

# Community Calendar

To add or change an event call Lori at 403-485-2192 or send us an email at [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

Nov. 22 - Jingle All the Way 5K Santa Run/Walk Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
 Nov. 22 - Milo Christmas Market 10am-2pm Milo Hall. Nov. 22 - Jingle all the 5K - Santa Walk/Run fundraising event by the Town of Vulcan Recreation Department for the Vulcan Food Bank. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)  
 Nov. 23 - Kinettes Christmas Market Vulcan CRC 11am-4pm and Youth Entrepreneur Market  
 Nov. 24 - Little Chefs in Milo. Go to [www.greaterfoothillsfamilycentre.ca](http://www.greaterfoothillsfamilycentre.ca) to register  
 Nov. 26 - Taproom Bingo at Nine-in-a-Line Brewing  
 Nov. 29 - Christmas Market at the Vulcan Legion 11am-4pm  
 Dec. 6 - Milo Pancake Supper and Turkey Bingo  
 Dec. 9 - Carmangay Fire Department Food Drive. Firefighters will start making their rounds at 7 p.m., collecting non-perishable food donations for our local food bank.  
 Dec. 9 - Blake Berglund and Lachlan Neville Live in the Taproom. Email [dan@nineinalinebrewing.com](mailto:dan@nineinalinebrewing.com)  
 Dec. 12 - Farmer Christmas Party—Tickets at Vulcan County, FCSS or online. See poster on front.  
 Dec. 13 - Holiday Train in Vulcan featuring the Barenaked Ladies 3:15pm. Food Bank Fundraiser

**Pickleball**  
 Vulcan: Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4 at VPE

**Mondays**  
**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](http://townofvulcan.ca/recreation).  
**Stay and Play** 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2 to help cover cleaning costs.  
**Community Skating** - 6:15-7:15pm. Vulcan Arena. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
**Arrowwood Playgroup** - 10am-12pm at the Arrowwood Hall for families with kids 0-5 years.

**Tuesdays**  
**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.  
**Chair Aerobics** - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.  
**Community Badminton** - 7-8pm. VPE. Starts Oct. 14. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
**Community Volleyball** - 8-9:30pm. VPE. Starts Oct. 14. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).

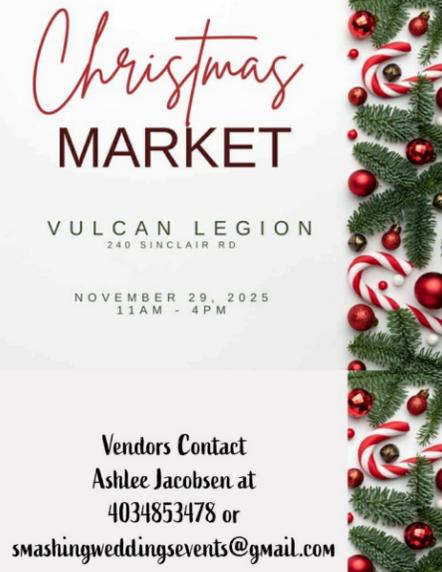
**Wednesdays**  
**Coffee Time**- 2pm Lomond at the Drop-In  
**Coffee at the Carmangay Seniors Centre** 10am -12pm  
**Tim Hortons Pop-Up** - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.  
**Community Walking** - 11:35-12:20 at Vulcan CRC. [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)  
**Community Basketball** - 8-9:30pm. CRC. Starts Oct. 15. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
**Workout Wednesdays** - 9am Carmangay Seniors Centre. Everyone welcome.  
**Chair Yoga** 1:30 **Hips and Backs** Yoga 3:30 Vulcan Yoga and Wellness [auburn.phillips@gmail.com](mailto:auburn.phillips@gmail.com)

**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**  
**Munchkin Mornings** – Carmangay Library for kids 0–6yrs. Songs, games and activities. 10:30am  
**Community Walking** - 11:35-12:20 at Vulcan CRC. [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)  
**Shiny** - 10-11:30am. Vulcan Arena on Flex Fridays  
 Nov. 7, 21, Dec. 5, 19, 26, Jan. 2, Feb. 6, 13, 20, Mar. 6, 13, 27. Register at [townofvulcan.ca/recreation](http://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

**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

**Monday - Saturday**  
**Vulcan Legion** - Open 11am - 9pm. Everyone welcome  
**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 1:30 Thursdays. Ladies lunch out once/month.



**Christmas MARKET**  
 VULCAN LEGION  
 240 SINCLAIR RD  
 NOVEMBER 29, 2025  
 11 AM - 4 PM  
 Vendors Contact  
 Ashlee Jacobsen at  
 4034853478 or  
[smashingweddingsevents@gmail.com](mailto:smashingweddingsevents@gmail.com)

**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**  
 -Why does Waldo wear stripes? Because he doesn't want to be spotted.  
 -What do you call a bear with no teeth? A gummy bear.  
 -I'm really excited for the amateur autopsy club I just joined. Wednesday night is open Mike night.  
 -Why did Beethoven get rid of his chickens? All they said was, "Bach, Bach, Bach..."  
 -What do you call a guy who's had too much to drink? A cab.



**fcss** **GOOD MORNING** **COMMUNITY NEWSLETTER**  
 Vulcan and Region Family and Community Support Services  
 Nov. 20, 2025  
 Please recycle this newsletter. Printed locally every 2 weeks. Folded by hand by volunteers. **FREE**

Lunch and Learn  
**POWER OF ATTORNEY and PERSONAL DIRECTIVES**  
**Free Lunch**  
**Lomond Sunshine Drop-In**  
 Tues. Dec. 2, 10am-12pm  
**Vulcan Senior Centre**  
 Tues. Dec. 2, 12:30-2:30pm  
**Carmangay Senior Centre**  
 Thurs. Dec. 4 10am-12pm



Learn about how these documents protect you and your loved ones, important things to consider, then get help from the facilitator filling them out. If you are over 18 you should have these documents filled out and should change them as your circumstances change.  
 Presented by Gabrielle Kirk Case Manager for Southern Alberta Senior Protect Society  
 Please register with Vulcan and Region FCSS at 403-485-2192 or email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)

**Vulcan Kinettes**  
 29<sup>th</sup> Annual  
**Christmas Market**  
 Nov. 23<sup>rd</sup> 2025  
 11-4PM at the CRC  
 Get the perfect gift for everyone on your list with over 30+ unique vendors  
 Enjoy soup and a bun served by the Kinettes  
 Silent Auction full of incredible donated items (ends at 3pm)  
 The Youth Entrepreneur Market will be returning for the 4<sup>th</sup> year!  
 (located in the hallway beside the kitchen)  
 Please support the Vulcan Food Bank by bringing a donation ... let's fill those shelves!  
 For more information or to donate to our Silent Auction please email: [kinettexmasmarket@gmail.com](mailto:kinettexmasmarket@gmail.com)

**IRON EDGE**  
 salon & spa  
 'Tis the season for great hair. Book your holiday appointments today. Call 403-768-2752 or scan the QR code below. Follow along on socials for festive deals, giveaways and more!  
  
**HELP WANTED**  
 Hiring Class 1 and 3 Drivers  
 Walker's Corral Cleaning  
 Call 403-485-8073 to apply.

**Ag Appreciation Night**  
**Farmer Christmas Party**  
 Adults only  
 All community members welcome  
 Location Vulcan CRC  
**FRIDAY DECEMBER 12**  
 Cocktails 5:30  
 Dinner 6:30  
 Show 7:30  
**CELEBRATION SUPPER COMEDY**  
**\$60 per ticket**  
**HOWIE MILLER**  
 Opening Act: **The Highwood Shedders**  
 Tickets available at: [www.seffy.com/en-ca/ticketing/](http://www.seffy.com/en-ca/ticketing/)  
 Vulcan County  
 Vulcan and Region FCSS  
 Scan the QR Code  
 Fundraiser to support local mental health initiatives.





**MILO'S CHRISTMAS MARKET**  
 Saturday, November 22nd  
 10 TO 2  
 Milo Community Hall  
 Local vendors • Artisans  
 Baking • Crafts  
 Concession by Milo School Marine Biology program  
 Sponsored by Milo ATB  
**Everyone is welcome!**  
 FREE ADMISSION & DOOR PRIZE DRAWS  
 Vendors can book a table by contacting JoAnne [miloartsociety@gmail.com](mailto:miloartsociety@gmail.com) or text to 403-560-6400



Stop by the Vulcan Extencicare Auxiliary Associations Table at the Kinettes Christmas Market starting at 11am Nov. 23 at the CRC. Any profits and donations made that day will be used to enrich Extencicare residents quality of life. To donate to our baking table please call Dianne at 780-552-6240 to get guidelines for baked goods.

**TRIVIA**  
 1. What is the birthrate in Canada?  
 2. What is the global birthrate?

**MEET STEFANO, YOUR LOCAL PHARMACIST!**  
  
**MARKET STREET VULCAN**  
 DIABETES CONSULTATION  
 MEDICATION REVIEWS  
 PRESCRIPTION AND MORE!  
 (403) 485-2919  
 MARKETSTREETPHARMACY.CA  
  
**Did You Know?** If you are having surgery and need somewhere to recover rather than going home alone, you can "rent" a bed at the Peter Dawson Lodge for a few nights and not have to worry about meals or being alone.

# WE'RE COMING TO YOU, VULCAN COUNTY!

Rhonda Longson, our Rural Reaching Home and Client Services Coordinator, is headed to your local library on the days below. If you need help with government forms, seniors benefits, have income related questions, need taxes done, need assistance with housing, or anything FCSS related, please drop by and see her!

### Days/Towns:

- 1<sup>st</sup> Thursday - Arrowwood 10am-3pm
- 2<sup>nd</sup> Thursday - Milo 10am-3pm
- 3<sup>rd</sup> Thursday - Champion 10am-1pm & Carmangay 1:30pm-4:30pm
- 4<sup>th</sup> Thursday - Lomond 10am-3pm

Call Vulcan FCSS for more info or to register to see Rhonda at 403-485-2192



### Trivia Answers

- Canada's birth rate, defined by the total fertility rate, reached a record low of 1.25 children per woman in 2024. This is a continuation of a long-term decline, which saw the rate fall from 1.27 in 2023 to 1.25 in 2024. Canada is now considered an "ultra-low fertility" country
- Globally, the fertility rate, the average number of births per woman, was 2.2 as of 2023, the most recent year for which the World Bank has official data—this is down from 4.7 in 1960. Although the world fertility rate has fluctuated throughout the decades, rising to 5.3 in 1963, it has been on a steady decline since

### 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



# Adopt-A-Family

If you are a family experiencing financial struggles and would like to be adopted to receive gifts for the holidays, please call 403-485-2192. The deadline is November 14th. Eligibility criteria will apply. If you would like to ADOPT an individual or family, please call the office by November 14th.

Please note that making Christmas magical for children and youth is the priority. Gifts for adults MAY be dependent on the adopter.



### CHRISTMAS CRAFT A LONG

Let it SNOW  
Let it SNOW  
Let it SNOW!

Ages 2-5yrs Monday, Dec 8 10:30-11:30am  
(caregivers stay for 2-5yrs age group)

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

At the Rainbow Literacy Building

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



### JOIN US FOR THE HOLIDAY TRAIN!

The CPKC Holiday Train is coming to Vulcan December 13<sup>th</sup> at 3:15PM! This wonderful family holiday event is also a fundraiser for the food bank and we will be accepting monetary and food donations. Join us for hot chocolate, pictures with Santa, special musical guest the Barenaked Ladies, and help us provide food security to our community. The train will be stopping next to the dog and solar parks.



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Central vacuum systems

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We service all makes and models of vacuum cleaners



587-575-2111

fireandfrost.ca

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

### Food Bank Wish List

Gluten Free Items, Cranberries, Coffee, Pancake Mix, Syrup, Rice, Crackers, Mr. Noodle, Jam, Razors, Snacks, Cake Mix, Side Kicks, Stuffing

H Visscher Contracting Ltd.  
Vulcan, Alberta

Fergus Howard  
P: 403.604.2923 E:enquiries@screw-pileconstruction.ca

Specializing in Concrete  
Screwpile Installation  
General Handyman Work

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

# Milo Lions Club PANCAKE SUPPER



## AND TURKEY BINGO

Saturday, December 6, 2025

Supper 5:30 pm Bingo 7:00 pm  
at Milo Community Hall  
Everyone welcome!

Adults \$15.00, Children 6 to 12 years \$5.00, preschoolers free

We will also be collecting eyeglasses for the Lions Eye Bank.



### BAKE SALE

by Milo School Council  
between supper and bingo

Please register!



Adult Social Night  
Pizza & Party Games  
Dec. 2

A night out for some lighthearted fun and a chance to meet some new people!



Adult Social Night

Every other Tuesday 7:00-9:00pm

Dec. 2 Pizza & Party Games

Dec. 16 Make Your Own Ugly Christmas Sweater

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



SNOWFLAKE FESTIVAL  
Saturday, 6 December 2025  
12:30 - 4:30PM

Free Movie and Popcorn @ 1pm  
Pictures with Santa @ 3:00pm

CHRISTMAS CRAFTS  
COOKIE DECORATING

Cultural Recreation Centre  
504 4 Ave. Vulcan

### Rainbow Literacy

Snowflake Festival Craft  
CRC Dec. 6 12:30-4:30pm

Create an Ugly Sweater and take home a special treat for Santa's Reindeer!



Sherwood.

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!!



### EMPLOYMENT OPPORTUNITIES

Educational Assistant - New Dale Colony School (located north of Milo). Two days per week from 9:00 to 2:30. Please email me at Rob.vanSpronsen @pallisersd.ab.ca.

Laboratory Assistant - Alberta Precision Labs indeed.ca

Vulcan Bottle Depot—Apply to Wheat Country Special Needs Society found on indeed.ca

Lomond Community School needs Educational Assistants – Contact Mrs. Gartly for more information 403-331-5552

Sales Professional—Furniture Villa Call 403-485-2414 or email service@furniturevilla.com

Tire & Oil Change Technician (Full-Time) - NAS Mechanical 210 4th Ave S. Champion, AB Send your resume or stop by the shop in person

-Retail Sales Associate - Vulcan Bud Supply indeed.ca  
-Building Maintenance Worker- Wholesale Ltd. indeed.ca

Early Childhood Educators - Vulcan Daycare vulcanday-care@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)



WHAT IF YOU COULD ASK YOUR BODY WHAT IT WANTS? NOW YOU CAN!

WHAT WILL YOUR BODY SAY TO YOU?

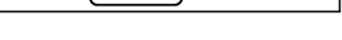
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I accidentally rubbed ketchup in my eyes. Really, Sir?

I now have Heinzsight.

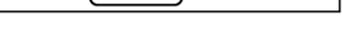
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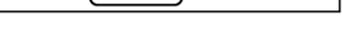
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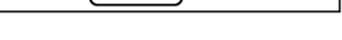
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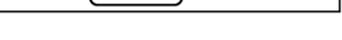
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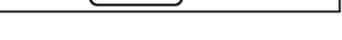
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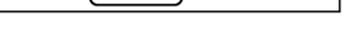
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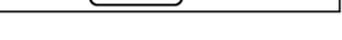
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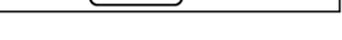
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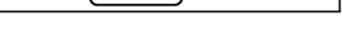
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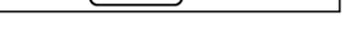
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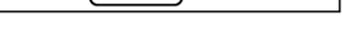
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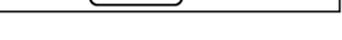
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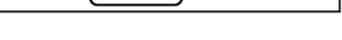
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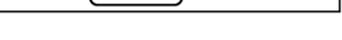
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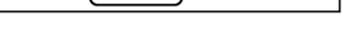
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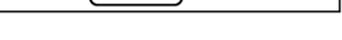
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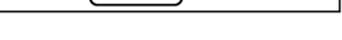
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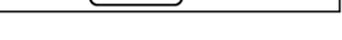
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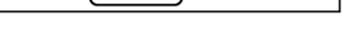
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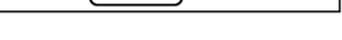
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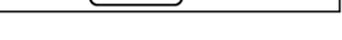
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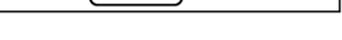
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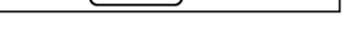
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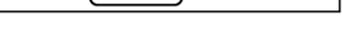
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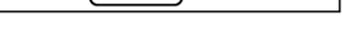
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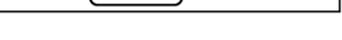
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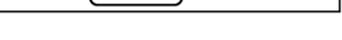
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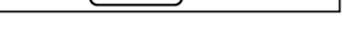
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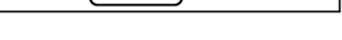
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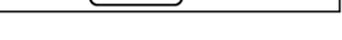
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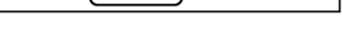
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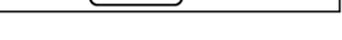
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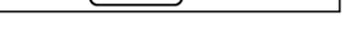
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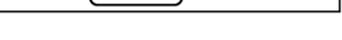
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