

Community Calendar

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

May 2 - Emergency Preparedness Open House 1-4pm Tri-Services Building Vulcan
 May 2 - Labyrinth Walk and Conversation 1302 Whispering Drive, Vulcan. Gather at 12pm walk at 1pm. Backyard event parking on street only, use golf cart path to walk to backyard. No cost.
 May 3 - Vulcan Communities in Bloom Open House Info session 102 Whispering Way Amenities Building. Learn how you can contribute.
 May 9 - Infinity Dance Academy Year End Recital 4pm Vulcan CRC \$10pp, under 13 \$5, family \$25
 May 21 - Division 1 Meet with your Councillor - Mossleigh Hall at 7pm
 May 23 Spring Market at the Vulcan Legion Hall from 11:00 am to 4:00 pm. Contact Ashlee Jacobsen at the smashingweddingsevents@gmail.com
 May 24 . Paint and Potluck 12-1 for lunch If you don't want to join in on the potluck, just show up for painting. \$50 per person Vulcan Curling Club Lounge. Sing up with Sandy 403-485-5507

Pickleball

Vulcan: Register at townofvulcan.ca/recreation - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4 at VPE

Mondays

Little Gardeners program May 4 & 25 Milo Library register with www.greaterfoothillsfamilycentre.ca/

Pre-school Prep - Vulcan Lodge Hall - May 4, 11 & 25. Ages 2-6 1:30pm register with www.greaterfoothillsfamilycentre.ca/

Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731

Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.

Arrowwood Playgroup - 10am-12pm at the Arrowwood Hall for families with kids 0-5 years.

Ahimisa Yoga - Carmangay School Gym 6:30-7:30 register with cranberrybrowns@gmail.com

Yoga Fusion - 7pm vulcanयोगाandwellness@gmail.com

Rec Volleyball in Lomond Contact Heather if you are coming at 403-485-8379 at 7:30

Tuesdays

Little's Lounge - Carmangay Library - 1pm

Youth Zone at the Carmangay Library 4pm

Community Connection Café - 1:30pm. Coffee, Tea, Snacks and a topic to get everyone talking. Everyone Welcome, no membership needed. Located at the Vulcan Seniors Centre.

Book Club Chatter - 3rd Tuesday of the month 3:30pm Vulcan Library. Discuss your favorite books.

Community Badminton - 7-8pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.

Community Volleyball - 8-9:30pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.

Wednesdays

Coffee Time - 2pm Lomond at the Drop-In

Coffee at the Carmangay Seniors Centre 10am -12pm

Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.

Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.

Yoga for Hips and Backs 3pm vulcanयोगाandwellness@gmail.com

Drop-In Pool Vulcan Legion 7pm

Trivia Night - Second last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Bingo - Last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Thursdays

Tim Hortons Pop-Up 3rd Thursday of the Month at the Vulcan Curling Club 7:30-9:30am

Chess at the Vulcan Library - 2:10-5:00pm

Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.

Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.

Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.

Fridays

BINGO - 2nd Friday of the Month Vulcan Senior Centre. Doors open at 6. Bingo starts at 7pm.

Monday - Saturday

Vulcan Senior Centre -Pool 9am-12, Coffee Drop-in 10am - 12

Champion Pioneer Club - Coffee 9:30-11:30.

Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25

Friday-Sun 8:30am—**Coffee Time** - Lomond Drop-In

Vulcan Legion - Open 11am - 9pm. Everyone welcome

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

Get-A-Way Youth Centre

Ages 10-18

403-485-6033

Monday 3:30-6pm
 Tues-Thurs. 11:30-6pm
 Friday 11:30-6pm (Free Lunch)

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



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

-**Alberta Counselling Centre** Call 1-833-827-4230 or visit albertacounselling.ca: Confidential, (Farm-informed Counselling available)

-**National Farmer Crisis Line:** 1-866-327-6701 (1-866-FARMS01).

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

Time for Rhymes

Champion School Library - Wednesdays 10:30am

Milo Public Library - Wednesdays 10am

Vulcan Library - Thursdays 10:30am

Lomond Library - Thursdays 10:30am

Register at 403-485-3109 or family@rainbowliteracy.com



GOOD MORNING

April 30, 2026

COMMUNITY NEWSLETTER

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

FREE

Mother's Day Tea & Bake sale

Hosted by:
 Vulcan Extencicare Auxiliary
 at Vulcan Extencicare
 Friday May 8, 2026
 2:00-4:00pm

Everyone Welcome
 \$5.00 for Tea & Dessert
 Enter the Door Prize Draw
 Enjoy the Entertainment

Donations of baked goods are very much appreciated

Thank You for your support
 For more information please call
 780-552-6240

JOIN US AT PETER DAWSON LODGE

MOTHER'S DAY AFTERNOON TEA

MAY 7TH, 2026
 COME AND GO STARTING AT 2:30

ADMISSION BY DONATION AT THE DOOR.
 RAFFLE TICKETS FOR TABLE PRIZES.
 DOOR PRIZE WILL BE DRAWN AT DAYS END

COMPLIMENTARY SPARKLING BEVERAGE FOR MOM!

PLEASE RSVP AND SPECIFY # ATTENDING PRIOR TO MAY 1, 2026 TO:
 403485-2422 or drc@marquisfoundation.ca

Vincent Joseph Henry

Regional Agent and Distributor

- Air purification systems
- True HEPA sealed units
- Floor care
- Allergen control
- Home solutions bags and HEPA filters
- Central vacuum systems

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We service all makes and models of vacuum cleaners



Hearing Evaluations

Free tests for seniors

Second Tuesday of the month

10am-3pm

Vulcan Lodge Hall

We Provide:

- Latest Technology
- All digital hearing aid models
- Repairs to all models
- 30 day trial period

We are AADL, WCB, NIHB, DVA providers.

Qualified Hearing Care Professional

Toll Free: 1-866-252-5582

TRIVIA

1. What is the leading cause of death in Canada?
2. What is the most popular sport in the world?
3. What animal is showing early signs of self-domestication with shorter snouts, smaller facial skeletons and teeth and reduced flight or fight response?

Vulcan Lionette Welcome Wagon

Are you new to the Vulcan Community?

Welcome

Yes, Vulcan has a Welcome Wagon!
 If you know of a new resident or if you are the new resident please call 403.485.2426 and let us know if you would like a visit!

Adult Social Night Cooking Night May 12

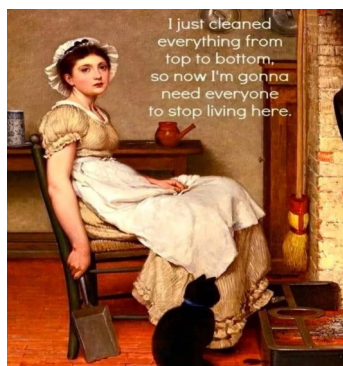
7:00-9:00pm

Make and Take - Because it's fun to get to know people while cooking together and making delicious food.

In 2 hours or less, we are going to prep, cook and pack for home a variety of recipes for you to choose from!

You must register so we know how much food to buy.
 \$10 each. Register by May 8. Call 485-2192 or email reception@vulcanandregionfcss.com
 Location: 105A 3rd Ave. S. Vulcan

Next Adult Social Night - June 16, 2026 - Mocktails and Paint Night



Something a Little Lighter

-One does not simply become a master of karate. First, you must accidentally walk into a spider web.
 -Today I heard someone say: "True wealth is mental health." Great, now I'm poor twice.
 -"Mom, what's it like to have the best daughter in the world?" "I don't know, why don't you ask grandma?"

COME TRI with us!

THE VULCAN TINMAN TRIATHLON JUNE 20TH 2026

REGISTRATION CLOSES JUNE 1ST

Full Tinman
 Individual or Team
 Swim 500 meters, Bike 15 km, Run 5 km

Half Tinman
 Individual or Team
 Swim 250 meters, Bike 7 km, Run 2.5 km

Mini-Tin
 Individual or Team
 Swim 100 meters, Bike 5 km, Run 1.5 km (recommended ages 8-12)

Tinbit
 Swim 25 meters, Bike 2-3 Blocks, Run 1/2 Block (recommended ages 8 & under)

FOR MORE INFO AND TO REGISTER VISIT vulcantinman.ca

VULCAN COMMUNITY GARDEN

Garden plots will be available to rent for the 2026 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

NEED HELP WITH YOUR DIGITAL SKILLS?

Do you want to learn how to better use your phone, tablet, or computer?

LEARN WHAT YOU WANT TO LEARN
Class topics are determined by the people attending the class.

GAIN THE SKILLS YOU NEED
Learn tips, tricks and tech safety you need to navigate our technological world.

JOIN AT ANYTIME
All our courses can be joined at any time after they start. You will never miss what you need.

\$25 TOTAL

TUESDAYS 5:30PM - 7:00PM
MAY 5 - JUNE 9TH
AT THE MILO LIBRARY

CONTACT US TO REGISTER
rainbowliteracy.com | adult@rainbowliteracy.com | 403-485-3107

NEED SOME HELP GETTING ON THE ROAD?

LEARNER'S PERMIT & DRIVER'S LICENSE PREP

Do you want help reading and writing English for the Alberta Driving tests?

We help adult learners master Alberta Traffic Laws so they can tackle the written test with confidence.

4:00PM - 5:30PM
TUESDAYS
AT RAINBOW LITERACY
MAY 5 - JUNE 30

CONTACT US TO REGISTER
403-485-3107
rainbowliteracy.com
adult@rainbowliteracy.com
1101 Ave S, Vulcan, AB Box 449 TOL 280

Community Connection BINGO

Mental Health Week

Meet someone new	Talk to a familiar face	Introduce two people	Join or host an intergenerational activity	Smile and say hello to 3 people
Compliment a stranger	Share coffee or a meal	Join or host a games night	Join Mighty Networks at the QR code below	Share a story about connection
Talk with someone for 10+ minutes	Attend a new-to-you event	Share a photo of connection	Attend a community gathering	
Bring a friend to an event	Call or message someone	Take part in or host a newcomer activity	Join a community activity	Do something kind for a neighbour
Leave a positive note in public	Go for a walk and talk with a friend	Check out RMHN at the QR code below	Invite someone for coffee or tea	Celebrate connection this week!

2026 VULCAN COUNTY WELLNESS CHALLENGE

COUNTY WIDE WELLNESS CHALLENGE

12TH ANNUAL COMMUNITY CHALLENGE
June 1 - June 30, 2026

REGISTRATION OPENS: APRIL 1 - MAY 5
Cost: \$20 per person | \$80 per team
Includes official Challenge T-shirt

REGISTER AT:
townofvulcan.ca/recreation

vchwfoundation.com

Spring Class Schedule

Class Fees: Members \$5.00, Non-Members \$10.00

May

- May 2nd - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
- May 5th - Tuesday, 10:00am - 1:00pm, Denim Jacket Upcycle - Part One with Debbie.
- May 11th - Monday, 10:00am - 1:00pm, Pottery bird feeder - pickup.
- May 16th - Saturday, 10:00am - 4:00pm, Denim Quilt Squares for Quilt or other small denim projects.
- May 19th - Tuesday, 10:00am - 1:00pm, Denim Jacket Upcycle - Part Two with Debbie.
- May 21st - Thursday, 10:00 - 1:00pm, Watercolor painting with Emily.
- May 23rd - Saturday, starting at 10:00am - 4:00pm, Spring wreath with Amy.
- May 26th - Tuesday, 10:00am - 1:00pm, Learn to draw sketches before painting with Erin.
- May 28th - Thursday, 10:00am - 1:00pm, Acrylic painting with Cindy.
- May 29th & 30th - Friday & Saturday, starting at 10:00am, Monoline Calligraphy Workshop with Gwen.

June

- June 6th - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
- June 8th - Monday 10:00 - 1:00pm, Painted wine glass with Krista.
- June 12th - Friday, Sidewalk chalk drawing for Spock Days with Bill. Time to be decided.
- June 17th & 19th - Wednesday & Friday starting at 10:00am, Trekzi character for your yard. Prep work and painting with Linda & Cindy.
- June 25th - Thursday, 10:00am - 1:00pm, Acrylic Painting with Cindy.

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

Fire & Frost HEATING & COOLING

587-575-2111
fireandfrost.ca
Local Champion, AB contractor with 21 years Experience in heating and cooling services
Free Estimates

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET PHARMACY - VULCAN

- DIABETES CONSULTATION
- MEDICATION REVIEWS
- PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

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IL TRANSPORTATION Door-to-Door Service for appointments

Medical
Dental
Optical
Treatment appointments
Special Event Trips

Servicing Vulcan & Vulcan County needing to go to the large cities in Southern Alberta, such as Calgary, Okotoks, High River or Lethbridge.

Call Irene at 403-485-1631

Food Bank Wish List

- Coffee
- Soda Crackers
- Bar Soap

Donations can be made from Monday to Friday 9am - 4:00pm

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
-Temp. Complexity Team Teacher and Educational Assistants - multiple locations
-Educational Assistant
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Early Childhood Educator - Curiosity Cove
email curiositycovedaycare@gmail.com or text 403-918-2844

Wheat Country Special Needs Society has 3 openings Bottle Depot Attendant, Casual Residential Outreach Support, PT Admin/Financial Assistant. Email info@wcsns.ca

Lomond Servus Credit Union is hiring a Member Service Advisor <https://recruiting.ultiapro.ca/>

Champion swimming pool is hiring. Contact championswimpool@gmail.com

Location: Lake McGregor Country Estates (East of Vulcan) Duration: May through end of September
Duties include (but not limited to):
Closing the swimming pools/hot tub
General cleaning and upkeep of facilities
If interested, please email: mclean.joe@hotmail.com or call/text (403) 423-1013

Canadian Census 2026 Jobs
<https://www.census.gc.ca/en/jobs>

Part-time Contract Bookkeeper - Vulcan and Region FCSS
vulcanandregionfcss.com/fcss-job-posting/

Early Childhood Educators - Vulcan Daycare vulcandaycare@gmail.com 403-485-2954 ECE certification and experience preferred

Aspen Crossing - multiple positions available in Mossleigh
<https://aspencrossing.com/jobs/>

Delivery Truck Driver—Furniture Villa service@furniturevilla.com or stop by the store.

Vulcan and District Museum - 2 Summer Students May-August
bknutsonshaw@gmail.com

Youth Worker - FCSS is hiring summer students <https://vulcanandregionfcss.com/>

Found on Indeed.ca
Pork Production Technician—Premium Farms
Administrative Support III—AHS Vulcan
Food Counter Attendant—A&W
Sandwich Artist—Subway
Cooks and Dietary Aides—Extendicare
Parts Person—Brandt John Deere

Community Services Assistant - <https://www.townofvulcan.ca/opportunities/career-opportunities>

HELP WANTED

Hiring Class 1 and 3 Drivers
Walker's Corral Cleaning
Call 403-485-8073 to apply.

Centennial Celebration Schedule of Events

SATURDAY - MAY 30, 2026

- Registration Guestbook 8:00 AM - 12:00 PM
- Culp's Old Garage 12:00 PM - 4:00 PM
- Museum
- Photo Booth Opens 8:00 AM - ongoing
- North of Culp's Old Garage
- Museum Open 8:00 AM - 4:00 PM
- Tim Horton's Coffee & Donuts 8:00 AM
- Ice Cream 1:00 PM
- History Book Sales 8:00 am - 4:00 pm
- Museum
- School Displays Open 9:00 am - 12:00 pm
- School Gym & Foyer
- Centennial Parade 10:00 AM
- Bouncy Castles, Petting Zoo, Kids Money Pit, Face Painting 11:00 AM
- North of Arena
- Historical Video 11:00 AM - Ongoing
- Centre Street Eatery Open 11:00 AM - 2:00 PM
- Aerial Farmyard Displays 11:00 AM - Ongoing
- Upstairs Community Hall

SUNDAY - MAY 31, 2026

- Show & Shine 12:00 PM - 6:00 PM
- Centre Street
- United Church Open House & Quilt Display 1:00 pm - 3:00 pm
- United Church
- Beer Gardens Open 1:00 PM
- Arena
- Highland Dance Demo 1:00 PM
- Outside Stage - Community Hall
- Old-Fashioned Races & Kids Activities 1:30 PM
- North of Arena
- Mexican Dance Demo 3:00 PM
- Outside Stage - Community Hall
- Centennial Fashion Show 4:00 PM
- Outside Stage - Community Hall
- BBO Beef Dinner 5:00 PM - 7:00 PM
- Arena
- Free or by donation to Arrowwood Community Hall Renovations
- Evening Entertainment 7:00 PM
- Outside Stage - Community Hall
- Fireworks 10:00 PM
- Location TBD - watch the Facebook page!

Community Church Service 10:30 AM - 11:15 AM
Outside Stage - Community Hall
Please bring your own chair!

Mexican Lunch 11:30 AM
Community Hall Kitchen
Free lunch provided by local Mexican Community

FREE Camping Available
Serviced sites at Campground
Overflow at Rodeo Grounds

Contact village office for camping 403-534-3821 or vilgarw@telusplanet.net

A selection of food trucks will be available on Saturday

Follow on Facebook for updates: Arrowwood Centennial Celebration
Check out the map pinned on our page!

Updates from Vulcan County

Careers – Seasonal Grader Operator & Level 2 Water Operator - <https://www.vulcancounty.ab.ca/announcements/career-opportunities/>

75th Anniversary Photo Book Submissions - <https://www.vulcancounty.ab.ca/about-the-county/photo-book-2026/>

We have a new Economic Development website that just launched - <https://www.explorevulcancounty.com/>

Agricultural Services Bursary Application
Deadline May 31st - <https://www.vulcancounty.ab.ca/departments/agricultural-services/agricultural-programs/awards/>

Vulcan COUNTY

Volunteer Opportunities

Contact Kim if you are interested in volunteering for the Tinman June 20 on behalf of Bodyworks. bodyworksvp@gmail.com or text 403-485-0235

CURIOSITY COVE DAYCARE

ACCEPTING REGISTRATION
for 12 months to 6 years.
Govt Grants available for full time and part time children

Follows FLIGHT curriculum with special focus on play way learning
Small child and educator ratio
Special fee discount for full time and part time

Contact information is 403-918-2844
Email - curiositycovedaycare@gmail.com
www.facebook.com/curiositycovedaycare

Professional Makeup Artist BAYLIE MARTINE

at IRON EDGE SALON & SPA
95B Centre Street, Vulcan

Now Booking Grad Makeup

Flawless, every-lasting makeup perfectly tailored for your grad day.

TEXT or DM Baylie to book your appointment:
403-336-1530
@baymarartistry

Limited spots available
95B Centre Street, Vulcan

Trivia Answers

1. Cancer
2. Soccer (Football)
3. Urban Raccoons

Professional Stylist ASHLEY

@_beautyby.ash
at IRON EDGE SALON & SPA
95B Centre Street, Vulcan

Now Booking Grad Styling

For beautiful, elegant hair on your grad day.

DM Ashley on Instagram:
@_beautyby.ash

Limited spots available