

Community Calendar

To add or change an event call Lori at 403-485-2192 or send us an email at communityliaison@vulcanandregionfcss.com

April 26 - **Carmangay Spring Fling Elton John Tribute**
 April 29 - **Paint Night at Aspen Crossing** – register on their webpage.
 April 30 - **Taproom Bingo** Nine in A Line Brewing 7pm
 May 9 - **BINGO** at the Vulcan Seniors Centre Doors open at 6, Bingo starts at 7
 May 14 - **Champion Lunch and Learn** - Service Canada Presentation covering Canadian Dental Care Plan, CPP, OAS, GIS and My Service Canada Account. Register with FCSS 403-485-2192
 May 15 - **Milo Lunch and Learn** - Service Canada Presentation covering Canadian Dental Care Plan, CPP, OAS, GIS and My Service Canada Account. FCSS 403-485-2192
 May 16 - **Babysitters Course** 9:30-4:30 Ages 11+ Register with Vulcan and Region FCSS. 403-485-2192
reception@vulcanandregionfcss.com

Pickleball - Register at: townofvulcan.ca/recreation - Wed.8-9:30pm, Fri.2-5pm, Sat.& Sun. 1-4pm at VPE

Mondays

-**Roving Gym** 10:30am Milo School
 -**Arrowwood Playgroup** 10am-12pm Community Hall 0-5 years old.
 -Little Gardeners May 5, 12, 26 1:30pm Vulcan Lodge Hall—Register with Greater Foothills Family Centre
 -**Vulcan Healthcare Auxiliary** meetings. New members welcome. First Monday of each month except stats and summer. Call Shannon at 306-331-6698 for time and location.
 -**Flexibility Yoga** Carmangay Seniors Hall, 10:30 - \$5

Tuesdays

Time for Rhymes -Champion School at 10:30am
YouthZone at the Carmangay Library 4-6pm ages 7+
Community Connection Café - 1:30pm Vulcan Seniors Centre.
Bingo at the Champion Seniors Centre 3rd Tuesdays each month 1:30pm. For info 587-257-7702.

Wednesdays

Time for Rhymes - Milo Library at 10:30am
Time for Rhymes -Vulcan Library (in Spanish) at 10:30
Coffee Time- 2pm Lomond at the Drop-In
Mancave - 1-3pm 105A 3rd Ave. S. Visiting, billiards, puzzles, cards, ping pong, coffee and snacks.
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Youth Group Vulcan Church of Christ 7pm. Grades 7-12.

Thursdays

Time for Rhymes -Vulcan Library at 10:30am
Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.
Vulcan Carvers group - meeting every Thursday evening from 7-9 pm.

Fridays

Munchkin Mornings – Carmangay Library for kids 0–6yrs. Songs, games and activities. 10:30am
Hearing Aid Specialist will be available on the 4th Friday of each month, at the Vulcan Medical Centre. Appointments are available at 1-403-320-5051

Saturdays

Vulcan Legion Meat Draw - 3-6pm
Coffee at the Carmangay Seniors Centre 10am-12pm
Coffee at the Arrowwood Museum 9:00am.
Pancake Breakfast at the Carmangay Community Centre -1st Sat. of the month - 9 am
Vulcan Track Club - 9:30am Group sessions to run/walk. Drop-in, kids welcome in their strollers or on bikes. Meet in front of the library/senior centre (park on the street please). All paces, abilities and ages are welcome.

Monday - Saturday

Vulcan Legion - Open 11am - 9pm. Everyone welcome
Vulcan Senior Centre -Pool 9am-12pm, Coffee Drop-in 10am - 12pm
Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea and Talk Thursdays 1:30pm. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4:00pm. Membership \$25



VULCAN COMMUNITY GARDEN
 Garden plots will be available to rent for the 2025 season!

How does a community garden work?
 Garden plots are rented annually to community members. Each plot is pre-measured and assigned to an individual for the growing season. There are a limited amount of plots available.

Develop a new skill
 Enjoy the accomplishment of growing your own fruits or vegetables. Get to know other community garden members, they have a lot of knowledge.

How do you get started?
 Registration is required and will be opened in April. Tools and seeds will be the responsibility of each plot holder. Research what types of produce can be grown in the area.

If you have any questions or want more information, email vulcancommunitygarden@outlook.com



Community Support Beds

Peter Dawson Lodge offers Community Support Beds for short term stays, supporting individuals that may not want to be home alone after a medical procedure.

Breakfast, lunch & dinner included	Fully accessible	Home Care support available
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\$65/day

Contact Kathryn or Darcie at Peter Dawson Lodge for more information. 403.485.2422

Get-A-Way Youth Centre
 Ages 10-18
 403-485-6033
 Mon.-Thurs. 3:30-6pm
 Tues.-Thurs. Lunch Hour
 Friday 12:30-6pm (Free Lunch)

Drop In for ping-pong, pool tables, foosball, air hockey, video games, crafts and musical instruments!

Come on Thursdays for programmed activities.

Mental Health Supports

If you need to talk to someone today:
 -Call **9-8-8** Suicide/Crisis Line
 -**Emergency Dept.** Walk-In
 -Call **2-1-1** Mental Health Support
 -**Rapid Access Counselling**
 1-877-244-2360

If you need counselling / mental health support:
 -**Mental Health Clinician** (Vulcan Hospital). Call Access Mental Health to book 403-943-1500
 -**Counselling at FCSS.** FREE - 4 days / week Supervised Practicum Counsellor 403-485-2192

Support Groups

SMART Recovery
 Wednesdays 7-8:30pm
Addiction Support Meeting. Call Beth at 403-485-1054 for info.
AA - Alcoholics Anonymous Every Tuesday and Thursday. 8pm at the Anglican Church. Contact Gary at 403-485-5818
AA – Tuesdays at 7pm at the Hospital. Call Mike 403-485-8119
Al-Anon Family Group - Meet Thursdays at 5:30pm. Contact Betty at 403-652-8285
MUMS - Peer-to-Peer Maternal Support for pre-and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194



GOOD MORNING

April 24, 2025

COMMUNITY NEWSLETTER

Please recycle this newsletter. Printed locally every 2 weeks. Folded by hand by volunteers.

FREE



“Spill the Tea” Information Session

Am I Supporting Them or Enabling the Addiction?

Tuesday, April 28, 2025 @ 5:00 p.m.

If you've ever asked yourself this question, you're not alone. Information session will help you explore the difference between healthy support and harmful enabling when loving someone with an addiction. Learn practical strategies for setting boundaries, taking care of yourself, and finding support.

Where: FCSS Vulcan and Area Office
 105B - 3 Avenue South, Vulcan, AB
 403-485-2192 or Email: counselling@vulcanandregionfcss.com

If you are interested in a reminder text or email, contact FCSS.



Vulcan Lions & CCHS Gr. 9's Present:

\$5 entry

BINGO & Pancakes

TUESDAY | APRIL 29, 2025

Come support County Central's Gr. 9 class' fundraiser for their Spring Edmonton Field Trip!

CRC @ 5 PM

BINGO Cards: \$2 each or \$5 for 3!
 Bring your own dauber or rent for \$1!
 Concession open as well!

Dinner served: 5:30pm - 6:30pm
 BINGO: 6:30pm - 8:30pm

For more info email: taylor.macleod@pallisersd.ab.ca



Personal & Corporate Income Tax Services | Monthly Bookkeeping Available

We specialize in providing comprehensive tax and bookkeeping services for seniors, sole proprietors, contractors, and corporate businesses. Our services include personal and corporate income tax preparation, WCB, GST, sales and expense tracking, budgeting, T4/T4A preparation, payroll, and much more.

Feel free to reach out via email anytime for assistance with your tax or bookkeeping needs. We're here to help!
 Live Long & Prosper,
 Brenda Lemoine
 email: support@taxesaccountingservices.com or 250.448.4300, or 368.999.4300

Now Open

IRON EDGE
 salon & spa

WWW.IRONEDGESALONANDSPA.COM

Grand Opening April 26
 Join us for drinks, snacks and draw prizes.
10am - 4pm
95B Centre Street, Vulcan
403-768-2752



AMAZING ONE MAN SHOW

VOICES OF LEGENDS
 STEVENHILL, CA
 MULTI TRIBUTE SHOW

50's/60's RnR - Johnny Cash, Elvis, Roy O, Neil Diamond PLUS
 Canada's #1 **GARTH BROOKS** Tribute!
 PLUS an **ALL REQUEST ROCKIN' DANCE PARTY** after the Show

April 26th 2025

Doors: 6:30pm
 Show & Dance: 7:30pm

\$30 tickets
 cash & show only

Tickets available at Vulcan Legion, & Heritage Inn (High River) Information & E Transfer call
403 612 7046

Sponsors: **KOTOKS**, **High River Times**, facebook.com/rockabillyent



Coffee and Doughnuts

Come and learn about our Foster Care Program with Shalia and Taylor!

Join us for *coffee and doughnuts* on April 26, 2025, to learn about and discuss Closer to Home's Foster Care Program. This info session will be a conversation about what becoming a Foster Parent entails, go over common misconceptions, and answer any questions you may have!

Your care can make a life-changing difference, with the ultimate goal of helping families reunite.

THE DETAILS

- April 26, 2025
- 10 AM to 12 PM
- Vulcan Municipal Library (303 Centre St, Vulcan, AB)

Actively Recruiting Foster Parents



Be part of a child's story.
 For any questions, please email: fostercare@closerhome.com
closerhome.com

TRIVIA

1. A snail can sleep for how many years?
2. How many bones do you have as a baby and how many as an adult?

EVENT



HELLO PEOPLE! MY NAME IS LEE SHERWOOD AND I AM A PROFESSIONAL EVENT HOST ORGANIZER FOR:
 - BIRTHDAYS
 - CORPORATE MEETINGS AND SUCH.

FEEL FREE TO REACH ME AT:
 (+1)825-985-9478
 OR LADYVALLOSERVICES@GMAIL.COM

HOST

Mobile Supports Clinic

FCSS is coming to a community near you!

Carmangay Library
Wednesday, May 14
2:30-6:30pm

Arrowwood Library
Thursday, May 15
2:30-7:00pm



Bring your questions about any of the following topics:

Service Canada Outreach will be onsite to answer your questions
-Canadian Dental Care Plan
-Canadian Pension Plan
-Old Age Security
-Guaranteed Income Supplement
-Government My Account set ups

Canada Revenue Agency (CRA)
CRA Outreach Agent will be on site to answer your tax questions or help to solve outstanding tax hold-ups

Basic Digital/Tech Support
Get help with your own phone, tablet or other device.
Provided by Rainbow Literacy and Learning

Housing Supports
Landlord/tenant issues, rent subsidies, utility shut-offs, accessing cleaners/yard maintenance contractors.
-Income Support
-Seniors Benefits

Referrals to:
Family supports
Immigration Services
Employment Services – resumes, job searching, re-training
Food Security
Programs and services already operating in Vulcan County
Mental Health

Transportation
Shuttle services in Vulcan County
Medical trips to cities

FREE SUPPER PROVIDED

Drop In Visits Welcome
Appointments for complex questions recommended **FCSS 403-485-2192**

Trivia Answers

1. Three years
2. A newborn has 275 to 300 bones, while most adults have 206. As a baby grows, their smaller bones join together to create larger bones.

Early Learning Program

Vulcan Prairieview Elementary

- ★ Three-Year-Old Program
- ★ Four-Year-Old Program
- ★ Register online

<https://www.vpes.ca/registration>

Play-based, developmentally appropriate, early learning program designed to help your child develop

- Language and thinking skills
- Communication skills
- Social and emotional skills
- Fine and gross motor skills
- Physical health and wellbeing

Now is the time to REGISTER your child

****New for the 2025/2026 school year we will be offering a full day 4 year old program(2 full days/week)****

LIMITED SPACES AVAILABLE!!

****The half day option will still be available****
If you have any questions feel free to contact the office at 403-485-2074

Something a Little Lighter

-I tried to take a picture of myself in the shower, but it was too blurry. Looks like I have selfie steam issues.
-You can't run through a campground. You can only run, because it's past tents.
-I had a happy childhood. My dad used to put me in tires and roll me down hills. Those were Goodyears.
-"I finally saw my doctor and showed him the rash on my butt."
"What did he say"
"Nothing, he just ignored me and kept pushing his shopping cart."

ARROWWOOD & DISTRICT ECS SOCIETY

GETTING READY FOR PRESCHOOL & KINDERGARTEN

THURSDAY, MAY 1, 2025
FOR CHILDREN BORN 2020, 2021, 2022

ECS ARROWWOOD OFFERS FREE DEVELOPMENTAL CHECK-UPS FOR CHILDREN ENTERING PRESCHOOL OR KINDERGARTEN FOR THE 2025-2026 SCHOOL YEAR.

THE CHECK-UP INVOLVES YOU AND YOUR CHILD GOING THROUGH ENGAGING ACTIVITIES AROUND KEY DEVELOPMENTAL AREAS SUCH AS:

- COMMUNICATION,
- GROSS MOTOR,
- FINE MOTOR,
- PROBLEM-SOLVING, AND
- PERSONAL-SOCIAL SKILLS

SECURE YOUR CHILD'S FUTURE SUCCESS IN SCHOOL AND IN LIFE BY MAKING AN APPOINTMENT WITH ARROWWOOD ECS.

APPOINTMENTS AVAILABLE:
12:00-3:30PM

SEND US AN EMAIL TO ARROWWOODECS@GMAIL.COM
TEXT OR CALL 587-575 05 37

Nine in a Line Creative Arts Society of Vulcan



Sign up for a class or come in to shop! Monday - Saturday 10-4

- Mon. Apr. 28, 10am-4pm Free Motion Quilting with Deb
- Sat. May 3, 10am-4pm Sew Day with Charlean. Bring your own project
- Mon. May 5, 10am-4pm Rock Mandala Painting with Emily
- Tues. May 6, 10am-4pm Trekzi Character Trace and Cutout-Part 1
- Wed. May 14, 6pm-9pm Denim Rug with Deb
- Thurs. May 15, 10am-1pm Drop In Paint
- Tues. May 20, 10am-4pm Beginner Stained Glass with Ron
- Thurs. May 22, 10am-1pm Drop In Painting Class
- Fri. May 23, 6pm-9pm Whimsical Art Workshop with Sally Tower
Sybblis - Part 1
- Sat. May 24, 10am-3pm Whimsical Art Workshop - Part 2
- Tues. May 27, 10am-4pm Paint Trekzi - Part 2

Class Fees—members \$5 Non-Members \$10

Sign up for classes at the Healy Heritage Art Centre
216 Centre Street

MEET STEFANO,
YOUR LOCAL PHARMACIST!

MARKET STREET
VULCAN



(403) 485-2919

MARKETSTREETPHARMACY.CA



HELP WANTED

Hiring Class 1 and 3 Drivers

Walker's Corral Cleaning
Call 403-485-8073 to apply.

Unrestricted Firearm Safety Course

Certified Firearm Safety Courses
Required to get your PAL
This certification doesn't expire so if you've passed the course once at any time in your life you are still already qualified to apply for your PAL.

May 24 2025
Vulcan Lodge Hall - \$165
8am - 4pm +15 min test per person

Limited Seating Available

Once you pay your seat is guaranteed
We will refund the class up to 7 days before the course
If we don't get enough participants to run the course, it will be cancelled and refunded

Contact Us to Register!

adult@rainbowliteracy.com rainbowliteracy.com
403-485-3107 Box 449
110 1 Ave S
Vulcan, AB
T0L 2B0

Food Bank Wish List

- Chunky Soup
- Brown Beans
- Rice
- Kraft Dinner
- Cereal
- Crackers
- Coffee
- Jam/Jelly

Monday to Friday 9am – 4:30pm
We can accept some items past the best-before dates. Call to check if you are unsure.

CLASSIFIEDS

To place an ad here call 403-485-2192 or email communityliaison@vulcanandregionfcss.com

EMPLOYMENT OPPORTUNITIES

Free ads
Basic info only

Whispering Creek Corp. Hiring for lawn care, spring through fall for 76 units. Equipment is provided. Contact Rick Ludwig at 403-813-3066

Casual driver for Vulcan County Shuttle Transportation Service. Please send your resume directly to Claresholm Transportation Services. A class 4 license will be needed before completion of hiring.

claresholmtransportation@gmail.com 403-625-4455

ABC Daycare and Preschool is Hiring Educators/ staff for more info call 403-906-3110 email info@abcdaycares.com

Curiosity Cove Daycare Hiring Level 1, 2, 3 positions. Send your resume + cover letter to curiositycovedaycare@gmail.com or call 403-918-2844

-Member Experience Specialist at Lomond Servus Credit Union Branch

-Part Time Cook Peter Dawson Lodge

Volunteers Needed

Vulcan Healthcare Auxiliary is seeking individuals who are interested in helping at the hospital Gift Shop; visiting Long Term Care Residents and lending a helping hand with our community projects. For more information, please call Shirley Spanke 403-485-2973 or Shannon Rogers 306-331-6698

Village of Arrowwood Garage Sale

May 31
9am—2pm

Proceeds to Lion's Pickleball Program Call 403-534-3821 to book a table

Summer Recreation Therapy Helper Starts July 7 for 6 weeks. Apply at www.careersnextgen.ca

WHAT IF YOU COULD ASK YOUR BODY WHAT IT WANTS? NOW YOU CAN!

WHAT WILL YOUR BODY SAY TO YOU?

Scan QR code, to schedule

H Visscher Contracting Ltd.
Vulcan, Alberta

Fergus Howard
P: 403.604.2923 E: enquiries@screw-pileconstruction.ca

Specializing in Concrete
Screwpile Installation
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Air purification systems
True HEPA sealed units
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Allergen control
Home solutions bags and HEPA filters
Central vacuum systems

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activepure.com

We service all makes and models of vacuum cleaners

NEED A RIDE?

VULCAN COUNTY SHUTTLE SERVICE

\$10 Around Vulcan

Roundtrip in Vulcan County \$10-\$30

403-485-2106

BOOK FOR:
-APPOINTMENTS
-SHOPPING
-SOCIAL EVENTS
-VISITING FRIENDS

CALL A MINIMUM OF 24HOURS AHEAD TO SECURE YOUR RIDE

MAMA'S PIZZA LUNCH MENU SPECIAL

EVERYTHING FOR \$14.99

ASK FOR DAILY FREE SOUP FOR EVERY MEAL

BURGERS
PASTA
SALAD
FISH & CHIPS
FRIED CHICKEN
SANDWICHES
SUBS/LOAFS
8" PIZZA
CHICKEN FINGERS