications and Property Management divisions received their new sign for their newly-renovated space on March 5, 2024.

The previous and historic Recreation sign was taken down in the afternoon of March 6, 2024. The building holds many memories and stories to share and will always be remembered as the Rec Building.

With time comes change and with that change comes a new beginning for the Forest County Potawatomi Community, Stone-Lake campus and its employees. It's a chance for the Communications Division to grow as a team and provide great content to share within the community. Property Management also gained from the move with a more functional space to meet their needs.



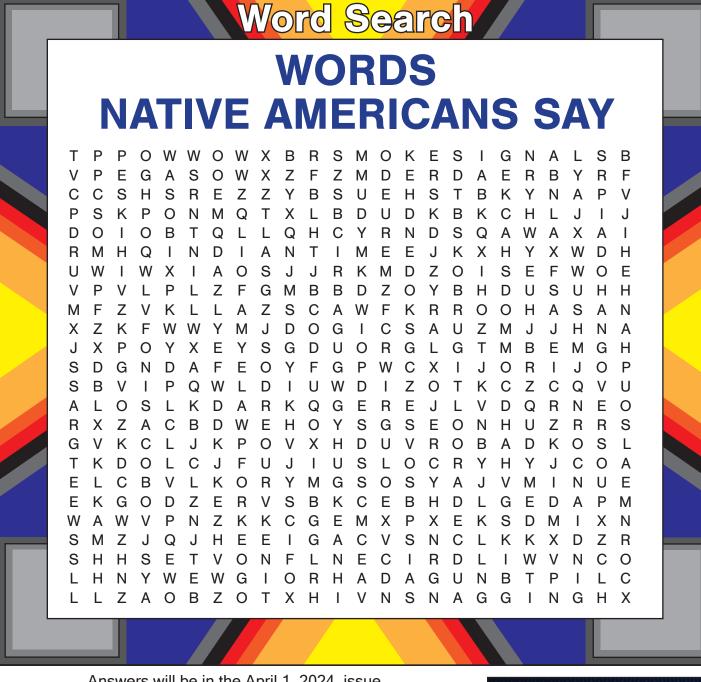










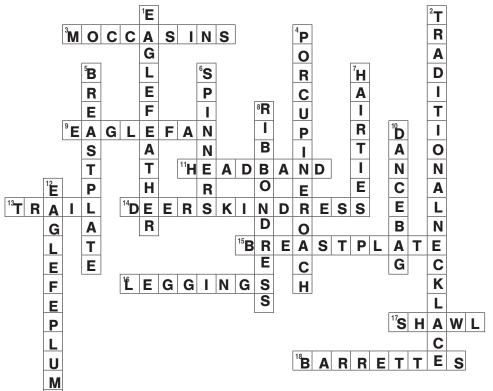


REZ BOMB INDIAN TIME MILK WEED **INDIAN CORN BOSHO SKODEN GOLD BLOCK CASINO ENIT** YOUS GUYS **SNAGGING JEEZ REZZY GIVEAWAY POWWOW** CRI **HOWAH SEMA** SAGE **CEDAR** HANGOVER SOUP **SMOKE SIGNALS SWEET GRASS** HOT DOG SOUP **SMUDGE** WILD RICE **CORN MEAL SOUP FRY BREAD** COMMOD SHACK **REZDOG**

Answers will be in the April 1, 2024, issue



Answers from the March 1, 2024, crossword



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Sustainable Foods Services at FCP

submitted by FCP LNR Executive Assistant Lynlee DeLeeuw

In the last few months, you may have heard about the FCP Sustainable Food Services (SFS) department and thought, "What department is that? What do they do?"

The SFS department consists of five operating kitchens: Caring Place, Potawatomi Community Center, Rising Sun, Gte Ga Nēs, and the Bodwéwadmi Ktëgan (Potawatomi Farm). This department is managed by the FCP Land and Natural Resources (LNR) Division.

Background and Creation

The creation of the SFS department came about when Executive Council direction was given to the FCP Compliance & Process Improvement (CPI) department in October of 2022. CPI was asked to conduct a study on all government kitchens to help identify inefficiencies such as in the budget, facilities, equipment, staffing, and investigate food program requirements. The goal of this study was to find ways to create efficiencies in relation to cost-savings, resources, equipment, and ultimately to provide healthier meals using products from Bodwéwadmi Ktëgan.

During the study, some of the findings lack of vendor contracts and pricing discounts, multiple fuel surcharges, multiple sales representatives, use of eight or more different vendors, lack of planning, invoicing issues,

no communication or connection between kitchens, no cross-training, unknown inventory, and lack of use of FCP farm products.

These findings were then presented to the Executive Council on Sept. 21, 2023. The solution: create one department, one budget, maximize overall consistency, efficiency, financial gains, and prepare healthier meals. On Oct. 5, 2023, the Executive Council motioned to create and place the SFS department within the LNR Division.

Why Sustainable Food Services?

For the tribe, sustainability is a deep-seated belief - everything needed for survival and well-being depends directly or indirectly on our natural environment. Using the tribe's existing food resources and resources in general is vitally important. The ability to create your own source of food and intertwine it into your community is an amazing concept. Bodwéwadmi Ktëgan was created to provide healthy, sustainable foods for FCP members and their families and to have the ability to expand outward; therefore, implementing the farm's food use in the government programs is essential. Resources, as a whole, should not be

The LNR Division stands for respecting all living things, taking only what you need from Mother Earth, and preserving it for future generations. Food is a resource, and food waste is a worldwide problem. The SFS department wants to provide healthy, sustainable foods and is looking at the bigger picture. Since the start of this department, composting has been implemented in the kitchens. Food waste from the kitchens is being taken to Bodwéwadmi Ktëgan to be composted, which you can soon purchase for use in your garden. Have you ever thought about where your food comes from? Do you know what material your food is packaged in? How is the packaging made? How does that process affect the environment? How much emissions do the vehicles use to transport the food in use? All these factors and more are what it means to look at sustainability.

Progress in the SFS Department

Since the creation of this department, the following steps have been taken to improve and move towards a more sustainable, efficient, and effective department:

- Farm product use increase
- Homemade meals
- Elimination of styrofoam
- Eco-friendly containers and reusable dish use
- Food vendor discounting and consistent pricing
- Staff training, including Food Safe Certifications, IHS Certification
 - Hiring and expansion of the team

- Improved Indian Health Service Inspections
 - Catering of events in-house
- Product comparison (price, qual-

Goals of the Department

- To provide fresh, healthy foods in a sustainable manner
 - Limit food waste
- Meet the IHS code in all kitchen spaces
- Have staff be known as exceptionally friendly and hard working
- Cater all events for the tribe's
 - To cook with a happy heart



The Importance of Weatherization

submitted by FCP Energy Sustainability Specialist Alex Lange

In the realm of sustainable living and energy efficiency, weatherization stands as a fundamental practice. It includes a range of measures aimed at making homes more comfortable, cost-effective to maintain, and environmentally friendly. Among these measures, home energy audits, attic insulation, and box sill insulation emerge as critical steps in making a home more comfortable and more energy efficient all while saving the residents on utility bills.

Home energy audits serve as the initial step in the weatherization process. Conducting a comprehensive assessment will help identify where your home is losing the most energy. Using various tools and techniques, an audit will pinpoint where energy is being lost and provide solutions to mitigate these losses. The significance of a home energy audit lies in its ability to provide homeowners with a list of energy saving measures they can take. These can be anything from adding more insulation in your attic, basement, or walls, installing foam gaskets behind outlet and light switch covers on exterior walls, replacing old incandescent or florescent light bulbs with

LED, and ensuring all gaps and cracks around window and door frames are tightly sealed; to name a few.

The FCP Energy department is excited to share that we run a weatherization program open to tribal members. This was made possible by partnering with Focus on Energy, a state-run incentive program that helps homeowners, governments, and businesses make energy efficiency upgrades. We are offering energy audits and insulation upgrades to qualifying homes. Here is what you need to know about qualifying:

- You must heat with either natural gas or electricity.
- Have a lower level of attic and box-sill insulation.
 - Be an FCP tribal member.

Homes running on propane, oil, or wood unfortunately do not qualify. We are able to weatherize homes owned by FCP tribal members on or off tribal lands and rentals managed by FCPC Housing Authority on tribal lands.

For qualifying homes, we can do blown-in cellulose attic insulation and spray foam in basement box sills. Attic insulation plays a key role in maintaining indoor comfort both in the winter

and summer months. Proper insulation traps conditioned air, cutting heating costs in winter and reducing strain on cooling systems in summer. Box sill insulation seals gaps where the foundation meets walls, preventing air infiltration and maintaining consistent indoor temperatures.

Weatherization, including audits and insulation, is pivotal for environmental sustainability. By reducing energy demand and reliance on fossil fuels, it helps combat climate change

and minimizes environmental harm from energy production. Additionally, it will help with the comfort of your home and your utility costs.

If you are interested in receiving an energy audit and having your home weatherized, please reach out to the Land & Natural Resources Division and ask to speak with someone in the Energy department.

Qualifying Heat Sources







Natural Gas

Propane

Electric

03/04/2024



Community Events MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Financial 101 with Wisconsin Native Loan Fund Community Center Thursday, March 28, 2024 4 pm – 6 pm Finance Basics: Credit Reports, Budgeting & Money Management.					Doula Training WeCare Center	Diva Dance Recital 3:30 pm
3	4	5	6 Newspaper	7	8	9
Basketball Tournament Crandon Classic 4th – 8th Grade Girls 9 am	Public Hearing Membership Ordinance Wausau (4 pm: Greenfire) Tribal Members & Employee Training Exceptional Experience Class 3 pm Executive Building Auditorium	Pow Wow Club 4:30 pm – 5:30 pm	Deadline 3/15/2024 Issue Lunch with Executive Council 1 pm Wausau Language Class 10 am – 12 pm Wabeno School Board Meeting Wabeno High School Library 6 pm	Parent Support Group 12 pm (Open to all) Youth Gathering Carter Casino/ Community Center	Youth Gathering Carter Casino/ Community Center Sten Joddi	Youth Gathering Carter Casino/ Community Center
10	11	12	13	14	15	16
Youth Gathering Carter Casino/ Community Center	Buddy Up Walking Challenge Begins Crandon School Board Meeting Jaegar Auditorium 6 pm	Laona School Staff Development No School – ACT Pow Wow Club 4:30 pm – 5:30 pm	Language Class 10 am – 12 pm Laona School Board Meeting Laona Elementary Board Room 5:30 pm	Parent Support Group 12 pm (Open to all) Crandon 4K-12 Parent/ Teacher Conference (4 pm – 7pm)	Public Hearing Membership Ordinance Wausau (2 pm: Greenfire) Ribbon Skirt with Pockets Hosted by Clara Keeble Carter WeCare 9 am – 3 pm	Public Hearing Membership Ordinance Stona Lake/Carter (2 pm: Exec Auditorium) Ribbon Skirt with Pockets Hosted by Clara Keeble Carter WeCare 9 am - 3 pm
17	18	19	20 Newspaper Deadline	21	22	23
	Tribal Members & Employee Training Career Success & FCP Values Class 3 pm Executive Building Auditorium	Pow Wow Club 4:30 pm – 5:30 pm Canning Class 5:30 pm	A/1/2024 Issue Nutrition Month Taste Test (3 – 4:30 pm) LFPA Food Distribution Language Class 10 am – 12 pm Traditional Healer 7 am – 5 pm Sobriety Feast 6 pm	Quarterly Energy Meeting 5:30 pm (Classroom) Parent Support Group 12 pm (Open to all) Traditional Healer 7 am - 5 pm	Public Hearing Membership Ordinance (4 pm: Potawatomi Hotel Casino) Winter's End Powwow	Public Hearing Membership Ordinance (2 pm: Double Tree by Hilton; Appleton) ATV Safety LNR Building 8 am – 1 pm Winter's End Powwow
24 ATV Safety	25	26	27	28	29	30
LNR Building 8 am – 11 am Winter's End Powwow 31	Gte Ga Nes Preschool Spring Break (No School) March 25 - March 28 Spring Break (No School) Crandon, Laona & Wabeno March 25 - April 1	Pow Wow Club 4:30 pm – 5:30 pm	Conservation Night 5:15 pm (Classroom) Language Class 10 am – 12 pm	Financial 101 (Budgeting) 4 pm – 6 pm Parent Support Group 12 pm (Open to all) Diabetes Luncheon 12 pm –1:30 pm	FCP Community Easter Party 11 am	

■ GENERAL INFORMATION ■ COMMUNITY CENTER ■ POWWOW GROUNDS ■ BODWÉWADMI KTËGAN ■ HEALTH & WELLNESS ■ MUSEUM ■ LOCAL SCHOOLS

201/08/1/201/08/1/201/08

PBDC Ignites a New Era as Potawatomi Ventures – A Symbolic Evolution Toward Shared Prosperity

submitted by Potawatomi Ventures

The Potawatomi Business Development Corporation (PBDC) has announced a complete re-branding, including a new name, logo and tagline, after two decades of successful growth. The change, to Potawatomi Ventures, marks a significant milestone in the company's journey – a comprehensive re-branding effort that encapsulates its evolution, setting the stage for an exciting future.

The refreshed brand identity aims to capture the essence of Potawatomi Venture's core values and the rich heritage of the Forest County Potawatomi (FCP) community. The new logo intertwines modernity with tradition, symbolizing the company's adventurous approach while honoring its sacred roots as Keepers of the Fire.

The company held an unveil event at their Milwaukee office and was honored to welcome Fire Nation to perform to celebrate this historic day.

"We are thrilled to unveil our new name and re-branding initiative to our owners, partners, and surrounding communities," said CEO Potawatomi Ventures Kip Ritchie. "This transition marks an exciting new chapter in our company history. We remain committed to our mission of serving as an economic engine for the tribe while our new brand will support us as we venture into new industries to deliver sustainable growth."

Potawatomi Ventures partnered with Milwaukee agency, Hanson Dodge, to develop this brand. The process included interviews and research with tribal leadership, business partners, employees and other Indian Country economic development corporations.

Key components of Potawatomi Venture's re-branding initiative include:

New name: The concise and accessible Potawatomi Ventures represents the full breadth of the company's initiatives.

Modernized logo and visual identity: The contemporary flame symbolizes roots with FCP while looking ahead to serve future generations as a powerful and purposeful holding company. It conveys growth, strength, upward momentum – and nods to the longevity and sustainability that are cornerstone to a collective prosperous future.

"Brighter Together" tagline: Like individual flames uniting to form a blazing fire, Potawatomi Venture's collective efforts illuminate pathways to prosperity for all – today and for generations to come.

The re-branding efforts support the mission that has remained the same since the company was established in 2002 as the economic development and income diversification business of the FCP community: to generate wealth and improve the quality of life for the tribe by making strategic investments, acquisitions, and prudent asset management decisions.

Resources generated by
Potawatomi Ventures and its holdings
will help diversify the tribal economy
that supports FCP's tribal government and helps improve the lives of
tribal members. Through trust, support, integrity, and mutual respect,
Potawatomi Ventures is committed
to building an economic engine that
supports the Tribe for generations to
come.







Potawatomi Ventures Celebration Event

submitted by Potawatomi Ventures

Potawatomi Ventures will host a celebration event on April 4, 2023, from 4-6 p.m. at the Potawatomi Community Center. The company invites the community to come and see the new brand, ask questions, and meet the team. There will be food and giveaways. We look forward to celebrating this exciting new chapter together with you.





Elder Menu

MARCH 17

Breakfast: Oatmeal, sausage Lunch: Baked chicken breast Dinner: Pork and sauerkraut

MARCH 18

Breakfast: Sausage skillet Lunch: Au Gratin potatoes Dinner: Chicken ramen noodle howl

MARCH 19

Breakfast: Scrambled eggs, ham

Lunch: Mexican lasagna Dinner: Chicken Alfredo

MARCH 20

Breakfast: Boiled eggs,
American fries
Lunch: Chicken pot pie
Dinner: Maple brined smoked
turkey

MARCH 21

Breakfast: Cheese omelet, bacon

Lunch: Chicken dumpling soup
Dinner: Chef salad

MARCH 22

Breakfast: Blueberry pancakes Lunch: Lemon pepper fish Dinner: Goulash

MARCH 23

Breakfast: Cold cereal Lunch: Cowboy tator tot casserole

Dinner: Baked macaroni and cheese with chicken

MARCH 24

Breakfast: Ham & cheese omelet

Lunch: Beef & broccoli over

rice

Dinner: Farmer's veggie soup

MARCH 25

Breakfast: Scrambled eggs Lunch: Turkey ala king over

biscuit
Dinner: Hominy soup

MARCH 26

Breakfast: Cheese omelet, ham slice

Lunch: Tuna casserole
Dinner: Brat

MARCH 27

Breakfast: Pancakes, sausage Lunch: Spaghetti & meatballs Dinner: Hot ham & cheese

MARCH 28

Breakfast: Boiled eggs, corned beef hash

Lunch: Beef tips in gravy
Dinner: Jumbo shrimp

MARCH 29

Breakfast: Fried eggs, bacon Lunch: Non breaded fish sandwich

Dinner: Chicken & wild rice soup

MARCH 30

Breakfast: Breakfast casserole Lunch: Chicken stir fry Dinner: Salmon

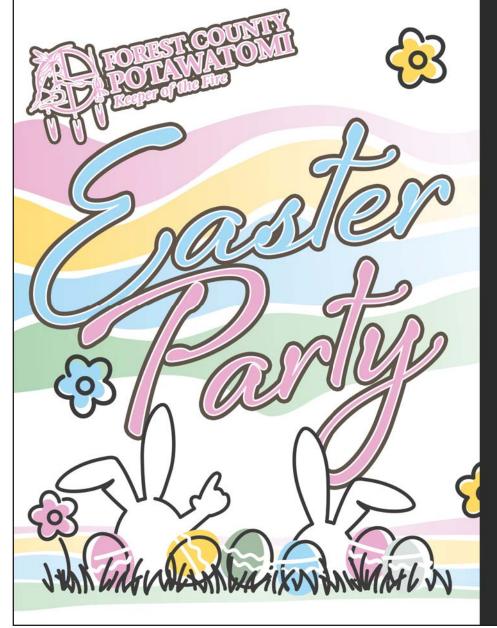
MARCH 31

Breakfast: Sausage skillet Lunch: Sausage and potato cheesy casserole

Dinner: Open face tuna salad on croissants







OPEN TO FCP TRIBAL MEMBERS & DESCENDANTS ONLY

Join us for our Annual Easter Feast, pictures with The Easter Bunny, Yard Games, and More!

Friday, March 29, 2023



POTAWATOMI COMMUNITY CENTER

5471 Thayék Éthë Dnêkmëgzêk Myéw Crandon, Wisconsin

12:00pm Feast

12:30–2:30pm Pictures with The Easter Bunny
1:00pm Games in the Turf Fieldhouse
2:00pm Bike Drawings Begin

For more information visit the front desk or call 715-478-6500

MARCH 2024

SUNDAYS TUESDAYS SATURDAYS MONDAYS WEDNESDAYS THURSDAYS FRIDAYS Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Yard & Adult Swim **Pool** 10am-1pm 7am-3pm 7am-3pm 7am-3pm 8am-3pm (LL) 10am-3pm 11am-2pm 3pm-6pm 2pm-5pm 4pm-7pm (LL) 4pm-7pm (LL) 4pm-7pm 4pm-7pm 4pm-7pm **Aqua Jogging** 10:15am-10:45am (LL) **Family Swim Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim Activity** 7am-9am 10am-1pm 7am-9am 7am-9am 8am-9am 10am-3pm 11am-2pm Pool & 2pm-5pm 10am-1pm 10am-1pm 11am-3pm 10am-3pm 4pm-7pm 3pm-6pm **Hot Tub** 1:30pm-3pm 1:40pm-3pm 4pm-7pm 5:15pm-7pm 6:15pm-7:00pm 6:15pm-7pm **Shallow Water Shallow Water Shallow Water Shallow Water Aerobics Aerobics Aerobics Aerobics** 9:15am-10am 9:15am-10am 9:15am-10am 9:15am-10am **Aqua HIIT Adult Swim Swim Lessons Swim Lessons** 10:15am-11am Lessons 1pm-1:30pm 1pm-1:40pm 1pm-2pm **Swim Lessons** 4pm-5:35pm 4pm-5:30pm 4pm-5:15pm Aqua ZUMBA® **Deep Water** 5:30pm-6:15pm **Aerobics** 5:30pm-6:15pm **Slide & Features CLOSED CLOSED CLOSED CLOSED** Slide & Features Slide & Features Slide & 11am-2pm 10am-1pm 4pm-7pm **Features** 3pm-6pm 2pm-4pm

LESS(0)

April 15 thru May 23

> Registration **OPENS** 3/18/24

Registration **CLOSES** 4/14/24



To register for classes visit our front desk or online at: PotawatomiCC.recdesk.com

For info contact Aquatics Manager Kimberly Shawano: 715-478-6513 • Kimberly Shawano@FCP-nsn.gov All classes subject to change.

AQUATIC CENTER

5471 Thayék Éthë Dnêkmëgzêk Myéw (The Place Where Everyone Plays Road) Crandon, Wisconsiń



March 11 - June 1, 2024



Land Classes

Visit our front desk or

scan this QR Code.

SUNDAYS MONDAYS

NO CLASSES

W. AHHEYHOX

NO CLASSES

March 3-9

April 1 & May 27

NO CLASSES

DIEVSE NORE You MUST register

for all classes.

Senior Fit 9am-9:45am

Bodyweight Combat 5:30pm-6:15pm

Spin 5:30pm-6:15pm **TUESDAYS**

Spin 5:45am-6:30am Tai Chi 9am-9:45am

LIIT 5:30pm-6pm WEDNESDAYS

Circuits 5:45am-6:30am **Full-Body Fitness** 9am-9:45am

ZUMBA® Toning 5:30pm-6:30pm

Shallow Water

Aerobics

9:15-10am

Aqua HIIT

10:15am-11am

THURSDAYS

HIIT 5:45am-6:15am **Mobility & Core** 9am-9:30am

Pedal & Pump 9am-9:45am

Cardio Drumming 5:30pm-6:30pm **FRIDAYS**

Bodyweight Blast 6:00am-6:30am

Active Tots 10am-10:30am

10:15am-11am

ZUMBA® Fitness

Callisthenics 9am-9:45am

SATURDAYS

Aquatic Classes

SUNDAYS MONDAYS

> **Shallow Water Aerobics** 9:15am-10am Aaua

ZUMBA® 5:30pm-6:15pm **Shallow Water Aerobics** 9:15am-10am Agua Joagina 10:15am-11am

TUESDAYS

Deep Water Aerobics 5:30pm-6:15pm

WEDNESDAYS **THURSDAYS ELDERS ONLY**

Shallow Water Aerobics 9:15am-10am

NO CLASSES

FRIDAYS

SATURDAYS NO CLASSES

\\FilinessPromoffons



Members=\$35 \ Non-Members=\$50

Includes access to 20 Group Exercise Classes of your choice, as well as discounted pricing on Specialty Classes!



Members \$3 pardass Non-Members \$10 par dass

For more info contact Group Exercise Coordinator Dalylah Zillmer at 715-478-6528, or email her at: Dalylah.Zillmer@FCP-nsn.gov.

All classes and prices subject to change. Specialty Classes require separate fees. Classes with three or less participants for four consecutive weeks will be removed from the schedule.









SUNDAY MARCH 31 10 AM-3 PM

\$35

PER PERSON

^{\$}15

Kips 5-11

Show your buffet receipt at **Guest Services for** REWARD PLAY"

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BOGO BREAKFAST 7 AM-11 AM

*TUESDAYS OR WEDNESDAYS

Buy One Get One FREE!

NEW HOURS STARTING WEDNESDAY **APRIL 3**

WED., THUR, & **SUN. AFTERNOON**

ADMISSIONS: 11:30 AM EARLY BIRDS: 1:00 PM

FRIDAY NIGHT

ADMISSIONS: 4:00 PM EARLY BIRDS: 5:30 PM

SATURDAY NIGHT

ADMISSIONS: 4:30 PM **EARLY BIRDS: 6:00 PM**



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