



WE MAKE  
YOUR  
SMART KID

EVEN  
SMARTER

## Give your child an academic advantage in school and beyond!

Kumon helps your child become a better learner:

- The Kumon Method helps children ages 3 through high school advance their math and reading skills.
- Many of our students are studying above grade level.
- For over 50 years, Kumon has benefited millions of kids around the world.

PUT THE PROVEN KUMON METHOD TO WORK FOR YOUR CHILD TODAY.

Call today for a FREE PLACEMENT TEST!

River Park Kumon Math and Reading Centre

8 - 1500 Dakota Street

• 204-232-6284 •

riverpark\_mb@ikumon.com



KUMON®



[www.dakotacc.com](http://www.dakotacc.com)

# SPRING 2016





GIVE YOUR CHILD A *Great* START...



- Unique Music Program including Strings and Early Start Band
- High Academic Standards
- Early Start French in Kindergarten
- Full-Day Kindergarten
- Before and After School Care
- Technology Lab
- Daily Physical Education, Music & French
- Extra Curricular Activities
- Daycare & 2 Nursery School Campuses

**Beautiful Savior LUTHERAN SCHOOL** EXCELLENCE IN EDUCATION UNDER THE GOSPEL

Please call Heather to arrange a tour. [www.bsls.ca](http://www.bsls.ca) • [admissions@bsls.ca](mailto:admissions@bsls.ca)

**204-984-9600 EXT 4**

## Vigier Hockey Spring Hockey Development

Vigier Hockey training programs aim to develop each player year after year to build on learned skills each season and our *Spring Hockey Development Program* is no different. We offer a unique hockey experience in a program that has a number of component parts. Each piece of the program has been specifically designed to focus on a particular set of hockey skills.

The main focus for J.P. is Development vs. Winning. Save money, time and frustration by joining J.P's gang to avoid the crazy schedule and come develop during well-organized practices that will focus on areas such as speed, agility, passing and shooting.

Go to [www.vigierhockey.com](http://www.vigierhockey.com) to register



**ELITE HOCKEY TRAINING**

**Vigier Hockey**  
Building Quality Players



**Dakota Community Centre Inc.**  
1188 Dakota Street, Winnipeg, MB R2N 3H4  
Tel: (204) 254-1010 Web: [www.dakotacc.com](http://www.dakotacc.com)

For more information and a complete list of Board of Directors, visit [www.dakotacc.com](http://www.dakotacc.com)

This publication has been produced by Write It Right. Project Manager: Lori Kemp



## It's Time to Register for Spring/Summer Sports at Dakota Community Centre!

On Line Registration Opens March 1, 2016

Registration for spring/summer sports programs will be online again this season starting Tuesday, March 1, for the following programs:

- Baseball • Softball • Full-field Soccer • Mini Soccer • Basketball

Please go to [www.dakotacc.com](http://www.dakotacc.com) to register or for more information. We encourage everyone from our community to try out a favourite sport this spring! Contact anyone of our Sport Directors for more information!

**Dakota Baseball** – Luc Jubinville  
[baseball@dakotacc.com](mailto:baseball@dakotacc.com)

**Dakota Softball** – Moe Berard  
[softball@dakotacc.com](mailto:softball@dakotacc.com)

**Dakota Soccer** – Pram Tappia  
[soccer@dakotacc.com](mailto:soccer@dakotacc.com)

**Dakota Mini Soccer** – Melissa Van Soelen  
[melissa@dakotacc.com](mailto:melissa@dakotacc.com)

**Dakota Basketball** – Brent Amos  
[basketball@dakota.com](mailto:basketball@dakota.com)

**VP Summer Sports** – Dionne Deer  
[Dionne.deer@lrsd.net](mailto:Dionne.deer@lrsd.net)



**Century 21**  
Carrie.com

**Randy Bettens**  
(204) 770-2312

Dakota's "Home Team" Realtor®

[wesellwinnipeghomes.ca](http://wesellwinnipeghomes.ca)

## Retirement Living at its Finest in South St. Vital



**Seine River Retirement Residence™**  
An All Seniors Care Living Centres Residence

1015 St. Anne's Rd, Winnipeg, MB

At **Seine River Retirement Residence** our commitment to **Age-In-Place living** ensures we deliver the support services that our tenants need to maintain ongoing quality of life throughout the years at this beautiful facility.

**"At Your Service" Amenities:**

- well-designed spacious suites
- a spectacular inner courtyard
- full service dining
- daily activities
- nurse on Staff
- 24 hour staffing
- Health Care Aides overnight
- weekly housekeeping
- shuttle bus service to medical appointments, shopping, banking and so much more!

Call to arrange a tour **204.256.8877** or drop by for a visit!



[www.allseniorscare.com](http://www.allseniorscare.com)    PROUDLY  CANADIAN 



Proud to support the communities we belong to.

At Entegra, we strive to offer more than just banking. We aim to foster a meaningful relationship with our members, based on your individual needs.

Our Personal and Business Banking Center offers:

- > Local decision making
- > In-branch mortgage and loan approvals
- > Customizable options
- > Competitive interest rates

Stop by our Personal & Business Banking Centre, at 540 St. Anne's Road and see where you belong.

**Entegra** Credit Union [entegra.ca](http://entegra.ca)





## Message from the Board President

Thank you for taking the time to read our first newsletter of 2016. We're excited to tell you about the many great things happening at Dakota, and hope you enjoy this new and improved format.

If you're a frequent visitor to the Jonathan Toews Sportsplex, or even if you just stop by occasionally, you've no doubt witnessed that the building is a hub of activity more often than not.

Our staff has been very busy developing and running programs and events, managing projects (big and small), and keeping the building and grounds in top shape. A huge THANK YOU to Dakota CEO Michele Augert and her entire team for the hard work they put in every day to make Dakota great.

Knowing that the club's day-to-day affairs are in solid hands, our board of directors has been able to turn its attention to the months and years ahead.

At the time of this writing, the Dakota board has completed a comprehensive strategic planning exercise – the first ever for our community centre. This undertaking and the resulting strategic plan has helped us to clearly articulate the club's values, refine our mission statement, and set achievable goals in an effort

to better serve the membership for many years to come.

And as part of this process, I'm pleased to say that our club will commit to an even greater level of community engagement. We want YOU involved at Dakota Community Centre! So we'll find ways to bring you here: as volunteers, coaches, attendees at our special events, participants in some of our many programs and offerings, just to name a few. Our club is not limited to one or two sports; it offers so much more than I could possibly squeeze into these paragraphs (as you'll see in the following pages). And fundamentally it is a gathering place for people of all ages and backgrounds. We want you to join us!

Finally, you've probably noticed that construction of our fieldhouse is finally underway. It's an exciting time to be a member of Dakota, and a hectic time too! We thank you in advance for your patience and understanding during this construction phase, and we'll do our best to ensure there's minimal disruption in delivering excellent programs and facilities for our community.

We look forward to serving you this year!

**Tom Thiessen**  
Board President  
tom@bomamanitoba.ca

## Message from the Chief Executive Officer

My sincere thanks to everyone for the warm welcome and support I received, after joining Dakota Community Centre this past August.

It's been an exciting and productive six months moving forward with a number of immediate priorities, as well as getting acquainted with the hard-working and committed Board, staff and volunteers who ensure the success of this Community Centre!

Getting the Fieldhouse on its way was on the top of my list and, I'm sure many have now noticed the flurry of construction activity on the north side of the Jonathan Toews Sportsplex! We were very pleased to have so many of you join

us to at our Open House in October and, to officially kick-off the project's start at our Sod-Turning Ceremony in November. This exciting addition will offer something for everyone in our community and, I look forward to keeping you apprised as the Fieldhouse progresses.

As part of our effort to keep you informed, this newsletter is sent to over 10,000 homes in our catchment area each spring and fall, and we thank the community sponsors who help to make this possible. We also distribute a monthly Enews bulletin, designed to more regularly keep you up to date on happenings and programs available at Dakota. Visit our website to sign up to ensure you have the latest information in your inbox each month! Speaking of our website, a new website will be launched shortly, designed to better serve you when registering for programs or gathering information on programs and activities – please check us out at [www.dakotacc.com](http://www.dakotacc.com)!

With online registration for spring/summer sport programs beginning on March 1, I'd also like to encourage and welcome new people to try a sport or sign up to try something new at Dakota this spring!

It's been a genuine pleasure to speak with and learn from so many of you who share my passion for building a healthy, vibrant community through the success of this Centre. I look forward to engaging with many more of you in the coming months.

**Michele Augert**  
Chief Executive Officer  
michele@dakotacc.com  
204-254-1010 ext. 204



# JANICE LUKES

*"Working with you to build a strong, healthy, active community"*



COUNCILLOR South Winnipeg - St. Norbert Ward

Stay informed! Visit Ward Priorities at [JaniceLukes.ca](http://JaniceLukes.ca)

204-986-6824 [jlukes@winnipeg.ca](mailto:jlukes@winnipeg.ca)



## Get ready for your game.

Equipment. Uniforms. Team Clothing.



## Your Spring Sports Destination



20 De La Seigneurie Blvd. Wpg

[homerunsports.com](http://homerunsports.com)

WINNIPEG | MISSISSAUGA | LONDON | CALGARY | EDMONTON



[facebook.com/hrsports](https://facebook.com/hrsports)  
[twitter.com/HomeRunSports](https://twitter.com/HomeRunSports)

HRS EXPRESS Skate Sharpening & Pro Shop  
EAST END ARENA 517 PANDORA AVE E  
now open year round - visit our website for seasonal store hours



Official retailer LBS Yoga Wear



20/20 EYE CARE  
DOCTORS OF OPTOMETRY

## Comprehensive Eye Care For The Whole Family.

New Patients Welcome

DR. KIM ELCHESHEN

DR. GILLIAN ROBINSON

DR. DON PORTER

**FIND US**  
2-835 Dakota Street  
(across from St. Vital Centre)

**CALL**  
204-953-2020

**VISIT**  
[20-20eyecare.ca](http://20-20eyecare.ca)





## Construction Begins on New Fieldhouse at Dakota

The dream of a Fieldhouse at Dakota Community Centre is turning to reality. We're extremely happy to report that construction has begun on the 60,000 square foot addition, adjacent to the current Jonathan Toews Sportsplex!

So much has happened in the past few months leading us to this point. Following a well-attended community Open House in October, representatives from the Province, City of Winnipeg and Dakota participated in a Sod-Turning in November to mark the start of construction. Joining Board President Tom Thiessen and CEO Michele Augert with shovels and kind remarks were, Winnipeg Mayor Brian Bowman, Theresa Oswald, MLA for Seine River, Christine Melnyk, MLA for Riel, and City Councillor Brian Mayes (Councillor Janice Lukes was with us in spirit!). Many partners, supporters and friends from the community, along with staff, past and present Board members and volunteers, braved the chill and threat of rain to be there to witness this historic day for the Centre.

With the sod turned, Ft3 Architecture and Landscape Interior Designs are putting the final touches to the design details. A multi-purpose studio has also now been configured into the design to allow for dedicated space for yoga and other health & wellness activities.

Bird Construction arrived in December and, have since erected a fence encompassing the entire construction site. The permanent outdoor rinks have been demolished, and other site

preparation work and excavation are underway to prepare for construction piling in early March. A temporary outdoor rink was constructed on the northeast corner of the parking lot to preserve this well-loved winter pastime at our community centre.

Access for construction vehicles is being directed to the north side of the property, to provide a safer environment for the large numbers of individuals and students who access our campus via Dakota Street each day. We sincerely thank the residents of Rillwillow Place for their cooperation and patience throughout this construction phase.

While this is an exciting time for our community, we also recognize that construction can cause some disruptions. On behalf of the Dakota Community Centre Board and staff, we thank you in advance for your patience and understanding during this construction phase. We will do our best to ensure your safety and minimal disruption to the services and programs we provide, until the new Fieldhouse is complete in spring 2017.

For more information on the new Fieldhouse visit our website [www.dakotacc.com](http://www.dakotacc.com)

## Optimal Training Academy

### 2016 SUMMER PERFORMANCE PROGRAM

Optimal Training Academy is one of the most specific and intense summer programs focusing on the primary components of athletic development. Our athletes build speed, agility, strength, power, and muscular endurance. Our coaches introduce the importance of nutrition and how to make lifestyle changes for the developing athlete. Training will be done with weights, which will allow young athletes to become familiar with Olympic lifts, in combination with plyometric and advanced training strategies.

#### DRYLAND TRAINING, MAY 9 – AUG 26

- 16 Weeks - \$1100.00 • 4 Week Blocks - \$275.00
- 2 Weeks - \$137.50 • 1 Week - \$70.00

#### ON ICE TRAINING JULY 5 – SEPT 1

- 18 On Ice Sessions - \$450.00 • Per Ice Time - \$30.00
- Combine the 16 week Dryland and 18 week Ice Training - \$1350.00 • Goalies - Contact

To register, visit [www.dakotacc.com](http://www.dakotacc.com). Contact Terry Hadlow, Head Coach, at [terry@dakotacc.com](mailto:terry@dakotacc.com) or visit our website for more details.



# HOCKEY CAMPS

## SPRING BREAK 2016

**MARCH 29 – APRIL 2, 2016**  
**8:30 AM - 4:30 PM**

### 4 Fun-Filled Days!

- Group 1 (7-9 yrs)
- Group 2 (10-12 yrs)
- Camp is mixed female and male

**\$325 (NO CAMP EASTER MONDAY)**

Staying in Winnipeg for Spring Break? Looking for something fun, yet productive for the kids to do? Sign up for our Spring Break Hockey Day Camp. This camp is designed and directed by former NHLer J.P. Vigier and his team of instructors. Daily ice times will focus on power skating, shooting and passing.

### ALL CAMPS IN THE



### INCLUDES:

- Two, one hour ice sessions per day
- Dryland training
- Daily instructional video
- On Ice games included each day
- Free Jersey

Register Now!  
[www.dakotacc.com](http://www.dakotacc.com)

## SUMMER 2016

### HALF-DAY HOCKEY CAMP

**AUGUST 2 – 12**  
**(11:30 AM - 5:30 PM)**

### GIRLS ONLY (7-11 YEARS) BOYS ONLY (7-11 YEARS)

Former NHLer J.P. Vigier will lead 9 days of half-day camps that will focus on Proper Power Skating, Stickhandling and Shooting. Come have fun and build confidence as you prepare for the upcoming season. **COST: \$540/9 DAYS**

### FULL DAY HOCKEY CAMPS (MIXED)

**AUGUST 15-19**  
**AUGUST 22-26, AUGUST 29-SEPT 2**

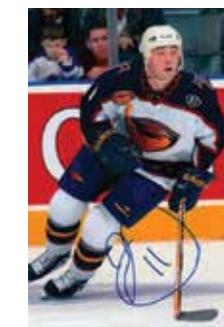
Monday-Friday 8:30 am – 4:30 pm Week of August 15 -19 **COST: \$375**

Group 1 (8-10 yrs.) Group 2 (10-12 yrs.)

Weeks of August 22 -26 & August 29 – September 2 **\$400/1 week or \$750/2 weeks**

Group 1 (7-8 yrs.) Group 2 (9-10 yrs.)  
Group 3 (11-12 yrs.)

Sign up for a full day of hockey fun this summer designed by former NHLer J.P. Vigier and his team of instructors. The focus will be on powerskating, shooting and passing while on the ice two times per day.




Janice  
**Morley-Lecomte**  
SEINE RIVER

204-981-9206  
[info@janicemorleylecomte.ca](mailto:info@janicemorleylecomte.ca)  
[janicemorleylecomte.ca](http://janicemorleylecomte.ca)



REGISTER ONLINE: [www.Dakotacc.com](http://www.Dakotacc.com) | FOR MORE INFO: [jpvigier@dakotacc.com](mailto:jpvigier@dakotacc.com)





## Meet the Community Centre Staff

Erin Homewood,  
Finance Manager

**How long have you been at Dakota Community Centre?**  
This July will mark 16 years!

**What were you up to prior to joining us?**  
I was at the Winnipeg Winter Club for 5 years prior to coming to Dakota Community Centre. I have always enjoyed working in recreation/sporting organizations.

**What do you like best about working at Dakota Community Centre?**  
Definitely the people I work with. Rarely a day passes without a good laugh.

**What is one thing about you that might surprise people?**

Probably that working in numbers was the last thing I wanted to do, but my dad promised me I'd never be out of work if I went this route.

**What do you like to do in your free time?**  
I love to golf, travel, spend time with my dog and family and volunteer at various wildlife/animal rescue organizations.



## Breakfast with Santa a 'Sweet Success'!

A full gymnasium of children and their families from our community had the chance to spend quality time with their favorite duo in red and white during the Breakfast with Santa event on Saturday, December 12th at Dakota Community Centre.

The annual event was completely sold out a few days before, where nearly 300 people packed the Jonathan Toews Sportsplex Gymnasium and had the chance to eat and mingle with Santa & Mrs. Claus, as well as sing along with Winnipeg's-own children's entertainer, Jacques Chenier! All children went home with a special gift and big smiles!

Thank you to our event committee and volunteers!

A very special thanks to our 2015 Santa Breakfast Sponsors for your generous support!

### Gold Sponsors:

Pinnacle, Caisse Group Financial, Venture Customs Homes, Dakota Ringette

### Silver Sponsors:

Manitoba Hydro Power Smart, Elite

Communications, Ft3 Architecture  
Landscape Interior Design, Pratts Food Service, Sobey's

### Bronze Sponsors:

Councillor Janice Lukes, Councillor Brian Mayes, Home Run Sports, Electra Signs

## Apply Now for the 2016 Scholarship Award

Youth who have demonstrated a strong commitment to Dakota Community Centre may be eligible to apply for the Dakota Community Centre Inc. Scholarship. Deadline for applications is March 31. See [www.dakotacc.com](http://www.dakotacc.com) for more information.

## Space Rental at Dakota

Did you know that Dakota Community Centre is not only an ice rental facility? We have a gymnasium and a large hall that can accommodate socials, children birthday parties or large meetings. We also have two smaller meeting rooms that can accommodate 30 people each. Please call 254-1010 extension 200 for rates and availability.

**Free Public Skating at Dakota -**  
check the website for dates and times.

**tw** Turnbull Whitaker Insurance Agency Inc.

*Big enough to compete,  
Small enough to care*

**Serving South Winnipeg for 50 years**  
For all your insurance needs, home, auto, travel, business, life and more!  
Call us for a review and advice on your insurance requirements

**autopac**  
A Manitoba Public Insurance product



8-1504 St. Mary's Road • 1465 Corydon Ave  
Email: [contact@turnbullwhitaker.com](mailto:contact@turnbullwhitaker.com)  
Website: [www.turnbullwhitaker.com](http://www.turnbullwhitaker.com) • Ph: 204-255-8194  
Visit our new website at [turnbullwhitaker.com](http://turnbullwhitaker.com) for all your insurance questions

**St. Vital Montessori School**  
Pre-School for children ages 2.5 - 5

Open House and Registration  
for the 2016-2017 School Year  
August 31st, 2016 at 6:00 pm

- Development of Independence • Building Social Skills & Self Confidence
- Full Time 5 - 1/2 Days per week • Part Time 3 - 1/2 Days per week

**For Details call: (204) 255-0209**  
613 St. Mary's Rd. • [www.stvitalmontessori.ca](http://www.stvitalmontessori.ca)  
Please note that we have returned to our original location.  
Back to our roots, forward to our future!

**LIBERAL MANITOBA**

**PETER CHURA**  
MLA CANDIDATE FOR SEINE RIVER

**BELIEVE IN A BETTER MANITOBA**  
[manitobaliberals.ca](http://manitobaliberals.ca) | [peter@peterchura.ca](mailto:peter@peterchura.ca)

## Your South East Winnipeg Experts

Contact us today!  
**204.989.7938**

6-1549 St. Mary's Road

(South St. Vital at the corner of Meadowwood and St. Mary's)

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

[niblockrealestate.com](http://niblockrealestate.com)

**Tod Niblock & ASSOCIATES**

**ROYAL LEPAGE**  
Top Producers Real Estate

TOP 1% IN CANADA  
SINCE 2006 OF OVER  
15,000 ROYAL LEPAGE  
AGENTS IN CANADA



**Two Rivers Chiropractic Centre**

Unit S, 730 St. Anne's Road P. (204) 256-6181  
Dr. Myron Dalke and Dr. Kimberly Mah Dalke [www.tworiverschiropractic.com](http://www.tworiverschiropractic.com)

Massage Therapy Available

Improving community health naturally,  
one family at a time.





## Dakota Nursery School

Now Accepting Registrations

Dakota Nursery School program promotes the overall development of its students through discovery of ourselves and the environment we live and play in. Physical and social development is emphasized during free play. Many different play centers including sand play water play, home living, manipulative, puzzles, blocks construction and many art activities are available to the children. Emotional and intellectual development is stimulated through teacher directed activities which are designed to teach many preschool skills.

Visit our website for class schedules and times. Contact us at 204-256-4748 or [www.dakotacc.com](http://www.dakotacc.com) for class availability

## Craft Sale

November 5 and 6th, 2016  
Book your space now!

Online applications are available at [www.dakotacc.com](http://www.dakotacc.com) to book your space for our annual Craft Sale. Spots are filling up fast so get your application in quickly if you want a place at one of the largest community craft sales in Winnipeg!

Building Community



**Christine Melnick**  
MLA for Riel  
204-253-5162  
[ChristineMelnick.ca](http://ChristineMelnick.ca)

## Adult Hockey Leagues

Spring & Summer 2016

Make sure your team is registered in one of the largest and best adult leagues in the City!

- Spring Adult League**
- 12 games plus playoffs
  - season runs approx. April 25th-June 30
- Summer Adult Hockey League**
- 16 games plus playoffs
  - season runs approx June 30 - Sept 15
  - no Saturday or long weekend games (limited Friday games)

Contact League manager Anthony Knapp (204) 228-6614 or [anthony@dakotacc.com](mailto:anthony@dakotacc.com) for more information or to register!

## 4x4 Summer Youth Hockey League

July – August 2016

**Jonathan Toews Sportsplex - Come Join - Fast Paced Exciting 4x4 Youth Hockey League!**

Now Accepting Registrations

- No Saturday or long weekend games  
Sunday games start after 4:30pm
- 12 games min, 3 – 17 minute run-time periods
  - Game officials are included in registration costs
  - Prime time hours
  - No body-checking
  - All penalties result in penalty shot
  - Slap Shots allowed
  - Team Jerseys
  - Team Registration cost - \$2300
  - Individual Registration cost - \$240

**Registration:** Team and Individual registration are acceptable. Contact Anthony Knapp @ [anthony@dakotacc.com](mailto:anthony@dakotacc.com) or (204) 254-1010 ext 201

**A CAISSE FOR**  
free accounts for  
the whole family



St. Vital Branch  
875 Dakota Street  
204.257.2400

[caisse.biz](http://caisse.biz)

# Working for Seine River



**Theresa Oswald** MLA for Seine River  
204-255-7840 | [TheresaOswald.ca](http://TheresaOswald.ca)

## Vista Place Physiotherapy & Sports Injury Centre

YOUR COMMUNITY SPORTS INJURY CENTRE


**WE ARE NOW OFFERING BASELINE CONCUSSION TESTING, POST CONCUSSION TREATMENT & VESTIBULAR TREATMENT**

See our website for concussion guidelines & return to play protocol.


[www.vistaplacephysiotherapy.ca](http://www.vistaplacephysiotherapy.ca)

1631 St. Mary's Rd  
204-253-2165  
(Next to St. Vital Market Foods)





**NEIL JOHNSTON**  
CANDIDATE FOR RIEL

 **LIBERAL MANITOBA**

BELIEVE IN A BETTER MANITOBA

204.899.8015 | [neilj9999@gmail.com](mailto:neilj9999@gmail.com) | [www.manitobaliberals.ca](http://www.manitobaliberals.ca)





## Programs for Older Adults

### Dakota 55+ Lazers

*"Aging in Place – Enhancing Mind, Body and Spirit"*

Dakota 55+ Lazers Program offers many activities each week to increase connections between sports/recreation and health and, to provide an opportunity for older adults to become aware of resources available in their community. Whether you come to walk, skate, exercise or play games, we welcome you to join in the fun and fellowship that our programs offer!

**Become a Dakota 55+ Lazers Member and enjoy the benefits!**

All 55+ Program participants must have a valid membership (annual fee \$12). Most activities in the program also have a daily drop in fee of \$3.00 to \$4.00. Dakota 55+ Lazers Memberships are valid

September to August each year and, can be purchased by visiting Karen Irvine in the Bon-vital Council for Seniors Office, 2nd Floor, Jonathan Toews Sportsplex

*\*Group Fitness participants can purchase their 55+ membership online when purchasing their fitness pass*

**The following activities are available to all Dakota 55+ Lazer members living within the Dakota Community Centre area.**

- Mondays**  
12:30 to 3:30pm Cribbage (Drop in fee \$3)
- Tuesdays**  
9:30 & 11:30am Floor Curling – Contact Brian @ 204-253-9200  
*\*Must register to be a spare or team member.*  
10:00 to 11:30am Line Dancing – Beginners (Drop in fee \$4)
- Wednesdays**  
12:30 to 3:30pm Whist (Drop in fee \$3)
- Thursdays**  
9:30, 11:00am, 12:30 & 2:00pm - Floor Shuffle – contact Val @ 204-256-3342  
*\*Must register to be a spare or team member*  
1:00 to 4:00pm and 6:00 to 9:00pm - Craft Corner; Quilting, sewing, knitting, etc. New crafters are welcome. Come share ideas with fellow artisans. Ongoing workshops on craft ideas!

### Group Fitness

More than 20 Group Fitness classes are available each week. (Yoga, Zumba, core strengthening, etc.) Many are geared for

55+ and offer a variety of Fitness Pass options to suit any schedule. Register at [www.dakotacc.com](http://www.dakotacc.com)

### Outdoor Pickle ball

Outdoor courts available once the snow is gone! (Drop in fee \$4 or 3 month pass for \$50)

### Lunch n' Learn For Older Adults

Lunch and learn sessions offer older adults an opportunity to gain knowledge and useful information on a specific topic over a two hour period.

Lunch is included, all sessions Noon–2p.m.

These sessions are offered free of charge in partnership with Youville Centre and Boni-Vital Council for Seniors

- February 24 – Cardiovascular Disease
- March 23rd – Chronic Pain and Arthritis
- April – Health Fair - more details coming!

Please Contact Karen at 204-254-1010, ext. 206 to register.

### Boni-Vital Council for Seniors at Dakota Community Centre

The Boni-Vital Council for Seniors is a valuable resource and referral site for St. Boniface and St. Vital, located in the Jonathan Toews Sportsplex at Dakota Community Centre. ERIK packages (Emergency Response Information Kits) are available for pick up to help you in times of an emergency. Resource Coordinator, Karen Irvine is available to answer your questions. Call 204-255-6021.



**EXPERIENCED**  
and **FULLY QUALIFIED**  
Instructors

Early **MORNING,**  
**DAY & EVENING** Classes

**ALL LEVELS**  
of Fitness **WELCOME!**

**UNLIMITED** Access  
to Yoga, Cardio & Strength  
Training **CLASSES** with  
Monthly Memberships

Over **20 CLASSES** to  
choose from **EACH WEEK**

**Build a fitness  
community into  
your life!**  
**JOIN TODAY!**

# GROUP FITNESS IS ALL YOU NEED TO SUCCEED

Learn proper techniques and receive the guidance you need to reach your health and fitness goals.

Whether you're just getting started or you're looking to take it to the next level, *Dakota Group Fitness has the class for you!*

### YOGA

Restorative  
Hatha Flow  
Vinyasa  
Yoga for Strength  
All Levels

### CARDIO

Cardio Cut  
Evening Boot Camp  
Zumba  
Dance Fitness  
Interval Training

### STRENGTH

Upper Body  
Lower Body  
Core Strength  
Zumba Toning  
Morning Boot Camp

All classes held in the: **JONATHAN TOEWS**  
**SPORTSPLEX • COMPLEXE SPORTIF**

Dakota Community Centre | 1188 Dakota Street | Phone: 204-254-1010 ext 207

FOR MORE INFORMATION VISIT: [www.dakotacc.com](http://www.dakotacc.com) | QUESTIONS? Email: [melissa@dakotacc.com](mailto:melissa@dakotacc.com)





## Dakota Baseball

Baseball season is around the corner and I'm looking forward to another fun and active baseball season! I want to express my appreciation to all the coaches, managers and volunteers from last season. Volunteers are crucial to the success of our program and we are grateful and thankful for your time and effort! Again this year we will need your help to ensure the program is run smoothly and effectively. Anyone wishing to become a new Baseball volunteer can contact me directly.

Keep checking the dakotacc.com and the baseball page for updated/new information for the upcoming season.

On the BoniVital Baseball front, the AAA & AA tryouts take place at the new U of W sports complex this year, from April 4th - 14th. More information will be shared on the BoniVital Baseball website.

Getting ready for the upcoming season? Check out Baseball Manitoba's website for info/links to winter/spring break camps.

Last but not least, another integral part of making baseball fun and successful is umpiring! We strongly encourage anyone 13yrs old or older to consider becoming a baseball umpire! BoniVital baseball will be holding umpiring clinics in our area prior to the start of the season – check the website or contact me for more details.

See you at a baseball diamond near you!!

**Luc Jubinville**  
Dakota Baseball Director  
baseball@dakotacc.com

*Congratulations to Dakota's Ryann Bannerman, one of the goalie's with Team Canada, who won the World Ringette Championships in Helsinki, Finland in January!*

## Female Hockey Reaches Record Numbers!

Two all-female Timbit hockey teams were formed at Dakota Community Centre this year, with over 20 girls signing up to play! Over 50 girls are playing in the Female Novice league (7/8yr olds) with another 44 girls at the Female Atom level (9/10yr olds).

Anyone interested in trying female hockey please visit [stvitalhockey.ca](http://stvitalhockey.ca) and signup for our spring 3v3 Novice and Atom development camps or email [svmhafemalehockey@gmail.com](mailto:svmhafemalehockey@gmail.com) for more information.

## Message from the Hockey Director

This season Dakota Community Centre hosted 39 teams in all age groups and skill levels from 5 to 17 years of age. As I write this, all teams are in their second half of the winter hockey schedule and participating in tournaments all around the City, Province, Canada and even in the United States. Members of the Dakota Hockey committee wish all players, parents and volunteers the best of luck, safe travels, and best wishes in your upcoming playoffs.

We would also like to encourage all individuals interested in getting their child involved in hockey to contact myself or to stop by Dakota to talk to other hockey families, volunteers and staff. We are happy to answer any questions you that you may have. Play safe, have fun and remember- we do this for the kids!

**Clifton Dorge**  
Dakota Hockey Director  
hockeydirector@dakotacc.com

**I bank with Casera because they invest in our community.**

*Proud supporter of Dakota Community Centre / Jonathan Toews Sportsplex.  
Major sponsor of Save Our Seine and Bois-des-Esprit since 2007.  
Launched Lancer Credit Union, our student branch at Dakota Collegiate.*

Mortgages, Personal Loans & Business Loans | Deposits & Investments | Online & Mobile Banking  
Conveniently located in the Southglen Shopping Centre. Open 6 days a week.

credit union  
**Casera**  
Uncomplicated Banking

*Celebrating 65 years of neighbourhood values.*

1300 Plessis 204-958-6300 | 8-630 Kildare 204-958-6320 | 720 St. Anne's 204-958-6600 | [www.caseraacu.ca](http://www.caseraacu.ca)  
Like us on Facebook | Follow us @CaseraCU | Follow us on Instagram | Email us: [talktous@caseraacu.ca](mailto:talktous@caseraacu.ca)

**WHEN A SMILE IS THIS GREAT PROTECT IT.**

**WE PROVIDE FULL DENTAL CARE TO SMILES OF ALL AGES. INCLUDING SPORTS MOUTH GUARDS, CROWNS, BRIDGES, IMPLANTS, BRACES AND NITROUS OXIDE SEDATION.**

**Dr. Brad Stevens and Dr. Ajay Sankar**  
Evening and Saturday appointments available  
Visit our website [greatsmile1@shaw.ca](http://greatsmile1@shaw.ca), facebook call 204-257-1891