COMMUNITY CALENDAR

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

Get-A-Way Youth Centre
Ages 10-18
403-485-6033

Monday to Friday 3:30-6pm
Open at lunch Tues-Friday
Free Lunch on Flex Fridays

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
-**Mental Health Help Line**
1-877-303-2642

Counselling / mental health support:
-**Mental Health Clinician**
(Vulcan Hospital). Call Access Mental Health to book 403-943-1500 or 211
-**Free Counselling** - Supervised Counselling Practicum student in Vulcan Tues-Sat. Some evenings. To book email counselling@ vulcanandregionfcss.com
-**Alberta Counselling Centre** 1-833-827-4230 or visit albertacounselling.ca
-**National Farmer Crisis Line:** 1-866-327-6701 (1-866-FARMS01)
-**Virtual Urgent Mental Health** at the Vulan Emergency Department - Monday, Wednesday, Friday 10am-4pm. Check in with the E.R. nurse.
-**Primary Care Network**. 6-8 therapy sessions in person (High River, Okotoks, Strathmore), or by phone/video. Referral through family doctor, or self refer by calling 403-652-1654. Non-crisis

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- Thursdays at 5:30pm. Contact Betty at 403-652-8285
Caregiver Support Group - Every second Tuesdays. 9:30-10:30am Vulcan Hospital. 403-485-4011
MUMS -Peer-to-Peer Pre- and Post-partum Support. By phone Families Matter at 403-205-5194

Nov. 14, 21, 28 - **Dog Obedience Classes.** Contact Iconick9alberta@gmail.com
Nov. 15 - **Yoga** at the Milo Drop-In 10am Mat Yoga. 11am Chair Yoga. $20 each, $30 for both.
Nov. 17 – **Sound Bowl** Session Milo Drop-In 1:30pm. Register at www.goodvibeswellness.ca
Nov. 21 - Milo Christmas Market at the Hall 10am-2pm
Nov. 21 - Champion Christmas Market
Nov. 22 - Vulcan Kinettes 30th Annual Christmas Market 11am-4pm

Pickleball - Vulcan: Register at townofvulcan.ca/recreation - September 11 – April 25 - Vulcan Prairieview Elementary. Wednesday 7–9 PM, Friday 4–7 PM, Saturday 1–4 PM, Sunday 1–4 PM

Mondays
Coffee at Snake Valley Drop-In Milo 9am
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Yoga -11:30am in the Vulcan Library
Indoor Walking - Vulcan CRC 11:35 am - 12:20pm

Tuesdays
Walking Tai Chi - 12-1pm Vulcan Senior Centre
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - Free for member $2 for non-members
Community Connection Cafe - Every Tuesday and Wednesday 1:30pm at the Vulcan Seniors Centre. No membership required.
Book Club Chatter - 3rd Tuesday of the month. 3:30-4:30pm Vulcan Library. Discuss books and share what you have been reading. Nov. 17 and Dec. 15 and Jan. 19.

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.
Drop-In Pool - Vulcan Legion 7pm
Death: the Conversation Continues - Last Wednesday of the month 7pm. Dessert included. Vulcan United Church. Everyone welcome.
Community Badminton - 7-8 pm VPE Gym $30 Adult / $15 Youth Age 14+ until March 30th
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
Dart League - Vulcan Legion. 7pm. Drop-In. No membership required.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - $2 or free for members.
Dementia Support - 3rd Thursday of the month 9:30am-3pm. The Alzheimers Society is at the Vulcan Community Health Centre room 1363 to answer questions, provide navigation and support. Book an appointment with Nicole Pawlak at 1-866-950-5465 ext. 503
Game Time - Lomond Sunshine Drop-In Centre 1pm. Everyone welcome. Crib, pool, shuffle board and other games
Pool & Games - Carmangay Senior Clubhouse 6:00pm

Saturdays
Vulcan Legion Meat Draw - 3-6pm
Coffee at the Arrowwood Museum 9:00am.
Pool & Games - Carmangay Senior Clubhouse 10am
Pancake Breakfast at the Carmangay Community Centre -1st Sat. of the month - 9 am
Carmangay Historic Church & Museum open from 11-3 on the first Saturday of each month
Vulcan Garden Club - 3rd Saturday of the month at 1pm. September through May. Vulcan Library. Bring a friend, learn, share, grow!
Jam Session - Last Sunday of the month 2-4pm Vulcan Seniors Centre

Mulit-Day
Vulcan Senior Centre-Monday-Saturday - Pool 9am-12, Coffee 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.
Vulcan Legion -Open 11am-9pm Mon-Saturday. Everyone welcome.
Coffee Time - 8:00am Lomond Drop-In Friday, Saturday, Sunday and Monday

Time For Rhymes
Milo Library - Wednesdays 10am - Starts Sept. 9
Vulcan Library - Thursdays 10:30am - Starts Sept. 17
Champion School Library - Wednesdays 10:30am
Vulcan Library Spanish Time for Rhymes - 10:30am
-**Book Club** for Ages 6-12 years old - Rainbow Literacy in Vulcan - Oct. 7-June.

fcss Vulcan and Region Family and Community Support Services

GOOD MORNING

NEWSLETTER

NOV. 12, 2026

FREE

Sign up for the monthly Email of Events and Resources to receive posters right to your inbox. You'll know what's going on in Vulcan County and be able to share wit others. Just scan the QR Code to the right or visit www.vulcanandregionfcss.com. Printed locally every 2 weeks. Folded by hand by volunteers. Please recycle this newsletter - thanks!









TRIVIA

1. What Canadian city is known as Steeltown?
2. What is a perfect score in bowling?



Food Bank Wish List

Crackers
Coffee
Chocolates
Canned Beans, Vegetables & Fruit
Rolled Oats
Deodorant
Pet food
Open Mon-Fri 9am-4pm











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

Beltone
Helping the world hear better

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

Beginner Adult Quilting $120
Saturdays, 11 am · Nov 14–28

SPOTS ARE LIMITED
Register at thethreadedneedle.ca or stop by the shop

Fall Classes at the Healy Heritage Art Centre.
Stop in to sign up 216 Centre Street Vulcan

November

Nov.16~~~Monday, 10:00 – 1:00. Three wise men with Styrofoam cones and fabric bring sewing machine with Christa.
Nov.18~~~Wednesday, 10:00. Unraveled social bring your projects knit, crochet, needle point will have you in stitches.
Nov.19~~~Thursday, 10:00 – 1:00. Watercolor painting with Emily.
Nov.23~~~Monday, 10:00 – 4:00. Sew project make a bag with a printed panel using a by Annie technique with Deb.
Nov.26~~~Thursday 10:00 – 1:00. Acrylic painting with Cindy or Erin.

December

Dec. 5~~~ Saturday, 10:00 – 4:00. Sew Day with Charlean bring your projects to work on.
Dec.16~~~Wednesday, 10:00 – 4:00. Unraveled social! bring your projects to work on with Sharon or Deb.

You may qualify for
Adopt A Family
through Vulcan FCSS

If your family is low income and you need help with gifts this year, please call Vulcan FCSS by **November 20**

Please have the following details ready:
-INCOME LEVEL
-FAMILY MEMBERS' AGES AND SIZES
-INTERESTS

IF YOU WOULD LIKE TO ADOPT A FAMILY FOR CHRISTMAS, PLEASE CALL.

403-485-2192

Milo Curling Club

Stick Curling Bonspiel
November 21 & 22, 2026
Saturday & Sunday

Entry fee $60/ team includes Saturday supper.

Everyone welcome, including those new to stick curling.
Two man teams, no sweeping between hog lines.
If entries warrant, a novice section will be implemented.

Contact:
Barb Godkin 403-485-8389 ibgodkin@gmail.com
Holly Schlaht 403-819-4820 laketh13@gmail.com









TRIVIA ANSWERS

1. Hamilton Ontario
2. 300

Employment Opportunities

Curiosity Cove Daycare is hiring for one full time position for Vulcan location. Send you resume to: curiositycovedaycare @gmail.com
Text - 403-918-2844

Milo Curling Club is looking for a Concession Operator for Bonspiels Please contact Travis 403-485-8478 or Doug 780-966-6539

Found on LinkedIn.com
Director of Care – Extendicare
Service Truck Operator – Fountain Tire
Red Seal Automotive Technician – Fountain Tire

Wheat Country Special Needs Society: Community Rehabilitation Worker Email info@wcsns.ca Call 403-485-2186 or visit 805 1st Ave. N.

Found on indeed.ca
Delivery Driver/ Warehouse - Furniture Villa
Health Care Aide - AHS
Health Care Aide - for pediatric clients - Classic Life Care
LPN - Classic Life Care
Resident Program Aide - Extendicare
Health Care Aide/Community Rehabilitation Worker - Wheat Country Special Needs Society
Parts and Setup Associate - Vanee Farm Centre
Parts Person, Labourer, Agriculture Heavy Equipment Technician, Territory Manager – Brandt Tractor

Palliser School Division
-Complexity Educational Assistant - VPE
- Bus Drivers
https://www.pallisersd.ab.ca/hr/career-opportunities

SOMETHING A LITTLE LIGHTER

-The only thing Flat-Earthers fear: Is Sphere Itself.
-What is a Flat-Earthers least favourite flavour of gum? Spheremint.
-I thought I liked spheres. Then I realized they're pointless.
-A Flat Earther stormed off vowing to walk to the edge of the earth to prove me wrong; I'm sure he'll come around eventually.
-I got kicked out of a Flat Earth group for asking if the 6-foot social distancing rule had pushed anyone over the edge yet.





Get ready for a little old-fashioned Christmas magic as we transform downtown Vulcan into a festive country Christmas celebration!

Starting with Jingle All the 5K, followed by the Candy Cane PJ Race, we are shutting down Centre Street. Come enjoy cozy bonfires, hot chocolate, horse-drawn wagon rides, Christmas music and festive cheer. Fun activities for the whole family, and as the evening winds down, we'll gather at the corner of Centre Street and 2nd Avenue South for the lighting of our community Christmas tree, the perfect way to wrap up a magical day!
The Candy Cane PJ Race is for Kids 12 & under. $10 per child
No fancy running gear needed, just your favourite Christmas pajamas and a little holiday spirit!
Registration for the races can be found at:
https://app.univerusrec.com/vulcanrecre.../courses/index.asp





Volunteer Opportunity
Vulcan Healthcare Auxiliary - Wonder what the auxiliary is all about? Come on out to our meetings once a month on a Monday at 1:30 at the Vulcan Healthcare Facility. We welcome any newcomers. For more information call:
Shannon Rogers 306-331-6698 (c)

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

The Vulcan Transparency Project.com
is an independent, community-led group tracking and opposing the proposed 2 GW hyperscale AI data centre and power plant development near the Travers Reservoir in Vulcan County, Alberta. Follow our work on the website or on Facebook at #Vulcan Transparency Project
Learn. Participate. Be Heard.

Ad sponsored and paid for by the Little Bow AI Data Centre Committee

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

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Regional Agent and Distributor
Air purification systems
True HEPA sealed units
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We service all makes and models of vacuum cleaners