

## Community Newsletter & Program Guide

Vibrant energy makes its return to Dakota Community Centre!



★ ★ ★

**FAMILY FUN DAY**  
Sun, Sept 11, 2022

**DOORS OPEN DAKOTA**  
Sept 11 - 16, 2022

New to DCC? Join us for a FREE TRIAL of our facilities and programs!

More details available online at [dakotacc.com](http://dakotacc.com)

- ◆ New Older Adult Classes
- ◆ Introducing the new 'DCC Local Markets'
- ◆ Volunteer Program Expands
- ◆ Bob Saelens & Lorraine Purdy Retire

**2022**

**FALL / WINTER**





Unexpectedly

AMAZING



**Sage Creek is a trailblazing community bursting with energy and life.**

**EVERYTHING YOU WANT IN A NEW HOME** Whether you are looking for a home, condo or a custom build, consistent quality is the hallmark here, evident in the contemporary designs, lasting materials, new technology and attention to detail.

**EVERYTHING YOU NEED NEARBY** A network of paths and trails throughout the community connects you to Sage Creek's Village Centre – offering a growing list of shopping, dining, fitness and professional services – all just minutes from home.

**EXPLORE BUILDING NEW IN SAGE CREEK - IT'S FULL OF UNEXPECTED POSSIBILITIES.**

**VISIT A SHOW HOME TODAY!**

*Show Homes open year-round.*

*For hours and information, please visit [sagecreek.ca](http://sagecreek.ca).*

**SAGE  
CREEK**



**Christian Kennedy**  
Board Chair

## Message from the Chair & CEO

We're thrilled to once again connect with you through our community newsletter and share some of the many happenings, upcoming programs and events at Dakota Community Centre.

The toll of the pandemic on organizations like ours had significant impacts to programs and stalled important progress to projects and plans for our future. We are grateful to be 'back in business' and that our recovery is coming quickly. Thank you to the members of our community, local business supporters, donors, our government representatives and our dedicated Board, Staff and Volunteers who stepped up to support our Centre through these difficult times.

While 'people' activity at the Centre was significantly reduced through the pandemic, lots of planning, upgrading, maintenance and deep cleaning activities ramped up within our facilities during the periods of mandated closures and restricted use.

We also found ways to bring the community together safely, launching our new bi-weekly outdoor Local Markets, and added outdoor seating areas, with beautiful flower planters and Festive holiday tree decor in winter. Throughout the pandemic, we kept the majority of services and programs open where it was possible. We also held our first Skate with Santa, and welcomed more than 70 new facility volunteers, as well as played host to the filming of a Hallmark Christmas movie, installed digital screens throughout the facility and, added some new equipment to our Fieldhouse Track and Fitness Centre, to name a few.

Our south rink was also completely overhauled and both rinks had new

efficient radiant heaters installed to keep fans in the stands warm when they returned. Our north rink underwent extensive upgrades and repairs through this down time. The Sportsplex roof also got a new rooftop unit installed.

A comprehensive Building Assessment was conducted, followed by a Site Location study to assist with future expansion planning and redevelopment. Plans for a major redevelopment to our decades old Ice Plant powering our two arenas are nearly complete. This \$1.6 million+renovation project getting underway this spring, will include a new Chiller, extensive upgrades, a much-needed maintenance building and new a snow melt pit to ensure a sustainable, efficient and environmentally responsible operation for the next 35 years.

Our updated Master Plan for our campus is nearly ready to share. Public consultations on the future plans for our expanded campus will take place later this fall. Watch for a community-wide invitation to come see these plans and share your views coming soon.

Since returning this spring to our 'new normal' we're proud to have hosted 1000 people+ convocations for our neighbours at College Jean Sauve, as well as two other area high schools, hosted numerous socials, birthday parties and other celebratory events, held a large Pickleball tournament, hosted 133 teams in our Adult Hockey League and ran another successful Ice & Slice Fundraising Golf Tournament. We've also welcomed back most of our regular programs, scores of renters, track and fitness class users as well as hundreds of seniors who benefit from Dakota's excellent facilities and programs throughout the year.

Much of our sustainability, growth and recovery was only possible through the generosity of our donors and the help of grants received from all levels of government (New Horizons for Seniors, Canada Community Revitalization Fund, Canada Summer Jobs, Canada Wage Subsidy, Green Team, Building Sustainable Communities, Community Centre Renovation Grant, Community Incentive Grant, ) as well as agencies, like The Winnipeg Foundation, MB Chambers of Commerce and others. We remain eternally grateful for the support we continue to receive from all who care about Dakota CC. We've also made donating to Dakota CC

simpler by partnering with Canada Helps to accept donations online from our website with tax receipts issued at the same time!

Many comings and goings, too numerous to mention, also happened during the past few years. We welcome all and offer best wishes to all those who have moved on. Please note our 2022/23 volunteer Board of Directors listed on this page and our heartfelt thanks are extended to those who've completed their service. Our very special thanks to Mark Antunes, who dedicated significant time and talent to serve as Board Chair from 2017 - 2021. Our Centre is forever richer from your leadership and contributions.

We are very excited to welcome everyone back to Dakota CC in our 35th anniversary year, and hope you check out all that's new and what's returned to our Centre this fall.

Good health and best wishes to all.

### 2022/23 Board of Directors

Christian Kennedy, *Chair*  
Cory Shangreaux, *Vice Chair*  
Darren Neufeld, *Treasurer*  
Karlee Batchelor  
Sandy Nemeth  
Michael Raimondi

#### Thank you to the following retired Directors:

Mark Antunes  
Victoria Cornick  
Daryl Patton  
Chantal Sturk-Nadeau  
Teresa Toutant

**Michele Augert**  
Chief Executive Officer



Your workout journey - your way!

## Track & Fitness Centre

Improve your health & fitness in our state-of-the-art indoor track and fitness centre, at the Dakota Fieldhouse.

You can walk, jog or run with our segmented lane system - everyone is welcome. You can even bring your baby stroller! Here's what you'll find on our Fieldhouse mezzanine level:

- ◆ 200 metre, 3 lane track.
- ◆ Cardio fitness equipment such as upright/recumbent bikes, elliptical trainer, step mill, rowing machine.
- ◆ Free weights, cable resistance training equipment, bands and kettlebells for strength training.
- ◆ Mats, foam rollers, stability balls and BOSU® balls.
- ◆ Program and equipment orientation included with your access pass.



### Get your access pass today!

We have a variety of pass options available from drop-in to annual access.

Visit [dakotacc.com](http://dakotacc.com) for more details.

## Pickleball

Play the world's fastest growing sport!

If you've never played Pickleball or were hesitant to try it - now is the time!

This simple, yet fun game can be played in singles or doubles, is a great way to stay in shape, and can be played by all levels of fitness.

We're expanding our Pickleball offering at DCC even more this Fall! We'll have learn to play classes, skill clinics, tournaments and more!

Sign up for our Fall Pickleball Tournament [online](#), scheduled for **Thur, Sept. 22nd - Fri, Sept. 24th**

### What's **NEW** for Pickleball?

- ◆ Learn 2 Play Pickleball
- ◆ Pickleball skills clinics
- ◆ Multiple yearly tournaments
- ◆ Dakota Premium Pickleball (round-robin format)
- ◆ Pickleball Flex Ladder (play similar skillsets)

Visit our website for full program descriptions, cost and schedules. Play Pickleball your way!



**DCC** Is your Pickleball destination!

## Congratulations on your retirement Lorraine & Bob!

Best wishes from everyone at DCC. We hope you enjoy your well deserved retirement!



**Lorraine Purdy**  
Nursery School Dir. - 31 years



**Bob Saelens**  
Facility Manager - 14 years

# Group Fitness Classes

04

Find your fit with over 20 classes to choose from!

Our fitness classes will help you stay active, provide a social connection and add variety to your fitness journey. These classes are for beginners & experienced individuals alike. Benefits include:

- ◆ experienced and qualified instructors.
- ◆ weekday, morning and evening classes.
- ◆ classes that cover a wide range of fitness levels.
- ◆ access to any of our classes with one simple pass.



**Stay active. Stay happy! Get your pass today!**

## Yoga / Pilates

- Barre **NEW** 55+
- Chair Yoga 55+
- Gentle Flow
- Restorative Yin
- Restorative Yoga
- Pilates **NEW**
- Simple Pilates 55+
- Yin Yang Yoga
- Yoga Flow

## Strength

- Cardio & Strength
- Gentle Fitness **NEW** 55+
- Growing Stronger 55+
- Hi-Lo Strength
- Kick to be Fit **NEW** 55+
- Total Body Strength
- Tone & Strength **NEW**

## Zumba / Dance

- Fitness Dance **NEW**
- Let's Move, Let's Dance! 55+
- Zumba
- Zumba Gold 55+
- Zumba Toning



## More evening classes? You got it!

We're now offering additional evening classes - two each night from Monday to Thursday. Come unwind with an evening of yoga or go a bit more intense with our Total Body Strength class.

**Evening classes start week of September 12, 2022.**

## Legend

- NEW** New class offering
- 55+ Fitness levels suited for adults 55+.

## How do I register or get more info?

We offer **3 easy ways** to register / get info for a class!

- 1 Visit our website at **dakotacc.com**
- 2 Give Customer Service a call at **(204) 254-1010**
- 3 Visit the **Fieldhouse Customer Service** desk.

# Pre & Postnatal Classes

Safe workouts when you're expecting & beyond.

## Prenatal Fitness

Our Prenatal Fitness class is designed to give you the best and safest workout during all stages of pregnancy. You'll also have the chance to socialize with other pregnant women and share your experiences. You'll work on cardio, strength, flexibility & balance training.

## Postnatal Yoga

In the Postnatal Yoga class, you'll learn how to relax and release your pelvic floor, build strength and improve your flexibility - all with your baby by your side. **Recommended for pre-mobile babies.**

**Full program details for both these classes available online at [dakotacc.com](http://dakotacc.com)**



# Hockey & Ice Programs

05

Lace up those skates! We have lots to offer.

## Adult Hockey League

The Dakota Adult Hockey League is gearing up for the 2022/23 Fall/Winter season. All we need now is for you and your buddies to register your team and hit the ice!

- ◆ League runs September 12th - April 30th.
- ◆ Fees include game officials, timekeepers & playoff ice.
- ◆ League website for stats, scheduling, standings, etc...
- ◆ Prizes for division winners & swag for team captains.



## 40+ Adult Drop-In Hockey **NEW**

Bring your buds, lace up those skates and join us for some one-hour drop-in hockey every Thursday at noon at the Jonathan Toews Sportsplex.

**View schedule and register for your spot online.**  
**Drop-in cost is \$9 (taxes included)**

Public Skating and Stick & Puck sessions also available.

## Centre Ice Cafe (Concession) & Lazers Edge Skate Shop!

The Centre Ice Cafe will be serving up delicious food and tasty treats. The Lazer's Edge Skate shop will supply you with all your skate sharpening and accessory needs.

## Fall Hockey Development Camp (5-17 yrs)

Prepare yourself for the upcoming season! Get ready for a great hockey experience by learning new skills through a fun filled camp.

Our experienced instructors will get you ready by working on speed, agility, passing and shooting in a safe and fun environment. You're sure to have your best season yet!



## How do I register or get more info?

We offer **3 easy ways** to register / get more info.

- 1 Visit our website at **dakotacc.com**
- 2 Call the Coordinator at **(204) 254-1010 ext 201**
- 3 Visit the **Fieldhouse Customer Service** desk.



## Little Lazers **NEW**

Exciting programming for 2-10 year olds.

Get your kids in on the fun at Dakota Community Centre this fall with our new kids programs.

- ◆ Soccer, Tumbling, Basketball, Floor Hockey & more!
- ◆ Three program age categories (2-3, 4-5 & 6-10)
- ◆ Learn new skills, have fun, and make new friends.
- ◆ Convenient evening and weekend scheduling.

Find out more about these programs on our website at **dakotacc.com**.

**Space may be limited - sign up today!**

## Youth Sport Registration

Sign your child up for Fall & Winter sports!

Sports are a great way to get your child active and to make new friends! Here are some of the great sports on offer in our community:

- ◆ Youth Hockey, Ringette, Indoor Soccer
- ◆ CanSkate (Learn to skate program)

Registration for these programs are handled through various sport organizations. Visit our website for links to register or for more information.

**More details available at dakotacc.com**

# Older Adults (55+)

Learn, dance & socialize with us!

06

We have plenty of 55+ friendly programs available for Fall 2022. From learning about technology, to painting a portrait, we're sure you'll find a program suited for you!



## Introducing: Speaker Series **NEW**

Our new Speaker Series launches this fall - presented by Right at Home Canada! Knowledgeable speakers will cover a wide range of helpful topics. **FREE** to all attendees!

### Our first speakers: Friday, October 21st

Alison & Trevor O'Toole from Winnipeg Estate Sale & Downsizing Services will share helpful tips on downsizing your home.

More speakers planned! Check our website for more information and upcoming speaker events this fall & winter season.

## Senior Resource Finder

Did you know that we have a Senior Resource Finder at DCC to help connect you to resources in the St. Vital & St. Boniface communities? For more info, call **(204) 254-1010 ext 217** or visit **dakotacc.com**

## Fall 2022 Classes for Older Adults (55+)

- ◆ Connecting Through Technology **NEW**
- ◆ Intro to Email & Internet Safety **NEW**
- ◆ iPad / iPhone Basics (Part 1)
- ◆ iPad / iPhone Basics (Part 1)
- ◆ Minds in Motion
- ◆ Painting - *back by popular demand!*
- ◆ Photography **NEW**
- ◆ Tai Chi

## 55+ Drop-in Programs

- ◆ Line Dancing
- ◆ Cribbage & Whist
- ◆ Floor Curling



## How do I register or get more info?

We offer **3 easy ways** to register / get info for a class!

- 1 Visit our website at **dakotacc.com**
- 2 Give Customer Service a call at **(204) 254-1010**
- 3 Visit the **Fieldhouse Customer Service** desk.

# In Memoriam - Dave Burgess

Long serving volunteer passed away June 28 at the age of 74.

Dave gave much of his time to DCC, serving on the Board of Directors from 2001 – 2015. He also served as the Softball Director for a few years and took lead roles in the Fundraising and Special Events during his more than 20 years of volunteer service at DCC.

His love of sports, particularly hockey and softball, had him involved with the youth of the community as both a coach and umpire for many years. He was also very active in progressing female hockey in our community, initially with DCC and then with SVMHA when the oversight for hockey went regional. During those years, Dave was always eager to offer a helping hand if one was needed.

Sincere condolences from everyone at DCC to Jeanette and family.

## Celebration of Life

Dave's family will be hosting a Celebration of Life on Sunday, September 25, 2022 (his 75th Birthday) at the Community Centre from 2 – 5 p.m.

The family has also asked that donations in Dave's memory be made to Dakota Community Centre **<https://dakotacc.com/219/donate>** online or by calling **204-254-1010 ext 211** (tax deductible receipts provided)



**Dave Burgess**

September 25, 1947 - June 28, 2022

Thank you for your ongoing support of our community centre.

## 2022 Ice & Slice Charity Golf Tournament - Presented by Stoneridge Software

Special thank you to our title sponsor, Stoneridge Software, who hosted 130 golfers at Kingswood Golf & Country Club on July 17 for another successful day in support of DCC.

The support of local companies with prize donations, teams, advertising and sponsorship helped us raise much needed funds to support the Ice Plant Redevelopment Project. Thank you to all who attended and supported this event.



## Thank you to our Tournament Sponsors & Supporters

Stoneridge Software  
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 Janice Morley-Lecomte MLA



**Stoneridge Software - Title Sponsors**  
Special thank you to Randy Wozny & team for their support!



**Coun. Markus Chambers & MLA Rochelle Squires**  
Deputy Mayor & Riel MLA show their support for the tournament.

## Support your community and align your business with Dakota CC.

This win-win scenario connects your business with our programs, services and events. Our community centre serves over 12,000 households in South St. Vital. Hundreds of people pass through our community centre daily.

### Questions about sponsorship and advertising?

Call Brenda at (204) 254-1010 ext 211 or email [brenda@dakotacc.com](mailto:brenda@dakotacc.com).



## Donating to DCC is easier than ever!

We've partnered with Canada Helps to make donating a breeze. Click on the **DONATE** button on our website to get started. Your ongoing support will create a positive impact in our community.



You'll find the **DONATE** button in the top right section of our website ([dakotacc.com](http://dakotacc.com))

# Upcoming Events

Save the date & don't miss out on these fun events.

08

## Christmas Market

This fan-favourite 2-day event brings in over 80 vendors that pack the Jonathan Toews Sportsplex and Great Hall. They'll have anything from homemade crafts to consumables available for sale.

**Sat, Nov. 5 & Sun Nov. 6, 2022 at the Jonathan Toews Sportsplex.**



## Skate with Santa

We'll be holding our second-ever Skate with Santa event. This fun skating session is great for families and their young ones!

We've already sent Santa his invite.

**Fri, Dec 23 at the Jonathan Toews Sportsplex.**



## Want to check out more events at DCC?

**That's easy!**

Click on the **EVENTS** button on our website menu and you'll see full information for all scheduled events.

Don't forget to follow us on Facebook, Instagram & Twitter for the latest updates & announcements!

# We're Your Event Rental Destination

We have the room and tools to make your event memorable.

Dakota Community Centre is your event destination. There is no shortage of what type of event you can host with us. Here are some examples:

## Birthday Parties

Jump around in a bouncy castle or choose to have a sports themed party!

## Socials

Raise funds for your special day and party with your friends and loved ones. We have full packages available.

## Meetings

Holding an AGM, work training session or a corporate team building event? We have meeting rooms and a gym ready for your booking. Equipment rental available.

## Holiday / Special Event Parties

Have your holiday parties with us! Need a large space for any other events? We have you covered!

## Tournaments

Our 3 full-size basketball court fieldhouse can hold tournaments of any kind. Basketball, Volleyball, Pickleball and other setups available!



**CALL RAE TO BOOK TODAY!**  
(204) 254-1010 ext 210 or [rvincent@dakotacc.com](mailto:rvincent@dakotacc.com)

# DCC Local Markets

New and improved markets at DCC!

09

We're growing the market scene at Dakota Community Centre like never before!

You'll see three types of markets around the facilities, the Summer Market, Christmas Market (formerly the Christmas Craft Sale), and Pop-Up Markets!

We have established a separate section of our website devoted completely to markets. It has event information as well as a vendor database - [markets.dakotacc.com](http://markets.dakotacc.com)



## Christmas Market (November 5 & 6)

Formerly the "Christmas Craft Sale", this 2-day event brings in over 80 vendors selling a wide range of home crafts and goodies.

## Summer Market (June - August)

Held bi-weekly Thursdays during the summer, all sorts of vendors and food trucks stop by to sell their goods at the Dakota Fieldhouse parking lot.

## Pop-Up Markets (During Large Events)

During larger events held at DCC, we'll also have mini Pop-Up Markets that'll have several vendors selling assorted products.



## THANK YOU to our amazing volunteers!

DCC wouldn't be able to function half as well as it currently does without the help of our amazing volunteers! From the bottom of our hearts,

**THANK YOU for all that you do at DCC!**

## Become a DCC Volunteer!

We're always looking for help in order to tackle various jobs around the facility. If you're able and willing to join our team, we encourage you to apply through our Volunteer Portal - powered by Better Impact. More information is available on our website.

# Nursery School Program

Fall class registration is now open!

Our programs focus on emotional and intellectual development. Learning is stimulated through teacher directed activities, which are designed to teach many pre-school skills.

- ◆ 2 Days / Week (Tuesday & Thursday mornings)
- ◆ 2 Days / Week (Monday & Wednesday afternoons)
- ◆ 3 Days / Week (Monday, Wednesday, Friday mornings)



# Slap Shot 45th Anniversary Tour

10

The Chiefs stopped by DCC to say "hello."

Chiefs Dave Hanson, Jeff Carlson and Allan Nicholls (aka Johnny Upton) stopped by Dakota CC to film a promotional video and help spread the message about the seriousness of mental health and concussions.

The Chiefs were in town to help promote the 45th anniversary of the 1977 cult classic 'Slap Shot', a movie about a struggling hockey team that started growing in popularity due to fan favourite on-ice brawling.

While the nature of the film is very violent, Dave Hanson - who also played professional hockey and loved to take the gloves off knows first hand how serious concussions can be. Part of their tour involved a celebrity golf tournament in support of the StopConcussions Foundation and The Bruce Oake Recovery Centre which Dakota CC was proud to be a sponsor of.

We even got a mention on 'Gouche Live!' a podcast by Kerry Goulet from StopConcussions thanking us and stating how much fun they had filming a fun little promotional video with us. Make sure you check it out on our Facebook, Twitter and Instagram pages.

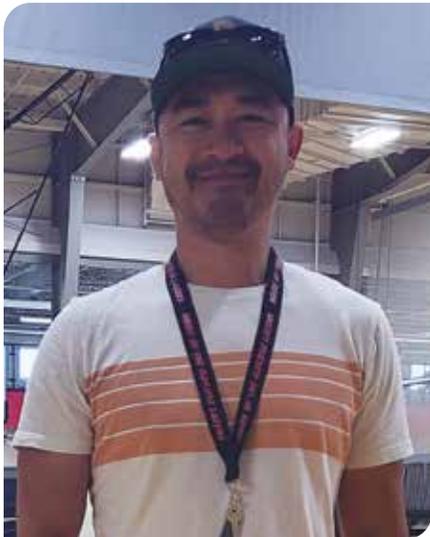


## Summer Students shine bright at DCC

Dakota Community Centre was once again able to offer summer student positions in various areas around our facilities.

The Honourable Marci Ien, Minister for Women and Gender Equality and Youth, and MP Terry Duguid paid us a visit to meet and talk with our students.

With the funding support of the Canada Summer Jobs Program and the Province of Manitoba Green Team Grant, Dakota Community Centre employed 14 students this summer. Thank you to our funding partners and all of our hard working students for their contributions in their roles this summer.



## Meet the Staff of Dakota CC

**Chris Chong is our Customer Service & Membership Supervisor**

Chris Chong joined our customer service team in September of 2021. Chris supervises a team of eight staff that handle program registration and pass sales. He also ensures his team constantly delivers a high level of attention and care to all who step through our doors.

Chris holds a Bachelor of Recreation Management & Community Development from the University

of Manitoba. He loves to assist other departments by creating signage and planning special events for new and returning visitors.

Outside of his job, Chris is a level 3 certified volleyball referee. He also enjoys spending time with his wife and two children. Stop by and say 'hi' to Chris at the Fieldhouse Customer Service desk during your next visit!

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## A Special Thank You To All Our Advertisers

The Dakota Community Centre wishes to thank the many businesses who purchased an advertisement to make this publication possible. Your ad helped us to defer all costs relating to this newsletter. We value your support and gratefully acknowledge your participation.



**Janice Morley-Lecomte**

*MLA for Seine River*

**204-794-8079**

**[janice.seineriverMLA@mymts.net](mailto:janice.seineriverMLA@mymts.net)**

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for City Council for the St. Norbert -  
Seine River Ward on October 26, 2022

204-986-5920 • [markuschambers@winnipeg.ca](mailto:markuschambers@winnipeg.ca)



# Rochelle Squires

*Proudly Supporting the Community*  
*Fière d'appuyer la communauté*



**Constituency Office:**

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rochelle@rochellesquires.ca

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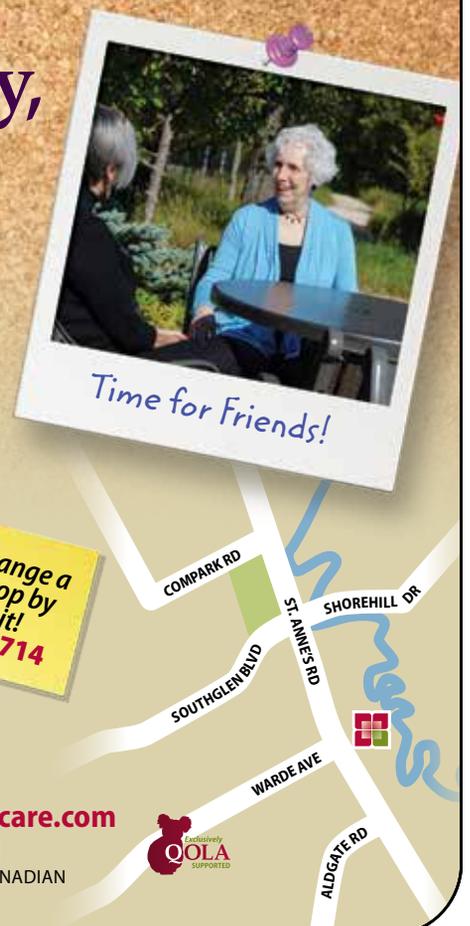
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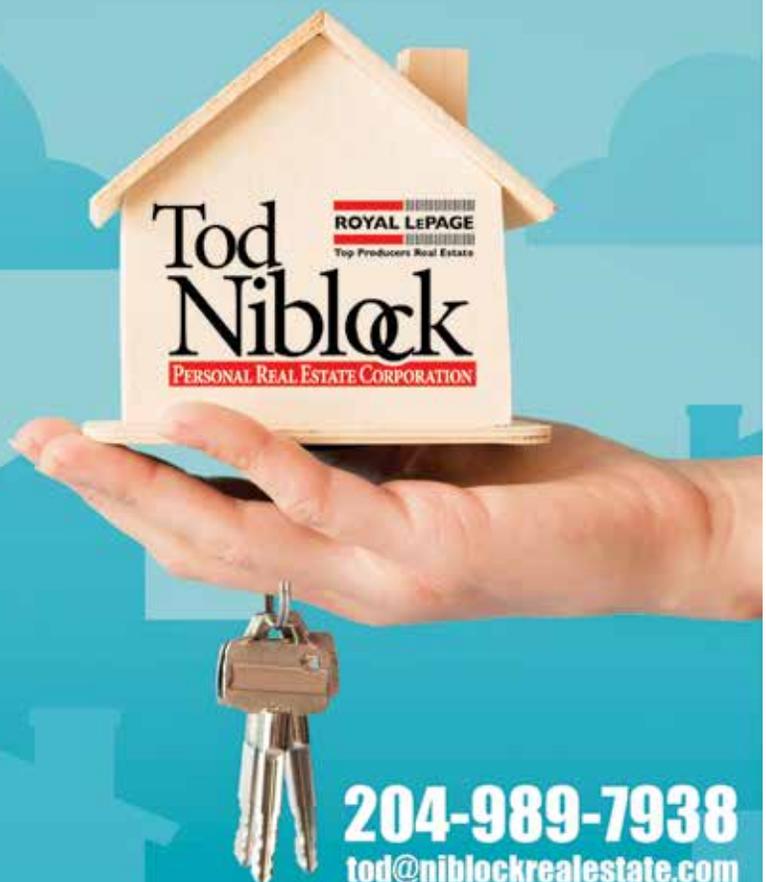


# Thank You Southeast Winnipeg!

**Local Knowledge and National Results**

Source Royal LePage 2021

Royal LePage is Manitoba's #1 Broker - 19,000 Realtors in Canada

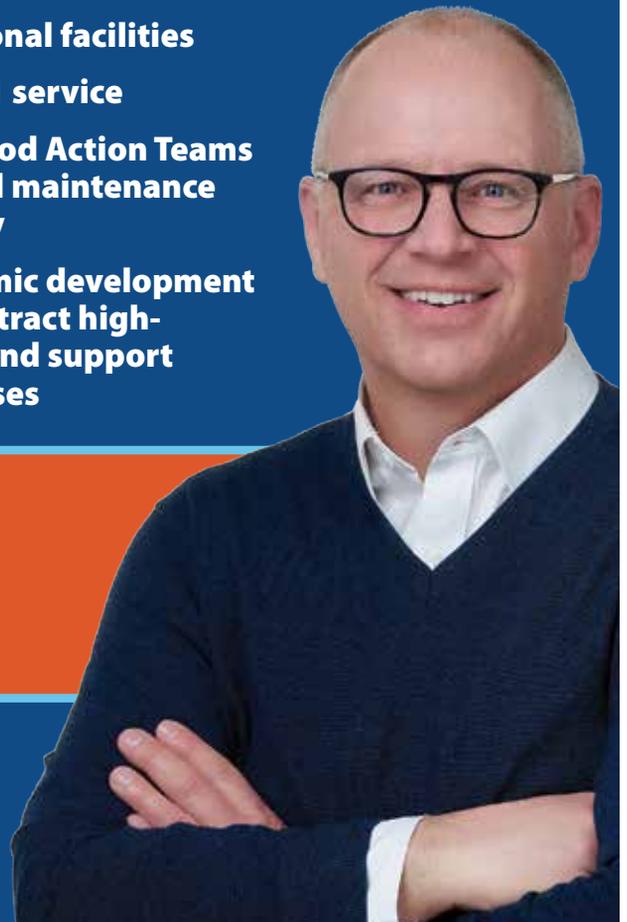


**204-989-7938**

[tod@niblockrealestate.com](mailto:tod@niblockrealestate.com)

- **Better roads and more frequent transit service**
- **Faster action to prevent street crime and strategies to get people out of homelessness**
- **More trees, more green energy, and an expanded active transportation network**

- **New recreational facilities**
- **Improved 311 service**
- **Neighbourhood Action Teams to tackle local maintenance issues quickly**
- **A new economic development strategy to attract high-quality jobs and support local businesses**



For more on Scott's plan to build a stronger Winnipeg, see [VoteforScott.ca](http://VoteforScott.ca)

**Scott Gillingham**  
FOR WINNIPEG MAYOR

## Keeping You Active In Your Life

Vista Place Physiotherapy believes in an active approach to your rehabilitation. Our goal is to strengthen and rehabilitate your physical abilities to improve your quality of life.

### OUR SERVICES INCLUDE:

- Acupuncture/Dry Needling
- Spinal/Joint Manipulation/Mobilization
- Massage Therapy/Cupping
- Sports Injury Treatment/Functional Movement Screens
- Physical Reconditioning Programs
- Vertigo/Dizziness Treatment
- Custom Orthotics
- Pre/Post Surgery Rehab
- Balance Classes
- Concussion Assessment/treatments

**Call today for more information or to schedule your appointment**

 **Vista Place**  
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