







Community Newsletter & Program Guide

Join us for the first ever **Dakota Community Family Fun Days!**



- Live Entertainment
- Inflatable Bouncers
 - Carnival Games
 - ◆ Face Painting
 - ◆ Free Classes
 - ◆ Beach Volleyball **Tournament**

- Dodgeball Tournament
 - Outdoor Market
 - ◆ Food Trucks
 - ◆ Beer Gardens
- Family Movie Night (Fri.)
 - ◆ Fireworks (Sat.)
 - AND MUCH MORE!

Fri, Aug 18 ♦ 4 p.m. - 10 p.m. / Sat, Aug 19 ♦ 10 a.m. - 10 p.m.













1188 Dakota Street



dakotacc.com



204.254.1010



info@dakotacc.com







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Dear Community members,

With fall approaching and activities bustling at our centre, we're pleased to connect with you to share what's coming up, as well as the incredible progress we've made in our latest investments and essential improvements to our beloved community centre.

We're excited to invite everyone in our community to join us for the first-ever Dakota Community Family Fun Days, taking place at DCC August 18th & 19th! Stage Entertainment featuring some awesome local bands and children's entertainers, beer gardens, food trucks, beach volleyball and dodge ball tournaments, face painting, kids games and bouncers, outdoor movie night, fireworks and so much more! We hope to see you all at this FREE and fun community event!

On the redevelopment front, extensive upgrades on our aging twin-pad ice plant are now complete, adding more than \$1.7m of new and upgraded infrastructure, ensuring our rinks will be energy efficient and functioning for the next 25 years. We're excited to have our ice back and to see it full of activity once again.

As well, our \$850K equipment & fuel storage building is under construction beside the waterpark at the west end of our campus. This facility will provide much needed storage for our fleet of equipment, vehicles and outdoor ice resurfacer. Our sincere thanks to the Province's Arts Sports and Culture Grant

for providing 50% of funds to support both these important projects.

This fall, our Great Hall on the second floor of the Sportsplex will get a much needed \$500K facelift, with help from the Province's Building Sustainable Communities Grant. This space will be modified so that it can continue to host large events, but also be adapted to accomodate multiple smaller events, simultaneously. With all of these investments in our Centre, we are preparing for another major expansion that will see a third arena and many other amenities and site improvements to DCC. More info coming soon!

It was also a busy spring/summer, welcoming large scale events back to our community centre. We were very proud to once again host convocation ceremonies for 800+ graduates from six local schools, and more than 5000 of their friends and family, who celebrated these important milestones at our centre during the last week of June. In late July, the World Police & Fire Games came to DCC to compete in both Pickleball & Volleyball competitions (and enjoy our warm DCC hospitality!) We also welcomed back the Grain Challenge & Pickleball tournaments, as well as hosted two Family Movie Nights, using our new outdoor movie screen.

We are eternally grateful to the more than 150 active volunteers who give of their time at DCC for various regular roles and for many of our special events and needs. Volunteers remain the lifeblood of our Centre and their contributions allow us to continue to do our best for our community! We are always looking for more volunteers to join our team so check our website to apply. Thank you all!

In this issue, you will find a wide-array of programming and events taking place this fall/winter, including our

3rd annual Skate with Santa, our Little Lazers programs with mini soccer and dance classes in partnership with the Royal Winnipeg Ballet, Track & Fitness Centre memberships, new Fitness and Adult learning classes, learn to play pickleball and so much more...please take time to review this exciting issue and register today!

We hope you continue to enjoy this twice a year opportunity for us to connect with you. Our sincere thanks to all our sponsors and advertisers who continue to support the cost of bringing it to your homes.

See you at Dakota Community Family Fun Days,

Christian Kennedy, Board Chair Michele A. Augert, CEO





2023 / 24 Board of Directors

Call for nominations.

Our Board of Directors are community volunteers who focus on good governance and leadership, based on the Centre's <u>Vision</u>, <u>Mission</u> and <u>Values</u>.

Do you live in the Dakota CC catchment and are interested in serving on our board? Send your resume and cover letter to **info@dakotacc.com** or contact any current member of the board listed to the right.

This year's Annual General meeting is scheduled to take place on Tuesday, November 28th at 7 p.m. Call for nominations are due by Tue, November 7th by 4:00 p.m.

2022/23 Board of Directors

Christian Kennedy, Board Chair Cory Shangreaux, Vice Chair Darren Neufeld, Treasurer Karlee Batchelor Sandy Nemeth Anthony Maros Matthew Awang

Around the Community Centre

Recapping notable moments in 2023.

(Apr 21) Eid Prayer



(May 12-14) Volleyball Canada Nationals





Image credit to Volleyball Canada

(May 20) Glenlawn Centennial Social



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(Jul 28 - Aug 6) World Police & Fire Games



Image credit to World Police and Fire Games

Facility Upgrades

Our facilities are getting some cool new perks.

Ice Plant Upgrade Complete

Ice at both arenas were back in mid-July after 11 weeks of extensive upgrades and repairs, bringing much needed efficiency and environmental improvements and to



ensure quality and reliability for many years to come.

New Storage Garage

Construction has begun and our new storage garage will be ready early this fall. This much needed facility will house our Jumpstart Rink ice resurfacer as well as all



the tractors, fuel and equipment needed to maintain our campus and the 32 playing fields in our community.

Great Hall Upgrades

With the help of the Province's Building Sustainable Communities Grant, our Great Hall is undergoing a major redevelopment beginning this November. The new space will be modern and flexible, perfect for meetings and gatherings of all sizes.

Follow us on social media or make sure to get our electronic newsletter - 'The DCC Buzz' - for updates on when you can start booking these great new gathering / celebration spaces.



Upcoming Events

Check out what's on the horizon!



Dakota Community Family Fun Days www

Date: Fri, August 18 & Sat, August 19

Time: 4 p.m. - 10 p.m. (Fri) & 10 a.m. - 10 p.m. (Sat)

Cost: FRFF



Doors Open Dakota

Dates: September 11 - 17 (Mon to Sun)

Cost: FREE



Movie Nights at DCC

Halloween Howl: Fri, October 13 Flick with Santa: Fri, December 22 Movies and times coming soon. Cost: \$5 per family / \$2 per individual



Christmas Market

Date: Sat, November 4 & Sun, November 5 Time: 10 a.m. - 5 p.m. (Sat), 10 a.m. - 4 p.m. (Sun)

Cost: \$5 per person/per day



Annual General Meeting

Date: Tue, November 28 Time: 7 p.m. - 8 p.m.

Date and time subject to change.



Skate with Santa

Date: Fri, December 22

Cost: FREE

Pop-Up Markets at Dakota CC

As always, you'll find Pop-Up Markets during various large events this Fall and Winter at DCC. Be sure to check out markets.dakotacc.com for more info!





Check out dakotacc.com for more information on these fantastic upcoming events!

Donating to DCC is easier than ever!













Dakota Fitness

Your complete fitness solution.

Fieldhouse Track & Fitness Centre and Sportsplex Weight Room

The Dakota CC provides a variety of amenities to help you achieve your health and fitness goals in a welcoming and accessible environment. Regardless of your age or fitness level, we have something for everyone!

Facility Features:

- 200m track with three lanes.
- Cardio equipment (ellipticals, rower, bikes and step mill).
- Strength training equipment and free weights.
- Indoor turf area for athlete training.
- Functional training equipment (TRX, stability balls, BOSU, bands, medicine balls).
- Free orientation on all equipment included with purchase of active pass.



Get your Pass today!

For more information on access pass options and prices, please contact us at (204)254-1010 or visit dakotacc.com



Need help with fitness equipment?

For those interested in learning more about safe and proper fitness training, the DCC offers monthly *Intro to Resistance Training* and *Teen Fitness Orientation* classes.

Fitness Sessional Programs

New offers for fall & winter to accelerate your fit.

Boot Camp

Tues & Thurs - Combines strength and cardio exercises to get the heart pumping and make you sweat. New or seasoned, this class gives you energy to tackle whatever life throws your way!

IntenSati NEW

Mon - Improve your body and spirit with high-energy cardio moves and high-emotion mantras that will leave you uplifted, connected and strong.

Fun & Functional NEW

Sat - Introductory class using wild, wacky and fun activities to teach functional movement exercises that will improve your cardio, strength and flexibility.

Complete schedule, costs and additional information available at **dakotacc.com**

Circuit Training NEW

Tues & Thurs - High intensity cardio, functional/strength training and mobility. Increase your basal metabolic rate by increasing muscle strength and aerobic capacity.

Total Body Training

Sat - The first half of the program will consist of aerobics, functional strength and core training, balance and flexibility followed with high intensity circuit training using free weights and machines.

Group Fitness Classes

Yoga / Pilates

Barre 55+
Barre Boot Camp NEW
Chair Yoga 55+
Gentle Flow
Restorative Yin
Restorative Yoga
Pilates
Yin Yang Yoga
Yoga Flow

Strength

Butts & Guts NEW
Cardio & Strength
Growing Stronger 55
Hi-Lo Strength
Total Body Strength

Zumba / Dance

Zumba Gold 550 Zumba Toning

Classic Favourites

Sessional Programs

Floor Curling
Line Dancing NEW OPTIONS
Tai Chi
Walking Group

Adult Wellness & Education

Journey to a healthier, happier you.

DCC offers a variety of wellness and educational programs for adults of all ages. Stay active, learn new skills and socialize with others!

lungTIVITY NEW 551

Tues - A low intensity exercise and learning program for individuals living with lung disease (C.O.P.D). Goals are to reduce feelings of breathlessness during daily activities, remain independent as long as possible and feel supported with lung disease self-management.

Acrylic Painting Intermediate CLASS ADDED

Mon (Intro) - Great for students who are just starting or want more experience with acrylics. After taking these classes, you'll have the fundamental skills you need to pick up a paintbrush and create your own works of art.

Thu (Intermediate) - Explore new styles and techniques of painting. Impressionism, Cubism, Pop Art and Expressionism.

Minds in Motion

Tues - This program offers people with early to moderate signs of dementia and their support person a gentle chair fitness class followed by engaging social activities and conversation.

NEW New class offering 55+ Suited for adults 55+.

Three ways to register or get more info!

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





Computer Literacy (NEW) (551)

Fri - User-friendly and comprehensive approach to mastering essential computer skills.

Participants will gain the knowledge and confidence to embrace technology, stay connected, informed, and engaged with their loved ones.

Senior Resource Finder

DCC is your community resource finder for adults 55+ who need help connecting with support programs and services. Call (204) 254-1010 or visit the Senior Resource Finder page on our website to find out more about how we can help you or someone you know get the assistance they need.



Call 211 for quick and easy access to government, health and social services available to individuals accross the province.



Lance Letain, Senior Resource Finder for St.Boniface and St. Vital

Athlete Spotlight

Meet DCC Pass Holder Chris Cauthers

"I love that the fieldhouse is close to home, clean and bright. I'm a runner year-round and the track provides a safe training space where I don't have to worry about slips or falls."

"As a District Chief of Paramedic Operations, I work shift work so exercise is an important part of my physical and mental health and allows me to stay centered.

Weight training two days a week was part of my regimen this summer as I prepared to compete in the WPFG with the Winnipeg Paramedic Dragons."

What's next?

"I'm looking forward to hitting the ice with the Olden Knights in Dakota's Adult Hockey League"



Tons of fun and exciting youth programs await you at DCC.

A lifetime of physical activity starts at Dakota CC!

We will help your little ones develop their fundamental gross motor skills through fun games and age appropriate skill progressions. Complete schedule costs and additional information available at dakotacc.com



Age Appropriate Programs

Lil' (2-3 year olds)

Soccer (LS) Tumbling (LT)

Mini (4-5 year olds) ●

Soccer (MS1 / MS2) Multi-Sport (MMS) Basketball (MB)

Junior (6-8 year olds) 🛑

Soccer (JS1/JS2) Multi-Sport (JMS) Basketball (JB)

Weekly Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 am	LS						LT
10 am	MS2						MS1
11 am	JS2						JS1
5:15 pm		MSI	МВ	MS2	MB		
6:15 pm		JS1	MMS	JS2	MMS		
7:15 pm		JB	JMS	JB	JMS		







Winter Break Camp

Seven days of sports, art, and gaming fun.

This winter season we'll be offering a seven-day long sports, art and games camp catered for six to eleven year olds.

Time: 12 p.m. - 5 p.m.

Cost: \$35 per day or \$180 for all days

Register at dakotacc.com or at customer service!

Camp Activities Schedule

Wed, Dec 27: Floor curling, hockey, soccer and more! Board/Card/Switch games or arts/crafts. Thu, Dec 28:

Campers choice!

Badminton, Basketball, Pickleball Fri, Dec 29:

and more!

Tue, Jan 2: Art project with game breaks in between.

Day filled with all types of Dodgeball Wed, Jan 3:

games.

Thu, Jan 4: Art project with game breaks in between. Fri. Jan 5:

Board/Card/Switch games or arts/crafts.

Campers choice!

Looking for youth sport registration info?

Are you looking to sign up for organized team sports? We've put together useful information on dakotacc.com for various leagues being offered in our community.



◆ Basketball (WMBA) ◆ Soccer U9+ (Bonivital Soccer) ◆ Hockey (SVMHA) ◆ Ringette (BVRA)

Hockey & Ice Programs

The coolest way to get active and stay fit.

Adult Hockey League (Fall/Winter 23/24)

- ◆ 30 regular season games. Minimum 2 playoff games.
- League website for stats, scheduling and standings.
- Prizes for division winners & swag for team captains.
- Season runs from Sept 11th April 28th.

Cost: \$7,900 + GST = \$8,295

Registration closes Mon, Sept. 4.

Adult Drop-In Hockey (Ages 40+)

- Players will organize themselves to make teams.
- Must be 40 years (or close) to participate.
- Full protective equipment required.
- ◆ All sessions are non-contact.
- Games limited to 24 players and 2 goalies.

Cost: \$9 per session

Thursdays 12:00 p.m. - 1:00 p.m. (Starts Sept 27)

Want to register or get more info?

Visit dakotacc.com for full costs, schedules and additional program information.
Registration available on website or at Fieldhouse Customer Service desk.

2023 Fall Hockey Camp

Our experienced instructors will get you ready for the upcoming season by working on speed, agility, passing and shooting in a safe and fun environment.

Cost: \$260

All sessions are one hour in length.

Camp Schedule

U	<u>-</u>					
Age Groups		Dates				
	U7 & U9 (Co-Ed) U15 (Female) U18 (Female)	Sept 6, 12, 14, 20, 26, 28 Oct 4				
	U13 (Co-Ed) U15 & U18 (Co-Ed)	Sept 7, 13, 19, 21, 27 Oct 3, 5				
	U11 (Co-Ed)	Sept 7, 13, 19, 21, 27 Oct 4, 5				
	* Full schedule and times available at dakotacc.com					









Additional Drop-In Ice Programs

Public Skating Cost: Free

Helmets strongly recommended for all ages; required for skates under age of 16.

Stick and Puck/Ring

Cost: \$9 (Registration Required)

Limited space. Register online at dakotacc.com. Helmets mandatory.



Lazers Edge Skate Shop & Skate Sharpening Drop-Off Service

Hit the ice with style and precision at our one-stop-shop for all things hockey and ice sports! From accesories to skate sharpening, we've got you covered. Try out our skate drop-off service at the Fieldhouse when we're closed.

Pick them up on your next visit, sharpened and ready to go!



Event & Facility Rentals

Facilities and equipment to meet your event needs.

Event & Equipment Rentals

Discover the versatility of our facilities and host your next event at Dakota CC.

- Birthday Parties
- Socials
- Casual and Business Meetings
- Holiday / Special Event Parties
- Tournaments (Fieldhouse or Sportsplex)

Did you know that we also cater?

We will take care of the food for you so you can focus on your event! We have delicious and nutritious options available to choose from. **Full catering options are available on dakotacc.com**





Court Rentals

The Dakota Fieldhouse can be configured in many ways for your rental convenience.



Dakota Fieldhouse Configurations

Full: BB-3, VB-6 or 3 feature, BM-12, PB-12

2/3: BB-2, VB-4, BM-8, PB-8 **1/2:** call for configurations **1/3:** BB-1, VB-2, BM-4, PB-4 **1/6:** BB-n/a, VB-1, BM-2, PB-2 **Health & Wellness Studio**

Legend: BB=Basketball, VB=Volleyball, BM=Badminton, PB=Pickleball

Pricing available at dakotacc.com

Ice Rentals

Use CatchCorner to easily book ice times online. Check out our Ice Rentals page on dakotacc.com for more info.



Pickleball

New format options this Fall/Winter.

Pickleball Court Rentals NEW FORMAT

Introducing our new Court Booking Program that streamlines the reservation process, ensuring a hassle-free experience for players of all skill levels.

Benefits include:

- User friendly online portal
- Guaranteed court times. No more waiting!
- Play against others at your level

Drop-In Pickleball NEW FORMAT

Whether you are a seasoned player or new to the sport, our new drop-in program offers a flexible and welcoming environment for you to engage in spirited matches and make new friends.





End of Summer Pickleball Tournament

This doubles tournament will include women's, men's and mixed divisions. All skill levels & abilities welcome.



- ◆ Sat, Sept 9: Women's and Men's Doubles
- Sun, Sept 10: Mixed Doubles

Pickleball Clinics

Pickleball Pilates NEW

Learn to Play Pickleball Lv1

Learn to Play Pickleball Lv2 NEW

Advanced Pickleball Skills Clinics NEW

Additional Pickleball information and registration available at **dakotacc.com**

Advertising Opportunities

We can help your business grow.

At Dakota CC, we offer multiple advertising solutions to meet the needs of any business, group or individual. Our community centre serves over 12,000 households in South St. Vital.

Let us create a custom package to meet your advertising needs.

Ready to get started?

Email or call Lise Thiessen for more information or to purchase ad space.

Email: lise@dakotacc.com Phone: (204) 254-1010 EXT 211



Advertising Solutions

Print & Traditional

Indoor Rink Boards Indoor Rink Signage Jumpstart Community Rink Boards Community Newsletter Wall Posters Fieldhouse and Track Signage

Digital

TV Displays (12 Screens in Fieldhouse/Sportsplex) Website Ads DCC Buzz





Join the DCC Team.

DCC is a gathering place providing excellence in recreation and sports for everyone. This is part of our vision for an engaged, healthy and vibrant community.

We're always looking for the best and brightest to join our talented team. We value inclusiveness, teamwork, fairness, opportunity and excellence in everything we do.

Discover your potential and explore our diverse career options at dakotacc.com. If any postings resonate with you, don't hesitate to apply!





Facility Attendant Louis

Join our award-winning Volunteer crew!

First of all, we'd like to thank our current volunteers for all that they do - our centre runs as well as it does because of your time and contributions.

Thank vou!

We're always looking for help with 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 at dakotacc.com.



Facility Attendant Louis

Summer of Convocations

Congratulations Class of 2023!

Dakota CC hosted the following schools in June as over 5000 staff, family and friends cheered on their graduates.

- Centre Scolaire Léo-Rémillard
- Collège Béliveau
- Collège Jeanne-Sauvé
- ◆ Louis Riel Arts & Tech Centre
- ◆ Louis Riel Adult Education
- Windsor Park Collegiate

2023 DCC Scholarship Winners

Congratulations to Kaleigh Solinski (Collège Jeanne-Sauvé pictured with board member Karlee Batchelor) and Alyssa White (Glenlawn Collegiate) on being this year's recipients of the DCC Scholarship Award.









Nursery School Program

Fall class registration is now open.

Come experience our nurturing environment where emotional and intellectual growth take center stage! Through fun and engaging activities our educators prepare children with the essential school readiness skills needed for success for years to come.

- 2 Days / Week (Tue & Thu mornings)
- 2 Days / Week (Mon & Wed afternoons)
- 3 Days / Week (Mon, Wed, Fri mornings)

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

Space is limited so be sure to sign up today!



Dakota CC Cafes

Eat, drink and be merry!

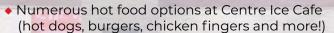
The Centre Ice Cafe (located in the Sportsplex) and the Centre Court Cafe (located in the Fieldhouse) are serving up delicious food, snacks and drinks for you to enjoy!

Centre Ice Hours:

Mon - Fri: 4 - 8 p.m. Sat - Sun: 8 a.m. - 4 p.m.

Centre Court Hours:

Mon - Fri: 11 a.m. - 2 p.m.



- Wraps, soup and other pre-packaged options at the Centre Court Cafe.
- Catering available for your events. See our website for complete menu.









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New Patients Welcome

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for over 20 years!

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20/20 Eye Care has got you covered!

20-20eyecare.ca

2-835 Dakota St.

Your Life, Your Community Nour Likestule



Independent, Assisted Living

Create Your Memories with us at Seine River!

We offer:

Seine River

1015 St. Anne's Road Winnipeg, MB

- Well-designed Spacious Suites
- A Spectacular Inner Courtyard
- Full Service Dining
- Daily Activities
- Nurse on Staff
- Staff 24/7 Including HCA Evening & Night Time
- Transportation to Medical Appointments
- And so much more!



Call to arrange a tour or drop by for a visit! 204.230.4714



Where Caring is Our Number One Concern™

www.allseniorscare.com





ALDC ATERO

Thank You Southeast Winnipeg!



Local Knowledge and National Results

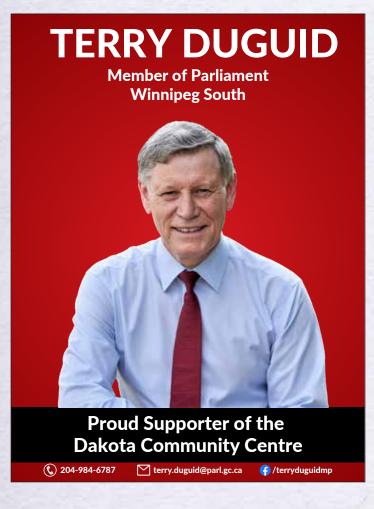
Royal LePage is Manitoba's #1 Broker - 19,000 Realtors in Canada

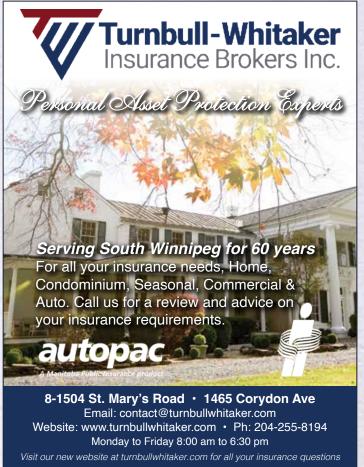














Sage Creek is a trailblazing community bursting with energy and life.

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**.

