

## September Special Activities

### Annual Singalong & Entertainment Day

- Wednesday, September 7
- 10:00 am – 2:00 pm
- Admission \$5. – includes cold lunch

### Line Dancing

Tuesdays beginning Sept. 13<sup>th</sup>.

- 10:00 – 11:30 am
- \$3.00
- Instructor Barb Hall

### ERIK – Emergency Response Information Kit

Wednesday, September 28

- 1:00 pm
- Have you got all your medical information ready when you call 911?
- Have you got a Health Care Directive to speak for you if you are unable to do so for yourself.
- Free of charge

**More information Call Karen @ 255-1010**

## October Special Activities

### Pancakes

Thursday, October 13<sup>th</sup>

- 9:00 – 10:00 am
- \$4.00
- Come enjoy fresh pancakes with fresh fruit, syrup and whip cream

### “The Feeling Better Series” – Part 1

Wednesday, October 12<sup>th</sup>

- 1:00 pm
- See poster for details

September 2011 Newsletter

# “Dakota 55+ Lazers” Aging in Place Program

Enhancing

**Mind <sup>+</sup>body  
Spirit** 

**Dakota Community Centre**

**1188 Dakota Street**

**255-1010**

Dakota Community Centre is pleased to announce their new “Dakota 55+ Lazers” program. Activities will be offered Tuesday, Wednesday and Thursday of each week. The program hopes to increase connections between sports/recreation and health services 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 cards or games or just come for coffee, we welcome you to share your suggestions on how we can work together to make “Dakota 55+ Lazers” a success.

Membership fee of \$10.00 will apply to the program for the year. Some activities have associated fees, which are listed with the activity.

**Activities may change – updates available on website –  
[Dakotacc.com](http://Dakotacc.com)**

## September, 2011

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>6</b>	<b>7</b>	<b>8</b>
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Golfing</b> <b>Floor Curling</b> - Begins Sept. 27 <sup>th</sup> , Call Brian @ 253-9200 for info.	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – Official “Dakota 55+ Lazers” Launch</b> <b>10:00 – 2:00 Annual Singalong &amp; Entertainment Day</b> Admission \$5.00 – includes a cold lunch. (Sponsored by Boni-Vital Seniors Council) <b>12:30 Cards</b> - Whist, bridge, board games	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>Floor Shuffle</b> – Begins Oct. 7 <sup>th</sup> Call Wally @ 269-0777 for info. <b>1:00 – 3:30 Kraft Korner</b> -Work on crafts together.
<b>13</b>	<b>14</b>	<b>15</b>
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Golfing</b> <b>10:00 – 11:30 Beginner Line Dancing</b> – Instructor Barb Hall <b>Floor Curling</b> - Begins Sept. 27 <sup>th</sup> Call Brian @ 253-9200 for info.	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> - <b>12:30 Cards</b> - Whist, bridge, board games	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>Floor Shuffle</b> - Begins Oct.6 <sup>th</sup> Call Wally @ 269-0777 for info. <b>1:00 – 3:30 Kraft Korner</b> -Work on crafts together.
<b>20</b>	<b>21</b>	<b>22</b>
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:30 Wii Golfing</b> <b>Floor Curling</b> -- Begins Sept. 27 <sup>th</sup> Call Brian @ 253-9200 for info. <b>10:00 - 11:30 Beginner Line Dancing</b> – Instructor Barb Hall	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> <b>12:30 Cards</b> - Whist, bridge, board games	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>Floor Shuffle</b> - Begins Oct.6 <sup>th</sup> Call Wally @ 269-0777 for info. <b>1:00 – 3:30 Kraft Korner</b> - Work on crafts together.
<b>27</b>	<b>28</b>	<b>29</b>
<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:30 Wii Golfing</b> <b>9:00 – 3:00 Floor Curling</b> <b>10:00 – 11:30 Beginner Line Dancing</b> – Instructor Barb Hall	<b>9:30 – 3:30 Koffee Korner – puzzling</b> <b>Alzheimers Coffee Break Day</b> <b>9:00 – 10:00 Free skating</b> <b>11:00 – 12:00 Tai Chi</b> <b>12:30 Cards</b> - Whist, bridge, board games <b>1:00 ERIK</b> – Emergency Response Information Kit <b>Presentation</b>	<b>9:30 – 3:30 Koffee Korner</b> - puzzling <b>10:00 – 11:00 Wii Bowling</b> <b>Floor Shuffle</b> - Begins Oct. 6 <sup>th</sup> Call Wally @ 269-0777 for info. <b>1:00 – 3:30 Kraft Korner</b> - Work on crafts together.

**Koffee Korner** – Join us for coffee and socializing –  
 - Crossword puzzles, newspaper discussions, etc.

**Wii Games** – Tuesday and Thursdays -Try your hand at playing with the Wii –  
 – Golf, bowling, tennis, and others.

**Floor Curling** – Tuesdays – Daily fee of \$3.00

**Beginner Line Dancing** – Tuesdays – Daily fee of \$3.00

**Tai Chi** – Wednesdays – 11:00 – Daily fee

**Card/Board Games** – Whist, bridge, board games – no experience necessary – Drop in Fee

**Floor Shuffle** – Thursdays –Daily fee of \$3.00

**Kraft Korner** – Thursdays - Bring your latest craft projects, exchange ideas and patterns.

**Presentations** – Health and education topics by qualified professionals.