

Community Calendar

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

Jan. 10 - Movie Matinee - The Bad Guys 2 at 12pm at the Carmangay Library
 Jan. 13 - Sound Bowls Carmangay 7pm www.goodvibeswellness.ca
 Jan. 13 - Adult Social Night - Appies and Board Games - Everyone Welcome
 Jan. 14 - The Zen Lab - Make Your own Spa Set—Carmangay Library
 Jan. 16 - Branson Anderson Live in the Taproom Email dan@nineinabrewing.com for reservations.
 Jan. 21 - Puzzle Race 6pm at the Carmangay Library
 Jan. 23 - Junior Curling Clinic and Funspiel Milo
 Jan. 24 - Carmangay Library - Throwback Theatre - The Breakfast Club 12pm
 Jan. 27 - Adult Social Night - Speed Friending
 Jan. 28 - Sound Bowls Milo 1:30 www.goodvibeswellness.ca
 Jan. 28 - Sound Bowls Champion 7pm www.goodvibeswellness.ca
 Jan. 28 - Bring Your Own Book Club Carmangay Library 6pm - Romance
 Feb. 6 - Home Routes Concert - Arrowwood Museum - Lotus Wight performing

Pickleball

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

Mondays

Music Makers - Vulcan Lodge Hall 1:30pm Jan. 12, 19, 26 ages 2-6 Register with Greater Foothills 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 vulcanyogaandwellness@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 Young children can explore, play, and create while caregivers connect with others. Jan. 6 (Shrink Art), Jan. 13 (Sock Worms), Jan. 20 (Bracelets), Jan. 27 (Butterflies)
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 vulcanyogaandwellness@gmail.com
Drop-In Pool Vulcan Legion 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
Hearing Aid Specialist will be available on the 4th Friday of each month, at the Vulcan Medical Centre. Appointments available at 1-403-320-5051

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. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25
Friday-Sunday—Coffee Time - Lomond 8:30am at the 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
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

-I have a fear of speed bumps. I'm getting over it slowly.
 -Three golf clubs walk into a bar. The putter orders a beer. The wedge orders a tequila. The third one says, "nothing for me, I'm the driver."
 -Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
 -Laugh and the world laughs with you. Cackle maniacally like a swamp witch and people back away slowly.



Vulcan and Region
 Family and Community
 Support Services

GOOD MORNING

COMMUNITY NEWSLETTER

Jan. 8, 2026

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

FREE

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

2026 Jr. Curling Clinic & Funspiel

Jan 23rd

Register by contacting Jessy Vooyoys 403-485-1451/jessycsmith@gmail.com or Nicole Deitz 403-485-1731 PLEASE REGISTER BY JAN 19th

9:30 Sign in
 10-10:45am 9 & up curling clinic
 11-11:30am 5-8 yrs curling clinic
 11:45-12:30pm Lunch provided by Milo Recreation
 12:45-4pm Funspiel (teams TBD day of)

All curlers must bring a pair of clean shoes to wear on the ice. Kids 8 & under must wear a helmet

IRON EDGE

salon & spa

January Just Got Sweeter ✨

Book a colour service + your haircut is FREE Available with any stylist

Scan to book your January refresh

January only

Winter Class Schedule

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

January

Jan. 10th - Saturday, 10:00am - 4:00pm, Sew day with Charlean. Bring your own project to work on.
 Jan. 14th - Wednesday, 10:00am - 4:00pm, Binding Class with Deb Wyatt. Make a variety of samples to take home for reference.
 Jan. 15th - Thursday, 10:00am - 1:00pm, Watercolor Painting with Emily. Paper supplied, bring brushes and paints.
 Jan. 22nd - Thursday, 10:00am - 1:00pm, Acrylic Painting with Cindy
 Jan. 27th - Tuesday, 10:00am - 2:00pm, Creative Journaling with Linda
 Jan. 29th - Thursday, 10:00am to finish, Knead to make some dough for the New Year. Sourdough with Deb.

February

Feb. 5th - Thursday, 10:00am - 1:00pm, Crochet Flowers with Sharon
 Feb. 7th - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
 Feb. 10th - Tuesday, 10:00am - 4:00pm, Make a Curling bag with Deb
 Feb. 19th - Thursday, 10:00am - 1:00pm, Watercolor Painting with Emily.
 Feb. 21st - Saturday, 10:00am - 4:00pm, Embrace your Wonky with Deb. Focus on the pleasure of the creative process, not a flawless end result
 Feb. 26th - Thursday, 10:00 - 1:00pm, Acrylic painting with Cindy

March

Mar. 7th - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
 Mar. 11th - Wednesday 10:00 - 4:00pm, Beaded Crochet Rope with Lynne.
 Mar. 18th - Wednesday, 10:00am - 4:00pm, Sewing curved pieces with Deb.
 Mar. 19th - Thursday, 10:00am - 1:00pm, Watercolor Painting with Emily.
 Mar. 26th - Thursday, 10:00am - 1:00pm, Acrylic Painting with Cindy

Sign up for classes at the Healy Heritage Art Centre 216 Centre Street
 Follow us on Facebook @ Vulcan Art Studio

Mission statement for Art Classes:
 "Discover our Artistic Roots"

COMMUNITY CONNECTION CAFÉ

At a Cafe there is no cost, no agenda, no homework, no cliques. Just a starting topic each week and a chance to listen and be heard. Because we don't all have to be the same or have the same ideas to find a connection.

Tuesdays at 1:30pm Drop-In
 All ages welcome. Coffee, tea and muffins. Located at the Vulcan Seniors Centre

For information contact FCSS at 403-485-2192 or reception@vulcanandregionfcss.com

TRIVIA

1. What is the world's biggest island that is not a continent?
2. Where would you go to experience "Everlasting Lightning?"

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 403-485-1631

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, MCB, 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

Nobody's Perfect Parent Group
Parents/Caregivers of children ages 0-5yrs

Limited seats

Nobody's Perfect is a place where parents can:
MEET with other parents of young children (ages 0-5) SHARE questions or concerns and ideas about being a parent LEARN about child development, safety, health and behaviour
TALK about real-life parenting experiences WORK together with the support of a trained facilitator DISCOVER ways of positive parenting

The Nobody's Perfect program is supported with a series of five parent books called **SAFETY, BODY, BEHAVIOUR, PARENTS,** and **MIND**, as well as growth and development charts.

FREE! INTERACTIVE! **SNACKS & REFRESHMENTS!**
BABYSITTING AVAILABLE!

Thursdays January 8 - February 19
5pm - 6:30pm

Rainbow Literacy Building 110 1 Ave S Vulcan

Call TODAY 403-485-3107 or email family@rainbowliteracy.com

Digital Skills
Want to learn how to use your phone, tablet, or laptop?

Starts January 6 2026
Ends February 10 2026

At the Carmangay Senior Citizen Club
Weekly on Tuesday
1pm-2:30pm
\$25 per person

Join our class at anytime!
Want to register? Contact Us!

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

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EMPLOYMENT OPPORTUNITIES

Educational Assistant - Milo School and casual Educational Assistants in Vulcan County - Palliser School Division www.pallisersd.ab.ca/hr/career-opportunities

Marketing and Communication Assistant - townofvulcan.ca closing date Jan. 9

Learning Facilitator—email adult@rainbowliteracy.com

Early Childhood Educator - curiositycovedaycare@gmail.com or Text 403-918-2844

Fountain Tire (Vulcan) is looking for a service truck operator also commercial tire tech. Willing to train the right candidate. Competitive wages, retirement savings plan, benefits. Resumes can be sent to cori.gorzitza@fountaintire.com.

Found on indeed.ca
-Building Maintenance Worker - Wholesale Warehouse Vulcan
-Yard Manager - UFA
-Farm Labourer, Grain - FillaRole Vulcan
-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)

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

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

Temporary Grade 1-3 Teacher - Arrowwood School www.pallisersd.ab.ca/hr/career-opportunities

VULCAN AND REGION FCSS
FREE COUNSELLING
WITH FCSS'S PRACTICUM STUDENT JAROM MOSSEY

HELP MAKE SENSE OF THOUGHTS AND FEELINGS

FIND MORE FREEDOM IN LIVING DAY TO DAY LIFE

BOOK UP TO 10 FREE SESSIONS

TALK TO SOMEONE WHO WILL LISTEN

MY HOURS
WEDNESDAYS AND THURSDAYS FROM 9 AM TO 5 PM
HOURS ARE FLEXIBLE AND BASED ON YOUR INDIVIDUAL NEEDS.

INTERESTED IN MEETING FOR MORE INFORMATION AND TO BOOK A SESSION CONTACT OUR RECEPTION OR EMAIL JAROM AT:
COUNSELLING@VULCANANDREGIONFCSS.COM
403-485-2192

Sherwood.
EST. 2014

become a SHERWOOD. vendor!

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

- at SHERWOOD. you pay a "flat" monthly membership and keep 100% of your sales!
- you manage your own inventory!
- with a BONUS of RADIO/TV advertisements to our SHERWOOD. partners!

INQUIRE NOW!!

BOOKS FOR BABIES

A FREE program to help parents expose their littles 0-2yrs to language and early literacy experiences!

Vulcan Extencicare
Tuesdays Jan 13 - Feb 17
10:30-11:30am

Come share in the enjoyment and importance of reading and play with your babies.

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

VULCAN CURLING CLUB IS PROUD TO HOST

READY TO ROCK
Learn to Curl

For youth ages 8-16 years old
Tuesdays from January 6th-March 3rd, 2026
4:30 pm at the Vulcan Curling Club

BROOMS, SLIDERS AND HELMETS AVAILABLE TO USE
YOUTH MUST WEAR A HELMET ON ICE

MORE INFO OR TO REGISTER Contact John at jcumi@telus.net or (403) 485-2214

Fire & Frost
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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

MILO LIONS CLUB
6 HOUR ICE FISHING DERBY
SATURDAY FEBRUARY 14, 2026

CFE licence No: 63351CFE

FEE INCLUDES A HOT DOG & DRINK @ 1:00PM

REGISTRATION, RULES & WAIVER SIGNING: 9AM TO 10AM - PARTICIPANTS UNDER THE AGE OF 18 REQUIRE A PARENT OR GUARDIAN TO SIGN THE WAIVER FORM

FISHING TIME: 10AM TO 4PM

LOCATION: LAKE MCGREGOR - SOUTH OF THE BOAT LAUNCH AT SUNSET MARKS SUBDIVISION (APPROX. 15kms SOUTHEAST OF MILO) - BOUNDARIES WILL BE MARKED

FEE: \$25 PER PARTICIPANT (CASH ONLY)

PRIZE: \$500 FOR THE LONGEST FISH CAUGHT. ONLY FISH CAUGHT WITHIN THE OFFICIALLY MARKED BOUNDARIES ARE ELIGIBLE

- ONLY BURBUT, LAKE WHITEFISH & WALLEYE ARE ELIGIBLE
- NORTHERN PIKE ARE NOT ELIGIBLE IN THIS EVENT
- MILO LIONS PROMOTE CATCH & RELEASE
- PARTICIPANTS FREELY ACCEPT ALL RISKS, (KNOWN & UNKNOWN) HOWEVER CAUSED, WITH PARTICIPATING IN THE DAY EVENT
- FISHING TENTS, SHACKS & ELECTRONICS ARE WELCOMED

For further information contact Lion Mike Collins
PHONE: (403) 680-5317 EMAIL: mike.collins@hotmail.ca

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
curiositycovedaycare

HELP WANTED
Hiring Class 1 and 3 Drivers

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

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

Need a Ride ?

Vulcan Shuttle Service is here to provide affordable transportation to seniors & people with cognitive, medical and transportation barriers.

Call 403-485-2106
Please call 24 hours in advance to secure your ride

Rates available:
• \$10 around Vulcan
• \$20 into Vulcan from a village
• Trips to larger centers possible, call to discuss rates, eligibility & availability.

Book a ride for:
• Appointments
• Shopping/Errands
• Social Events

Wheelchair Accessible

fcss Vulcan and Region Family and Community Services
Vulcan Regional Food Bank
Healthy Aging Alberta

MARKET STREET PHARMACY - VULCAN -

DIABETES CONSULTATION
MEDICATION REVIEWS
PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA

Trivia Answers

1) Greenland
2) The Catatumbo River in Venezuela has near constant lightning over Lake Maracaibo ~ 160 days/year.

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
Located at 208 2nd St South
ALL SEMI FURNISHED

FOR MORE DETAILS PLEASE
CONTACT: 587-436-1132
Or visit Mamas Pizza Restaurant

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

Food Bank Wish List

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

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.

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Vulcan, Alberta

Fergus Howard
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