



GOOD MORNING COMMUNITY NEWSLETTER

FREE

Please recycle this newsletter. Produced and printed locally. Folded by hand by volunteers.

Lunch and Learn Telling Stories from the Past

Learn about the stories you have to tell and ways to record them, even if you think you have no story to tell you will find interesting things to tell by the end of the workshop.



Free lunch. Register with Vulcan and Region FCSS at 403-485-2192 reception@vulcanandregionfcss.com

Presenter: Bev Knutson Shaw, President of the Vulcan Historical Society, creator of Smorgasbord of Stories video series and other video recording series.

Financial Literacy for Success

Do you have financial goals that you are not sure how to achieve? Maybe you need different skills to go back to school or get promoted at work? Let us help you gain the skills you need in order to succeed in life financially.

Starts Jan 21 2025 Ends March 18 2025

Class Runs:
Weekly Tuesdays
1pm-3pm
At Rainbow Literacy

Registration
January 14 2025
1:30pm - 3pm
At Rainbow Literacy
\$25 per person

To join our class at any time contact us!

adult@rainbowliteracy.com

rainbowliteracy.com

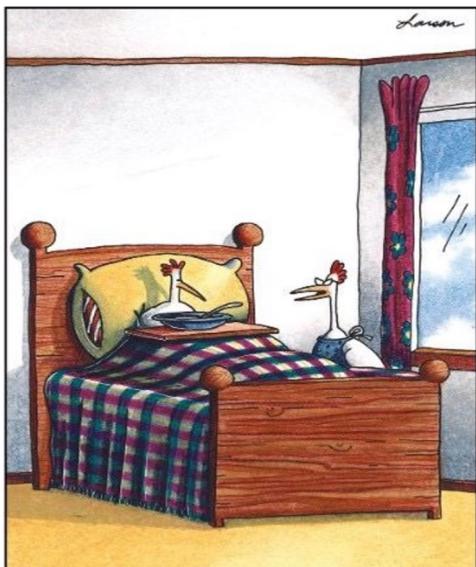
403-485-3107

Box 449, 110 1 Ave S
Vulcan, AB T0L 2B0



Something a little lighter:

-Knock, knock. *Who's there?* Nobel. *Nobel who?* No-bel, so I knock knocked.
-Knock, knock. *Who's there?* Alabama. *Anybody with you?* Nope. I'm Alabama self.
-Knock, knock. *Who's there?* Ayatollah. *Ayatollah who?* Ayatollah you already.
-Knock, knock. *Who's there?* Control freak. Now you say, "Control freak who?"



"Quit complaining and eat it! ... Number one, chicken soup is good for the flu, and number two, it's nobody we know."

Women In Business

Aspiring entrepreneur? Seeking resources to fuel your business growth?

Join our panel of experts – Diane Krystalowich, Colleen Carey, Angela Meadows, and Ursula Sherwood – for a discussion on the unique challenges and opportunities faced by women-owned businesses.

January 28th, 6:30pm at Nine In a Line Brewing, Vulcan

Enjoy a complimentary drink and snacks. Bring your friends and your questions!



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WELLNESS WEDNESDAYS SEMINARS

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UPCOMING SEMINARS - JANUARY TOPICS:



Healthy Weight Management

Wednesday, January 8, 2025
6:45PM to 7:45PM

At the Vulcan Hospital

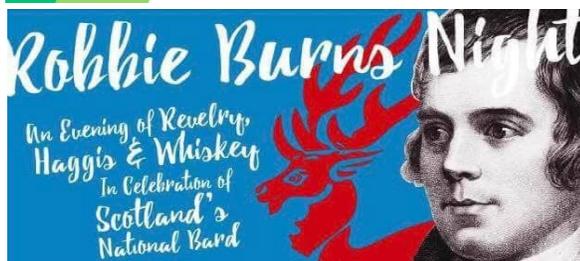


Physical Activity & Nutrition

Wednesday, January 22, 2025
6:45PM to 7:45PM

At the Vulcan Hospital

CONTACT US FOR MORE DETAILS!



Heather Highland's Annual Robbie Burns Night is back! January 25, 2025 at the Champion Hall. A delicious meal with haggis, entertainment including the Lethbridge Legion Pipe Band, Heather Highland dancers, and Scotch samples! Doors open 5pm, events at 6pm Call Susan at 403-485-3660 Adults \$45 Children \$15

MOM & BABY WELLNESS WEDNESDAYS AT 10:30 AM
WELLNESS SPACE VULCAN COMMUNITY HEALTH CENTRE



Creating a safe space for moms to share openly about the joys and challenges of being a mom.

Each of the 4 classes includes: a physical wellness element (walk, yin yoga), discussion on an area of wellness for mom or development for baby, self-reflection and journaling, time to connect with the other moms. Bonus: You will receive a Mom Wellness Journal and the link to a google drive full of helpful resources. Register at www.newheightsotwellness.com

new heights

FOR MORE INFORMATION PLEASE VISIT WWW.NEWHEIGHTSOTWELLNESS.COM

TRIVIA

1. The former US president Jimmy Carter passed away recently at aged 100. Of which state was he governor between 1971 and 1975?
2. Nasa's Parker spacecraft has made the closest ever pass to what?
3. The name of Shakespeare's wife...



587-575-2111

fireandfrost.ca

Local Champion, AB contractor with 21 years experience
Free Estimates

Food Bank Wish List

Applesauce/fruitcups, Crackers, Cereal, Coffee, Large Flake Oats Pads/Tampons, Shampoo, Deodorant Canned meats, Canned vegetables Canned beans-kidney, brown, etc Diapers size 2, 5,6



Income Tax & Bookkeeping!!

Call me for your personal or corporate income tax!

Bookkeeping:

Are you tired of being overcharged for bookkeeping, even though its the most important part of your entire business? Call me for solutions! I am pretty sure I can save on your monthly charge and even help get you organized with less stress.

support@taxesaccountingservices.com

phone: 368.999.4300

HELP WANTED

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

Community Calendar

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

Pickleball - Register at: www.townofvulcan.ca/recreation
Mon. 2-4pm, Wed.6-8pm, Fri.2-4pm,Sat. 2-4pm

Mondays

-Roving Gym 10:30am Milo School
-Arrowwood Playgroup 10am-12pm Community Hall 0-5 years old.
-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 per session.

Tuesdays

YouthZone at the Carmangay Library 4-6pm ages 7+
Community Connection Café - 1:30pm Vulcan Seniors Centre. Resumes Jan. 7.
Community Walking -Vulcan CRC 11:35am-12:25pm. Cancelled from Dec. 20 Resumes Jan. 7
Badminton - Mossleigh Hall at 6:30pm. \$20 per person for the season until the end of April. Contact Bobby if you're interested in signing up at 403-809-0444.

Wednesdays

Coffee Time- 2pm Lomond at the Drop-In
Mancave - 1-3pm 105A 3rd Ave. S. Time to visit over billiards, puzzles, cards, ping pong, coffee, tea and snacks.
Pickleball - Carmangay Curling Club 7pm
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

Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.
Community Walking - Vulcan CRC 11:35am-12:25pm. Cancelled from Dec. 20 Resumes Jan. 7
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
Community Walking - Vulcan CRC 1:00pm-2:30pm. Cancelled from Dec. 20 Resumes Jan. 7

Saturdays

Vulcan Legion Meat Draw - 3-6pm
Coffee at the Carmangay Seniors Centre 10am-12pm
Pancake Breakfast at the Carmangay Community Centre - 1st Sat. of the month - 9 am
Vulcan Track Club - 9:30am Group sessions to run or 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

Coffee Time - Lomond 9am at the Drop-In
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

Support Groups

Wednesdays - SMART Recovery
7-8:30pm Addiction Support Meeting. Call Beth at 403-485-1054 for info.
AA - Alcoholics Anonymous Tuesdays and Thursdays at 8pm. Call Gary at 403-485-5818
AA – Tuesdays at 7pm at the Hospital. Call Mike 403-485-8119
AI-Anon Family Group - Meet Thursdays at 6:00pm. 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

Mental Health Supports

If you need to talk to someone today: Call **9-8-8** Suicide/Crisis Line or **Emergency** Dept. Walk-In or Call **2-1-1** ask for 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

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.

Time for Rhymes:

-Champion School
Tuesdays 10:30am
-Milo Library Wednesdays 10:30am
-Vulcan Library (Spanish) Wednesdays 10:30
-Vulcan Library Thursdays at 10:30am

Financial Literacy for Newcomers

New to Canada? Want to learn more about how our banks work? How employers pay in Canada? How to save money in Canada?
Let us help you gain the skills your need to succeed in life financially in Canada.

Starts Jan 22 2025 Ends March 19 2025

Class Runs:
Weekly Wednesdays
5pm-6pm
At Rainbow Literacy

Registration
January 15 2025
4pm - 6pm
At Rainbow Literacy
\$25 per person

To join our class at any time contact us!
adult@rainbowliteracy.com rainbowliteracy.com
403-485-3107 Box 449, 110 1 Ave S
Vulcan, AB T0L 2B0



Learning for Success

Do you have work or school goals that you are not sure how to achieve? Want to become more confident in your learning abilities? Need some extra help in reaching your life goals?
Let us help you gain the skills your need in order to succeed.

Starts January 21 Tuesdays Weekly
Ends March 18 1pm-1:30pm
At Rainbow Literacy

Registration
January 14 2025, 1pm - 3pm
At Rainbow Literacy
\$25 per person

To join our class at any time contact us!
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Digital Skills

Want to learn how to use your phone, tablet, or laptop?
Starts October 2 Ends April 2 2025

At the
Vulcan Senior Center
3:30pm-5pm
Weekly on Wednesday
\$25 per person

Join our class at anytime!

Want to register? Contact Us!
adult@rainbowliteracy.com rainbowliteracy.com
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Trivia Answers

- Georgia
- The sun. It was on a solar mission, and came within 3.8m miles of the sun's surface, experiencing temperatures of up to 982C (1,800F)
- Anne Hathaway. Not to be confused with the American actor of the same name, Hathaway was born in 1556 and married Shakespeare in 1582.

IL TRANSPORTATION Door-to-Door Service for appointments

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