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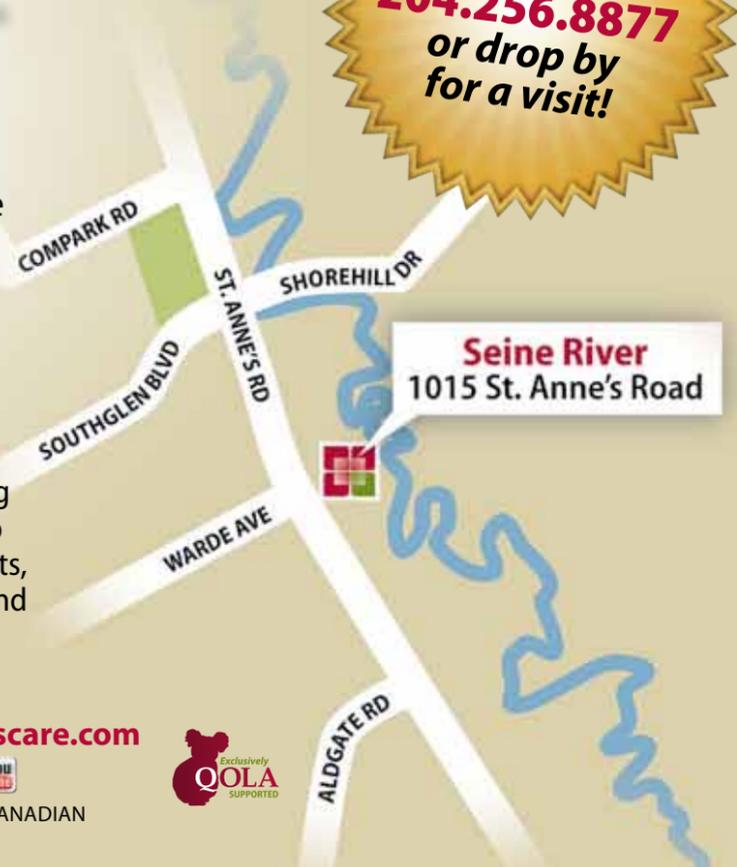


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**COMMUNITY NEWSLETTER  
FALL 2015**



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## ONLINE REGISTRATION

### FALL ONLINE REGISTRATION

Registration for fall/winter sports programs (basketball; indoor soccer; ringette; fitness classes; OTA) will be online again this season.

Online Registration for the programs listed above will commence on Monday, August 24. Please go to [www.dakotacc.com](http://www.dakotacc.com) to register.

Please check the website regularly for more information.

Smartphone users can scan the code on the front of the newsletter and be automatically directed to Jonathan Toews Community Centre's website. We are on Twitter and Facebook.



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## PRESIDENT'S MESSAGE

I hope you've had a terrific summer!

It was great to see many of you at our July 10th Stanley Cup celebration, when Jonathan Toews brought the Cup (for the third time in five years!) back to Winnipeg. We had a great crowd and a great time hosting Jonathan and his family for the afternoon, and Andrew Paterson from TSN 1290 did a fantastic job managing the Q&A session with a dozen of our young Dakota Lazercs sports participants. Make sure to check out the event photos on page 6.

If you've come by the club this summer to enjoy the splash pad, to use our fitness facility or to participate in one of the many summer programs or camps hosted here, you've probably noticed

some of the major projects around the building. At the time of this writing, the summer-long refurbishment of the north rink is just about complete, the gymnasium has been repainted, and the new electronic reader-boards (on both the first and second floors) are up and running.

From time to time, you might have also noticed some construction and engineering professionals working on the north side of the property, collecting soil samples and undertaking survey work. That work is being done in preparation for what we hope will be an October groundbreaking for the new Dakota Fieldhouse facility. We're hopeful that our club's main building – the Jonathan Toews Sportsplex – will soon be joined by another great facility – the 50,000 sq. ft. Dakota Fieldhouse – within the next 14 to 18 months.

Finally, we are pleased to announce that Michele Augert has been appointed as the new CEO for Dakota Community Centre Inc., effective August 4th. Michele brings an impressive resume, having recently served in senior management roles in both the public and private sectors (see our Q&A with Michele on page 10.) We know she will be a great spokesperson for our club and contributor to our leadership team.

Our board is very excited to bring Michele on board, and are confident that she and all of our staff will continue to dedicate themselves to the club's mission: To provide excellent facilities and recreational programs in order to promote healthy and active lifestyles for our community.

We look forward to serving you in 2015/16!

Tom Thiessen, *President* ■

## BOARD OF DIRECTORS

### President:

Tom Thiessen, (204) 253-6722  
email: tom@bomamanitoba.ca

### Vice-President –

**Finance & Administration:**  
Erica Poudrette, (204) 253-3445  
email: erica2@mts.net

### Vice-President – Winter Sports, Building & Grounds:

Denis Marcon, (204) 256-9117  
email: dmarcon@cfinance.biz

### Vice-President – Summer Sports & Indoor Programming:

Dionne Deer  
email: dionnepotapinski@yahoo.ca

### Secretary:

Denise Pope, (204) 256-9281  
email: denise.pope@mymts.net

### Treasurer:

Lynn Austin, (204) 255-7457  
email: lynn-cal-avery@shaw.ca

### Baseball Director:

Luc Jubinville, (204) 452-1580  
email: jubinville@mymts.net

### Basketball Director:

Brent Amos, (204) 256-9933  
email: dakotabasketball@mts.net

### Hockey Director:

Clifton Dorge, (204) 226-0563  
email: jtcc56hockey@gmail.com

### Fundraising & Special Events Director:

Dave Burgess, (204) 254-5551  
email: dburgess47@shaw.ca

### Soccer Director:

Pram Tappia, (204) 254-2868  
email: ptappia@sbrcc.ca

### Softball Director:

Moe Berard, (204) 257-9547  
email: moeberard@shaw.ca

“We are pleased to announce that Michele Augert has been appointed as the new CEO for Dakota Community Centre Inc.”

### Public Relations Director:

Carolyn Maguet, (204) 232-2363  
email: rcmaguet@mts.net

### Ringette Director:

Michelle Jansen  
email: dakotaringette@mymts.net

### Seniors Programming Director:

Karen Irvine  
(204) 255-2061  
email: kkirvine@mts.net ■

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## GROUP OF DAKOTA RINGETTE PLAYERS SEE GOLD AT WESTERNS

Kayla Barnabe, Jayme Dorsett, Kaeli Hedberg, Nicole Girardin, Alexsi Kavvadas, Cirena Maurice and Alexa Sawyer are some of the players along with coaches Spiros Kavvadas and Lynn Girardin and Manager Monica Barnabe who made up the team of the Western Canadian Ringette Champions for 2015. During the Western Canadian Ringette Championships, held in late March in Calgary, the team went undefeated through the round robin games. The semi-finals were played against Team

Alberta. The team battled back from a 4-3 deficit, scoring with 1 minute and 57 seconds left in the game to tie and then followed it up with another goal with 30 seconds remaining in the game to take the win 5-4. The girls played Team BC in the finals once again coming back from a 0-2 deficit winning the gold medal with a score of 6-3. Nicole Girardin was selected to the All-Star team.

## U16 RINGETTE

Five Dakota CC ringette players represented Manitoba at the Canadian Ringette Championships in Wood Buffalo, Alberta this past April. Caroline Girardin, Jordyn Campbell, Jenna Bazin, Camryn Walker and Celeste McElroy were honored to attend the CRC's as Team Manitoba after their U16AA Angels team won Provincials. After a grueling CRC

schedule of playing 11 games in 6 days, Team Manitoba captured the National Championship after battling Team Ontario 6-4 who had remained undefeated throughout the tournament.

During the Gold Medal final, all Dakota players contributed to the score sheet in the 6-4 win. Forward Jenna Bazin, with one goal and two assists, while Centre Celeste McElroy had a two-goal, one-assist performance. Forward



“After a grueling CRC schedule of playing 11 games in 6 days, Team Manitoba captured the National Championship after battling Team Ontario 6-4 who had remained undefeated throughout the tournament.”

Jordyn Campbell contributed one goal and one assist while Camryn Walker added one assist to help claim the victory. Goalie Caroline Girardin's strong performance throughout the week was also instrumental in bringing home the National Title. Celeste

McElroy was presented with a Player of the Game for her performance during the Gold Medal final. The U16AA Team Manitoba players were especially proud to bring home the National Championship for the first time since 2003.



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†Classes and Jillian Michaels workouts scheduled by location and only offered at participating locations.

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Expiry Date 9/30/2015

**Christine Melnick**  
MLA for Riel

Unit 4-1549 St. Mary's Rd.  
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# JULY 10<sup>TH</sup> STANLEY CUP CELEBRATION



On a hot and sunny Friday afternoon, Jonathan Toews, Captain of the Chicago Blackhawks, brought the Stanley Cup home to Dakota Community Centre for the third time in his career. Over a thousand fans from our community were on hand to join in the celebrations. Following remarks from local dignitaries, Jonathan participated in a lively question and answer session with children from Dakota Lazer sports teams. Everyone who came out to celebrate received a commemorative hockey card, specially fashioned for the event. Our sincere appreciation goes out to Andrew Paterson (Hustler TSN Radio) for helping out with the program and all of the local dignitaries who took time to attend this celebration. A special thanks to the Dakota CC Board, staff and volunteers and to the City of Winnipeg, Chicago Blackhawks and the Toews Family for their help in ensuring a successful day!



# 2015 ACTIVE LIVING SCHEDULE

## YOGA BASICS – FOUNDATIONS, ALIGNMENT AND POSES EXPLAINED

The main philosophy of yoga is simple: mind, body and spirit are all one and cannot be clearly separated. In this class, you will learn the names and proper techniques of beginner level poses. This class is designed to describe each pose and guide individuals who are new to yoga into the beginner level class. Similarly, this class is designed as a refresher for anyone who is returning to their yoga practice or for current participants who desire assistance, with and explanation on technique. (Please bring a mat.)

## 55+ YOGA – BEGINNER

Yoga is for EVERYONE and EVERY BODY! Designed to improve health, lifestyle and emotional awareness, and based on hatha and vinyasa yoga, it collaborates balance, strength, flexibility and peace in one class. The benefits from practicing yoga are limitless and will be carried with you, throughout life. (Please bring a mat.)

## 55+ YOGA ADVANCED

Many people think that yoga is just stretching. While stretching is certainly involved, yoga is also about creating balance in the body through developing both strength and flexibility. This is achieved while practicing postures, each of which has specific physical benefits. The poses can be done quickly in sequence, creating heat in the body through movement (vinyasa-style yoga) or more slowly to increase stamina and perfect the alignment of the pose (Hatha-style yoga). The poses are a constant, but the approach to them varies depending on the yoga tradition in which the teacher has trained. (Please bring a mat)

## 55+ YOGA FLOW

Yoga poses are linked fluidly but held long enough for the student to adjust to a healthy alignment and mental awareness. (Please bring a mat)

## 55+ DANCE FITNESS

Ready to learn various styles of dance and take your fitness to a whole new level? 55+ Dance Fitness is a fun and easy way to get you feeling healthier and more energetic. Dance Fitness routines are designed to up your cardio, build endurance and get you on the right track to full body fun!

## 55+ LOWER BODY

Strength Training – 30 minute class tones legs, buttocks and abs.

## 55+ UPPER BODY

Strength Training– 30 minute class with brief cardio segment to warm up and then focuses on strength and muscle endurance for the complete upper body including core.

## 55+ CARDIO CUT

This is a low-impact cardio class. A half-hour cardio workout using a variety of formats, including step, sports, and hi-lo, to get the heart rate going.

## 55+ STRENGTH TRAINING

This is an easy to follow strength training class.

It involves weight training in a class setting, and a full body workout using dumbbells, tubes and elevated steps.

## 55+ CARDIO + STRENGTH TRAINING

This is an easy to follow and low-impact class designed to strengthen the cardiovascular system, tone muscles, and boost balance, flexibility and endurance. We use dumbbells, resistance bands, elevated benches and other equipment. Exercises can be modified to accommodate all fitness levels.

## CORE STRENGTHENING

This strength-based class targets your core muscles: the glutes, upper legs, arms and abs. With fun music and high-energy, you can condition, strengthen and tone some of the biggest muscle groups. All levels welcome.

## ZUMBA TONING

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

## PHYSIOLOGIC YOGA

Please email Meghan at [meghanoliver@shaw.ca](mailto:meghanoliver@shaw.ca) to book your spot. 10 people per class maximum. A fee of \$5 extra per person per session is required. You must have a membership for our Group Fitness Classes to attend.

## PLY FOR LOWER BACK TENSION

improve flexibility, stress levels and posture with these gently flowing yoga classes designed to mobilize the areas of the body we most commonly hold tension: the lower back. Stretching and strengthening techniques will be supported by breath work and relaxation practices designed to relieve tension and balance the upper body.

## PLY FOR NECK/SHOULDER TENSION

improve flexibility, stress levels and posture with these gently flowing yoga classes designed to mobilize the areas of the body we most commonly hold tension: the upper back, shoulders and neck. Stretching and strengthening techniques will be supported by breath work and relaxation practices designed to relieve tension and balance the upper body. (Please bring a yoga block, small blanket and mat).

## CARDIO CUT

A half-hour cardio workout using a variety of formats, including step, sports, and hi-lo, to get the heart rate going.

## STRENGTH TRAINING

Body weight and weight training in a class setting; full body workout using body weight, dumbbells, tubes and elevated steps.

## CARDIO CUT + STRENGTH TRAINING

Designed to strengthen the cardiovascular system, tone muscles, and boost balance, flexibility, endurance and speed. We use dumbbells, resistance bands, elevated benches and other equipment. Exercises can be modified to

accommodate all fitness levels.

## BOOTCAMP

This SPECIALTY class requires a 3 Month Unlimited Membership Fee + AND EXTRA \$30.00. ~ Instructors Liisa Burgess and Rachel Smith work together to achieve your fitness goals!

## BOOTCAMP

This exciting new class offers an intense, full-body workout! Using a variety of equipment (med balls, benches, tubing, etc.) and incorporating lots of cardio drills, core work and agility training be prepared to sweat! An excellent balance of muscle and cardio work, this class will burn calories, increase endurance and build strength.

## EVENING BOOTCAMP (6-7PM)

Anyone with a regular membership can attend. No extra charge to join this class! This exciting new class offers an intense, full-body workout! Using a variety of equipment (med balls, benches, tubing, etc.) and incorporating lots of cardio drills, core work and agility training be prepared to sweat! An excellent balance of muscle and cardio work, this class will burn calories, increase endurance and build strength.

## GENTLE YOGA

Yoga is for EVERYONE and EVERY BODY! It is designed to improve health, lifestyle and emotional awareness. Based on hatha and vinyasa yoga, it collaborates balance, strength, flexibility and peace in one class. We practice authentically and with acceptance. No judgment or competition, what happens on our mat is all that matters. The poses are a constant, but the approach to them varies depending on the yoga tradition in which the teacher has trained. (Please bring a yoga mat.)

## MIXED LEVEL YOGA

Yoga is for EVERYONE and EVERY BODY! This class offers a more poses with a variety of sequence. Based on hatha and vinyasa yoga, you will practice balance, strength and flexibility in one class. It is also about mindful self-acceptance and compassion. Mixed level yoga offers challenge and alternatives for all levels. The poses are a constant, but the approach to them varies depending on the yoga tradition in which the teacher has trained. (Please bring a yoga mat.)

## YOGA FOR STRENGTH

Are you ready to sweat and build strength? This is a rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating! This class focuses on engaging your core strength and building your endurance. Set to energizing music, strengthens and balances the body and mind. (Please bring a yoga mat.)

## RESTORATIVE YOGA

This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels. ■



## FALL HOCKEY CAMPS

Dakota is excited to announce that former NHLer J.P Vigier will lead the on-ice hockey camps! Check out the Fall Camps under Training Camps on line. Hurry, they're filling up fast!

### 5-6 SQUIRTS FALL HOCKEY CAMP

Price for the camp is \$200  
8am – Saturdays  
(Sept 12th, 19th, 26th- Oct 3rd, 10th)  
8am – Sundays  
(Sept 13th, 27th)

### 7-8 NOVICE FALL HOCKEY CAMP

Price for the camp is \$200  
9:10am – Saturdays  
(Sept 12th, 19th, 26th- Oct 3rd, 10th)  
9:10am – Sundays  
(Sept 13th, 27th)

### 9-10 ATOMS FALL HOCKEY CAMP

Price for the camp is \$200  
10:20am – Saturdays  
(Sept 12th, 19th, 26th, Oct 3rd, & 10th)  
10:20am – Sundays  
(Sept 20th & Oct 4th)

### 11-12 PEEWEE FALL HOCKEY CAMP

Price for the camp is \$200  
11:30am – Saturdays  
(Sept 12th, 19th, 26th, Oct 3rd, & 10th)  
11:30am – Sundays  
(Sept 20th & Oct 4th)

### 13-15 BANTAM/MIDGET FALL HOCKEY CAMP

Price for the camp is \$200  
12:40pm – Saturdays  
(Sept 12th, 19th, 26th, Oct 3rd, & 10th)  
12:40pm – Sundays  
(Sept 20th & Oct 4th) ■

## NEW HOCKEY CONVENOR

Dakota CC would like to thank Joe Kozar for his many years as hockey convener. Joe has been a great volunteer who has put in countless hours representing our community center.

His devotion and sincere passion for hockey was clearly demonstrated. Once again Joe, we thank you and appreciate everything you have done.

Our new hockey convener is Cliff Dorge. Over the past four years, his sons Wyatt (8) and Holton (6) have played a wide variety of sports out of Dakota CC.

Throughout the years he has been involved with every team in some

form. His goal on the committee is simple. He wants all kids to develop the Hockey skills they need so that they will enjoy hockey as much as he does, no matter what level they play. He looks forward to meeting all the great families in the Dakota community. ■

## ST. VITAL GIRLS HOCKEY

### NEW PROGRAM! ALL FEMALE 6U TIMBITS TEAMS!

Now girls born in 2011 and older can play on an all girls hockey team. 8U Female Novice is tiered so new and experienced players can develop at a level that is right for them. Last year 54 6-8 year olds played all-girls Novice hockey in St. Vital! It's the fastest growing sport in St. Vital and Winnipeg! 17 all-girl Novice teams city wide! All

league games are in Winnipeg - no out of town travel!

### REGULAR SEASON HOCKEY REGISTRATION OPENS AUGUST 1ST, 2015.

6U Female Timbits (2011-2009) 8U Female Novice (2008 & 2007).

Visit [stvitalhockey.ca](http://stvitalhockey.ca) for more information and to register.

### ST. VITAL MINOR HOCKEY PRESENTS "COME TRY FEMALE HOCKEY."

Monday August 31st - 6:20pm @ Dakota C.C. Full equipment required.

Not open to players currently playing female hockey.

To register email Brad Nechwediuk [svmhafemalenoive@gmail.com](mailto:svmhafemalenoive@gmail.com) Limited spaces available. ■



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10:00 am - 5:00 pm

Sunday November 8, 2015  
10:00 am - 4:00 pm

# Terry Duguid

Federal Liberal Candidate  
for Winnipeg South

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our community centres

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## MEET DAKOTA COMMUNITY CENTRE'S NEW CHIEF EXECUTIVE OFFICER – MICHELE AUGERT

On August 4th, Michele Augert joined us as Dakota Community Centre's CEO. Michele is a long-time resident of south St. Vital and is thrilled to be taking on this new role at such an exciting time in the Centre's future. She is looking forward to engaging with members of the community and working with the Board and staff towards fulfilling the Centre's important mission.

We sat down with Michele as she arrived at Dakota and asked her a few questions:

### WHAT WERE YOU DOING PRIOR TO TAKING ON THIS NEW ROLE AT DAKOTA?

For most of my professional career I've worked in the health care sector, serving on the senior management teams at both the Winnipeg Regional Health Authority and Winnipeg Health Sciences Centre, where I led the

Communications & Public Affairs for both organizations. Most recently, I owned my own Management/ Communications Consulting Company and took on various roles and projects in the not-for-profit, charitable and private sectors including serving as a Marketing Director for a local Retirement Residence.

### WHAT MADE YOU WANT TO TAKE ON THIS NEW ROLE?

I was at a unique point in my career where I felt I wanted to use my life experiences, skills and knowledge to lead an organization I care about to move forward in achieving its goals. Dakota Community Centre is a critical establishment in my own community that plays a key role in the development and growth of the community and its people. It's the perfect alignment with my personal vision and the opportunity to make a difference with something so close to my heart and home!

### WHAT IS ONE THING ABOUT YOU THAT MIGHT SURPRISE PEOPLE?

That I'm an eternal optimist! I despise negativity and generally like to look at the bright side of everything because I feel positivity and laughter always leads us to the best places!

### WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?

I love golfing, travelling and gardening, as well as spending time with our family and friends. I've also had the privilege of spending many hours over the past 16 years on the Manitoba Chapter

### WHAT IS ONE OF THE FIRST THINGS YOU PLAN TO DO IN YOUR NEW ROLE?

With the Field House project getting underway this fall, I'm looking forward to working with our Board, staff and community towards building

*“Dakota Community Centre is a critical establishment in my own community that plays a key role in the development and growth of the community and its people.”*

and National Board of Directors of the Children's Wish Foundation of Canada -- an exceptional organization supporting children with life-threatening illnesses and their families find some joy through their difficult journeys.

momentum and support to ensure the success of this much needed addition to our community Centre.

I hope I get the opportunity to meet many of you soon! ■

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## GROUP FITNESS CLASSES AND 55+ GROUP FITNESS CLASSES

YOGA ~ ZUMBA ~ BOOTCAMP ~ STRENGTH TRAINING ~ CARDIO  
CORE STRENGTHENING ~ CIRCUIT TRAINING ~ AND MORE!

Visit [dakotacc.com](http://dakotacc.com) for Group Fitness Calendars.

55+ Unlimited Classes for 3 months (\$65)

Unlimited Classes for 3 months (\$120)

Unlimited Classes + Morning Bootcamp for 3 months (\$150)

All participants welcome to join anytime, registration on line, classes run year round!

Please note that catchment area regulations do not apply to Group Fitness.

Anyone from any catchment area is welcome to join!

## DAKOTA COMMUNITY CENTRE SCHOLARSHIP

Congratulations to the following students from Dakota Collegiate who were awarded the Dakota Community Centre Scholarship. It is awarded annually to students who graduate and have played sports at Dakota and also volunteer their time at the club. If you are graduating in 2016 or have graduated in the two years prior, please check the website for scholarship information.

Ashten Vankoughnett • Caitlyn Vercaigne • Sydney Urwin



## DAKOTA 55+

Dakota 55+ Lazars Program offers many activities each week hoping to increase connections between sports/recreation and health and to provide an opportunity for the older adult to become more aware of resources that are available in their community. Whether you come to walk, skate, exercise, play games, we welcome you to share your suggestions on how we can work together to make "Dakota 55+ Lazars" a success. All participants must have a valid membership of \$12.00. Our other activities, we have a daily drop in fee of \$3.00 or \$4.00. All Group Fitness classes fees are: \$40 for 1 month, \$65 for 3 months and \$120 for 6 months.

### MONDAY:

9:00 to 10:00 Advanced Yoga  
10:15 to 10:45 Upper Body Strength Training  
11:00 to 12:00 Beginner Yoga  
12:30 to 3:30 Cribbage (Drop in \$3.00)  
1:00 to 4:00 Pickle Ball

### TUESDAY:

9:30 & 11:30 Floor Curling –  
Contact Brian @ 204-253-9200

10:00 to 11:30 Line Dancing –  
Beginners (Drop in \$4.00)  
12:00 to 1:00 Cardio Cut  
+ Core Strengthening  
6:30 to 7:30 Zumba Toning

### WEDNESDAY:

9:00 to 10:00 Advanced Yoga  
10:15 to 10:45 Lower Body  
Strength Training  
11:00 to 12:00 Beginner Yoga  
12:30 to 3:30 Whist (Drop in \$3.00)  
1:00 to 4:00 Pickle Ball  
7:15 to 8:15 Restorative Yoga

### THURSDAY:

9:30, 11:00, 12:30 & 2:00 Floor Shuffle  
– contact Wally @ 204-269-0777  
9:00 to 10:00 Cardio Cut  
+ Strength Training  
10:15 to 11:15 Yoga Basics  
(Foundation, alignment &  
poses explained)  
1:00 to 4:00 and 6:00 to 9:00  
Craft Corner –  
Quilting, sewing, knitting, etc.  
New Quilters are welcome. Come  
share ideas with fellow artisans.  
Ongoing workshops on craft ideas.

### FRIDAY:

9:00 to 10:00 Dance Fitness  
10:15 to 11:15 Yoga Flow  
1:15 to 2:15 Physiologic Yoga  
Outside pickle ball courts available until  
the snow comes!!  
"Since I started attending Dakota  
55+ programs my blood pressure has  
lowered and my aches and pains have  
significantly decreased."  
– Yoga Participant

### COMING SOON!!

Carpet Bowling: We are hoping to  
partner with Bowls Manitoba to start  
an afternoon Carpet bowling program.  
This would be held at the Dakota Lawn  
Bowling Facility (Same site as Dakota  
Community Centre) which has one of  
the largest memberships in the city for

bowlers, so why not get a few practice  
shots in before the summer season.

### JOIN OUR LUNCH N' LEARN PROGRAM

Our lunch and learn session is a  
training and educational opportunity  
for our members. It is designed to  
circulate important information to the  
members on a specific topic over a  
two hour period. Lunch included all  
sessions start at 12pm. Topics and  
dates are as follows:  
October 28th – Diabetes  
November 25th – Diabetes  
January 27th – Dementia/Alzheimer's  
February 24th – Cardiovascular  
Disease  
March 23rd – Chronic Pain  
and Arthritis  
April – Health Fair (Details to follow)

### COMPUTER CLASSES FOR SENIORS

Join us as we show you the ins  
and outs of personal computers,  
ipads and iphones using simplified  
terms, examples, pictures and  
videos actually described in easy-to-  
understand English. Times and dates  
to be determined.

### NEED MORE INFO?

Boni-Vital Council for Seniors, a  
resource and referral site for St.  
Boniface and St. Vital, is located in  
the Dakota Community Centre. Pick  
up an ERIK package to help you in  
times of an emergency. Resource  
Coordinator, Karen Irvine, is  
available to answer your questions at  
[bvcsenrs@mymts.net](mailto:bvcsenrs@mymts.net).

All are welcome from any catchment  
area. For more information on any  
of the 55+ programming, contact  
our Senior Facilitator, Karen Irvine  
at 254-1010 ext. 206. Check out our  
website at [www.dakotacc.com](http://www.dakotacc.com) for  
updated calendar. ■

## Your South East Winnipeg Experts

Contact us today!

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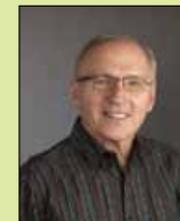
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