

Community Calendar

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

Feb. 10 - Mexican Train Dominos Night—Tuesdays at 7pm Whispering Creek Amenities Building 102 Whispering Way Contact Suzanne at 403-279-8522 (No text please)
 Feb. 10 - Sound Bath Carmangay Curling Rink go to www.goodvibeswellness.ca to sign up
 Feb. 12 - Farmer Pesticide Course. \$20, lunch included. To Register: <https://bit.ly/4r0lVqF>
 Feb. 14 - Milo Lions Ice Fishing Derby
 Feb. 25 - Ask-Talk-Listen - Location TBD - A mental health workshop designed for agricultural communities. Coming to Lomond the end of February. Watch for posters and social media for details.
 Feb. 25 - Let's Talk about Death Together - Movie and Discussion Series. Feb. 25 In the Realm of Death and Dreaming, Mar. 4 Saying Goodbye, Mar. 11 Discussion, Mar. 18. The Architecture of Dying, Mar. 25 Discussion. 5:30 Potluck Supper, 6:30 Film. Hosted by the Vulcan United Church. Open to ALL community members. Come for whatever parts you want. This is not a grief group or religious, it is a safe, welcoming space to have open conversations about death and dying.

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

Mondays
All about Winter - Milo Library Feb. 9 & 23 at 10:30am
Space Adventures - Vulcan Lodge Hall 1:30pm Feb. 2, 9 & 23 ages 2-6 Register with Greater Foot-hills Family Centre www.greaterfoothillsfamilycentre.ca/
Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731
Community Walking - 11:35-12:20 at Vulcan CRC. Register at townofvulcan.ca/recreation.
Stay and Play 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2
Community Skating - 6:15-7:15pm. Vulcan Arena. Register at townofvulcan.ca/recreation.
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 vulcanयोगandwellness@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 Little's Lounge
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.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
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 Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.
Yoga for Hips and Backs 3pm vulcanयोगandwellness@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
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Cornhole at the Vulcan Curling Club. 18+ Register at 6:30, play at 7pm. \$3 per person.
BINGO - 2nd Friday of the Month Vulcan Senior Centre. Doors open at 6. Bingo starts at 7pm.

Monday - Saturday
Vulcan Senior Centre -Pool 9am-12pm, 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. Pot-luck 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

Make a cash donation and receive a FREE coffee and donut or muffin! ALL PROCEEDS will go towards the Pioneer Club

TIM HORTONS POP-UP
 Wednesday, February 4
 7:30am - 10:30am
 CHAMPION PIONEER CLUB

Sponsored by: **Champion Booster Club**

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
-Counselling at FCSS. FREE - 2 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

Something a Little Lighter

-There is a new guy at work named Wayne Bruce and I said, "Ah, Manbat my old nemesis." Nobody got it. My talents are wasted there.
 -How do groundhogs know how many trees they have chewed? They keep a log.
 -I tried watching one of those virtual fire-place videos streaming on tv but it didn't work. I think I forgot to put the login.

fcss GOOD MORNING COMMUNITY NEWSLETTER

Vulcan and Region Family and Community Support Services

Feb. 5, 2026

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

ONLINE SAFETY PRESENTATION

The Alberta Law Enforcement Response Teams (ALERT) Internet Child Exploitation (ICE) unit welcomes all parents & caregivers to attend an evening information session on the realities of internet child exploitation in Alberta, and strategies to navigate these issues in an open and collaborative way with your children.

Feb. 10 | 2-3:30PM or 7-8:30PM
 Vulcan Community Health Centre Wellness Room
 Registration required.
 Contact 403-485-4001 or vchw.foundation@gmail.com

ALERT VulCAN COUNTY Health & Wellness Foundation

Milo Recreation

Family Day Skating Party

February 16th 1-3pm @ Milo Skating Rink

COME ON DOWN FOR AN AFTERNOON OF SKATING, MARSHMALLOWS, HOT CHOCOLATE AND HOT DOGS!
 ICE CONDITIONS PERMITTING

Family Day Fun

JANUARY 16, 2026 12:00PM - 4:00PM

ICE SKATING & HOT CHOCOLATE 2:30PM - 4:00PM
 FREE FOR EVERYONE
 MOVIE & HOT DOGS 12:00PM

THANK TO OUR SPONSORS
 MAGNUSON REALTY FOR THE MOVIE
 KINETTES FOR THE SKATING AND HOT CHOCOLATE
 TOWN OF VULCAN FOR THE HOT DOGS

MAGNUSON REALTY LTD. Make Your Winning Move with us!
 VulCAN Recreation
 Kin Canada Kinette Club of Vulcan

You Are Invited To

Valentine's Day DANCE

FEBRUARY 13 2PM-4PM

Who: Vulcan Community Members
 What: The Vulcan Daycare Out of School Care Program is hosting a Valentine's Day Dance.
 When: Friday February 13th, 2026
 Where: Vulcan Prairieview Elementary Gym
 How Much: Entry Fee is a food bank donation

305 6th Ave S, Vulcan, AB

fcss VulCAN COUNTY Health & Wellness Foundation

Are you low income and need taxes filed?

FREE TAX CLINIC

Income Threshold:
 Individual \$40,000
 Couple \$55,000
 Family \$2500 per extra family member

March 2026 (9:30am to 4:00pm)
 Monday- 2, 9, 16, 23, 30
 Tuesday - 3, 10, 17, 24, 31

April 2026 (9:30am to 4:00pm)
 Monday- 13, 20, 27
 Tuesday- 7, 14, 21, 28
 *closed April 6 Easter Monday

Please note that we are not able to do the following taxes: RRSPs, bankruptcy, self employment, business or corporate, capital gains, foreign property or income.

By appointment only. To book, please contact Vulcan FCSS

403-485-2192
 Clinic located at 105B 3rd Ave S Vulcan

TRIVIA

1. Ornithology is the study of what?
2. What can human beings do that's faster than a cheetah?
3. Which country produces the most coffee in the world?

Fire & Frost HEATING & COOLING

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 Local Champion, AB contractor with 21 years
 Experience in heating and cooling services
 Free Estimates

MEET STEFANO, YOUR LOCAL PHARMACIST!

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NEED HELP WITH YOUR SMARTPHONE COMPUTER OR TABLET? ENROLL IN DIGITAL SKILLS

FEBRUARY 25 - APRIL 1

WEDNESDAYS AT THE MILO LIBRARY

5:30PM - 7:00PM

Join Anytime. REGISTER TODAY!

Visit our website, call or email to register.

RAINBOW Literacy & Learning Society
rainbowliteracy.com | 403-485-3107
adult@rainbowliteracy.com
110 1 Ave S, Vulcan, AB Box 449 TOL 2B0

Where do you meet people in town if you're not in a sport or a club?

Adult Social Night

New dates for Winter

Every other Tuesday 7:00-9:00pm

Jan. 13 Appies and Boardgames
Jan. 27 Speed Friending
Feb. 10 Olympic Themed Games
Feb. 24 No Talent Arts and Crafts
Mar. 10 Appies and Boardgames
Mar. 24 Cooking Night - Make and Take

Registration required each time for supplies and food. \$10 each.
Call 485-2192 or Email reception@vulcanandregionfcss.com
Location: 105A 3rd Ave. S. Vulcan

MAMAS PIZZA AND PASTA RESTAURANT

TRY OUR NEW:
FREDDIE CRISPY FRIED CHICKEN
*comes with french fries, gravy and coleslaw

DAILY SPECIALS
10% OFF PASTA AND SALAD
*for dine in only

COME DINE IN WITH US FOR DAILY SOUP AND SANDWICH FOR ONLY \$14.99

Located at: 115 2nd Ave South, Vulcan, Alberta.

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
Family School Liaison Counsellor—Vulcan Prairieview Elementary
Caretaker - CCHS
Educational Assistant - CCHS
Casual Educational Assistant - Temp.
www.pallisersd.ab.ca/hr/career-opportunities

Vulcan County
www.vulcancounty.ab.ca/announcements/career-opportunities/
Seasonal Equipment Operator 1
Seasonal Gravel Truck Driver
Seasonal Grader Operator
Seasonal Gravel Truck Driver
Seasonal Agricultural Service Labourer

Casual Receptionist - Vulcan Medical Clinic send resumes to L. Bexte, Staff Supervisor
admin@vulcanclinic.ca mail to Box 419 Vulcan, AB or hand deliver to 610B Elizabeth Street South Fax 403-485-2218

Part-time Post Office Assistant - Village of Milo
email cao@villageofmilo.ca with the subject line Post Office Position

Inside Parts and Sales Associate - R.A. West indeed.com

Administrative Assistant - Wheat Country Special Needs Society

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

Found on indeed.ca
-Building Maintenance Worker - Wholesale Warehouse Vulcan
-Pork Production Technician—Premium Farms
-Agribusiness Assistant and Sales Representative -Richardson Int.
-Relationship Manager, Lending - Agriculture Financial Services Corporation
-Yard Manager - UFA
-Sandwich Artist - Subway
-Parts and Service Representative – Brandt

Early Childhood Educators - Vulcan Daycare vulcandaycare@gmail.com 403-485-2954 ECE certification and experience preferred (not required to apply, but minimum Level 1 must be obtained within the first 3 months of employment)

Aspen Crossing - multiple positions
https://aspencrossing.com/jobs/

CAREGIVER SUPPORT GROUP

If you are caring for an aging parent, spouse, friend or neighbour, this support group is for you.

3/3 Join our Caregiver series and connect with others, featuring a Zoom hello from the FCSS counselling student.

3/10 Caregiver supports you may not know about - programs and financial benefits with FCSS.

3/17 Join us for a session on building your self-advocacy skills with the Alberta Health Advocates.

3/24 Home Care, Long-Term Care, Peter Dawson Lodge and Extended Care will be here to chat about navigating the next stages of care.

3/31 Self-care session with Vulcan Yoga and Wellness, including breathing, meditation, and gentle, optional movement.

4/7 Caregiver's Alberta share how they support Caregivers in our communities.

Join us from 8am-10am in Meeting Room 1364 (Wellness Center) at the Vulcan Hospital

RSVP Requested
RSVP with Amanda: 403-495-4011 linkact4health@gmail.com

FOR RENT!
1 BACHELOR SUITE AVAILABLE
Located at 115 2nd Ave South

MAIN FLOOR WITH 3.5 BED ROOMS
UPPER FLOOR WITH 3 BED ROOMS
BASEMENT WITH 2 BED ROOMS
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CONTACT: 587-436-1132
Or visit Mamas Pizza Restaurant

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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

FUN AND GAMES TO PLAY

our own version of the **WINTER OLYMPICS 2026**

Champion Pioneer Club Carmangay Senior Centre

Wed. Feb. 11 11am-1pm
Thurs. Feb. 12 11am-1pm

For all skills and abilities. Free Lunch

Register at the Senior Centre or by calling FCSS 403-485-2192

Please join us for an evening to celebrate everything Scottish. Piping, drumming, dancing, food, Scotch tasting and more

Heather Highland Dance and Cultural Society presents

Robbie Burns Supper

Saturday, February 7, 2025
Champion Community Hall

Performances by Lethbridge Police Band and Heather Highland Dancers.

Doors open at 5:00
Entertainment at 6:00
Supper at 6:30

For Tickets Contact: Susan at 403-485-3660

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

Food Bank Wish List

Coffee & Tea, Crackers, Rice
Kids Snacks, Mr. Noodle
Rolled Oats, Baking Mixes
Cleaning Supplies

Donations can be made from

Valentine Craft A Long

XOXOXOXO

Ages 2-5yrs Monday, Feb 9 10:30-11:30am (caregivers stay for 2-5yrs age group)

Ages 6-8yrs Monday, Feb 9 4:30-5:30pm
Ages 9-12yrs Monday, Feb 9 5:30-6:30pm

At the Rainbow Literacy Building

Please REGISTER at 403-485-3109 or email family@rainbowliteracy.com

FREE to participate and take home a new book!

Time for Rhymes

Champion School Library - Wednesdays 10:30am
Milo Public Library - Wednesdays 10am
Vulcan Library - Thursdays 10:30am
Lomond Library - Thursdays 10:30am
Spanish TFR Vulcan Library - Wednesdays 10:30am

Register 403-485-3109

I L 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

Tim Hortons COFFEE SHOP FUNDRAISER!

JOIN US TO SUPPORT A GREAT CAUSE!

WHEN: Thursday, February 19th, 2026 7:30 AM - 10:30 AM
WHERE: The Vulcan Curling Club
WHO: All Proceeds Go to THE VULCAN SKATE CLUB

DONATE & MAKE A DIFFERENCE!
Pay by Cash or E-Transfer May be Available

Community Breakfast

Saturday, February 21
8:00 AM - 10:00 AM
Champion Community Hall

Join us for a warm, welcoming Community Breakfast - everyone is invited!

COST: By Donation

Proudly Sponsored by the CHAMPION COMMUNITY BOOSTER CLUB

Proceeds support community programs and events.

Join Us For A

FAMILY GAMES NIGHT!

Tuesday, February 24
6:30PM - 8:30PM

Fun & Laughter! No Charge!
Snacks & Drinks!
All Ages Welcome!

14 & under must be accompanied by an adult
Games will be provided

At The Champion Pioneer Club
Sponsored by the Champion Community Booster Club & Vulcan FCSS

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

HELP WANTED

Hiring Class 1 and 3 Drivers

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

JOIN US FOR Cornhole TOURNAMENT

February 27th - 6pm
Hosted at Mossleigh Hall

BAGS OR BOARDS
BRING A SNACK IN A BAG OR ON A BOARD

\$10/ TEAM or \$5/ PERSON
PRIZES 1st & 2nd Place

MUSIC, FOOD & FUN
Arrive by 6:00pm to Sign Up!!
To Pre-Register email: amy_tye@hotmail.com

become a SHERWOOD. vendor!

SHERWOOD. is open to aspiring entrepreneurs! JOIN OUR COMMUNITY!

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- you manage your own inventory!
- with a BONUS of RADIO/TV advertisements to our SHERWOOD. partners!

INQUIRE NOW!