HALLOWEEN

CRAFT A LONG

Join us for a FREE spooktacular time!
Make a craft and take home a brand new book!

Ages 2-5yrs Monday, Oct 26 10:00-11:00am
(caregivers stay for 2-5yrs age group)

Ages 6-8yrs Monday, Oct 26 4:00-5:00pm
Ages 9-12yrs Monday, Oct 26 5:00-6:00pm

At the Rainbow Literacy Building
Please REGISTER at 403-485-3109 or email
family@rainbowliteracy.com

RAINBOW Literacy & Learning Society

Recovery Alberta — Mental Health and Addiction Services
Vulcan County Health & Wellness Foundation

VIRTUAL URGENT MENTAL HEALTH

through Vulcan Emergency Department
Monday, Wednesday, Friday 10am-4pm



If you are experiencing mental health challenges, talk to someone today.

NO APPOINTMENT NEEDED!

Monday, Wednesday, Friday 10am-4pm

For questions, please contact:
Vulcan & High River Mental Health Clinic
Ph: 403-652-8340

WHAT TO EXPECT:

1. You will be triaged by the emergency department nurse
2. Then set up in a private room in the emergency department
3. You will meet with a Mental Health Clinician virtually
4. You may also be assessed by an emergency department physician at some point if needed

Please note:

- Wait times may vary
- No psychiatry services

HALLOWEEN HOWLER

OCTOBER 30TH
MILO COMMUNITY HALL
DOORS OPEN @ 6:00PM
GAMES BEGIN @ 6:30PM
DANCING, GAMES, PRIZES, COSTUME CONTEST AND REFRESHMENTS

TRIVIA ANSWERS

1. The Venice Simplon-Orient Express.
2. In 1804 the first steam engine train hauled 10 tons of iron and 70 people along a 9-mile (14 km) tramway at Merthyr Tydfil, Wales, UK.

Vulcan Library

Join us for a spooktacular time!

Pumpkin Carving Party

October 30, 2026 • 2:30pm- 4:30pm
located at the Get-A-Way Youth Centre.
105B 3rd Ave South
RSVP AT VULCAN MUNICIPAL LIBRARY AND THE GET-A-WAY YOUTH CENTRE.
Meal provided.
Bring your own carving tools.
children under 7 must be accompanied by an older sibbling 14+ or adult.

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

Oct. 21~~~ Wednesday, 10:00 – 1:00. Unravelled Social, bring your projects. Sharon & Deb will have you in stitches.
Oct. 22~~~ Thursday, 10:00 – 1:00. Watercolor with Emily.
Oct. 24~~~ Saturday, 10:00 – 4:00. Sew by Annie "Easy Does it Zippered Boxy Bag" with Deb
Oct. 29~~~ Thursday, 10:00 – 1:00. Acrylic painting with Cindy.

November

Nov.5~~~ Thursday, 10:00. Heart Book Folding with Sandra
Nov.7~~~ Saturday, 10:00 – 4:00. Sew Day bring your projects to work on with Charlean.
Nov. 9~~~ Monday, 10:00 – 1:00. Monoprinting on gel plate with Carol Patterson.
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.



Vulcan Lions
PANCAKE Breakfast

Saturday, Nov. 14
8-10am
Vulcan Lodge Hall
FREE WILL OFFERING



Register with the townofvulcan.ca/recreation



DANCEFIT
Starts October 21st | Ages 16+ | 7:00-8:00pm

LEARNING OPPORTUNITIES IN VULCAN

All classes $25 per Person

CONVERSATION CAFE
Practice speaking English in a relaxed environment.
Tuesdays at Rainbow Literacy
October 13 - December 15
6:00-7:00pm

DIGITAL SKILLS
Learn to use your smartphone, computer, or tablet.
Wednesdays at the Vulcan Library
October 14 - December 16
ANDROID & MICROSOFT DIGITAL SKILLS CLASS
2:30-3:30pm
For people with Android, Microsoft, PC, Samsung, LG, Google, or Motorola devices, including most computers and laptops.
APPLE DIGITAL SKILLS CLASS
3:45-4:45pm
For people with Apple, Mac, iPhone, and iPad devices.

BEGINNER ENGLISH
Learn to read, write, and speak English.
Tuesdays at Rainbow Literacy
October 13 - December 15
7:00-8:00pm

ADVANCED ENGLISH
For English language learners looking to deepen and expand their English skills.
Wednesdays at Rainbow Literacy
October 14 - December 16
6:00-7:00pm

ROAD READY: ENGLISH FOR DRIVERS
Learn the English you need to gain your driver's license.
Tuesdays at Rainbow Literacy
October 13 - December 15
4:00-5:00pm

CONTACT US TO REGISTER
Join our classes at any time!
Our classes are learner-led. Learn what you want to learn.
403-485-3107
rainbowliteracy.com
110 1 Ave S Vulcan, AB,T0L 2B0
adult@rainbowliteracy.com
RAINBOW Literacy & Learning Society

LEARNING OPPORTUNITIES IN ARROWWOOD

All classes $25 per Person

ENGLISH
Learn to read, write, and speak English.
Tuesdays at the Arrowwood Library
October 6 - December 15
9:00-10:30am

DIGITAL SKILLS
Learn to use your smartphone, computer, or tablet.
Thursdays at the Arrowwood Library
October 8 - December 17
10:30-12:00pm

CONVERSATION CAFE
Practice speaking English in a relaxed environment.
Thursdays at the Arrowwood Library
October 8 - December 17
9:00-10:30am

LEARNING OPPORTUNITIES IN VULCAN COUNTY

DIGITAL SKILLS IN MILO
Learn to use your smartphone, computer, or tablet.
Tuesdays at the Milo Library
October 6 - December 15
5:00-6:00pm

DIGITAL SKILLS IN LOMOND
Learn to use your smartphone, computer, or tablet.
Wednesdays at the Lomond Sunshine Drop-in
October 14 - December 16
12:30-1:30pm

CONTACT US TO REGISTER
Join our classes at any time!
Our classes are learner-led. Learn what you want to learn.
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RAINBOW Literacy & Learning Society

LEARNING OPPORTUNITIES IN VULCAN COUNTY

All classes $25 per Person

BEGINNER SPANISH IN VULCAN
Learn basic phrases and proper pronunciation from a native Spanish speaker.
Thursdays at Rainbow Literacy
November 19- December 17
6pm - 7pm

DIGITAL SKILLS IN CARMANGAY
Learn to use your smartphone, computer, or tablet.
Wednesdays at the Carmangay Senior Citizen Club
October 14 - December 16
12:00-1:00pm

DIGITAL SKILLS IN CHAMPION
Learn to use your smartphone, computer, or tablet.
Tuesdays at the Champion Pioneer Club
October 13 - December 15
11:30-12:30pm

TUTORING AVAILABLE EVERYWHERE IN VULCAN COUNTY
We can provide one-on-one tutoring in Vulcan County for any of the following: Reading, Writing, Math, Numeracy, Digital Skills, English Language Learning, and Learning Skills.
Free
Looking for one-on-one support? Contact us to check availability.

CONTACT US
If you're interested in any of the following programs.
With enough interest, these programs will run.

- First Aid Certification/Recertification
- PAL Firearm Safety Certification
- Spanish
- Digital Safety
- Age Well: Smart Nutrition on a Budget
- CAEC (GED) Prep
- Financial Literacy
- Trades Prep

CONTACT US TO REGISTER
Join our classes at any time!
Our classes are learner-led. Learn what you want to learn.
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adult@rainbowliteracy.com
RAINBOW Literacy & Learning Society

Employment Opportunities

Caregiver - part time caregiver for a young female adult. Contact Linda at 403 485-4733.

Part-time Labourer - Worth Every Penny Ltd. for renovations and general construction. Send your name, phone number, work experience and availability to: wortheverypenny2021 @gmail.com 403-706-9017 **Worth Every Penny Ltd. Vulcan, Alberta

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

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.

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

Something a Little Lighter

-From an 11 year old's voicemail, "Hi you've reached my voicemail: When you hear the beep, hang up and send me a text."

-My mom laughed at me when I told her I was going to build a car out of spaghetti. You should have seen her face when I drove pasta.

-Today I asked my phone, "Sir,i why am I single?" and it activated the front camera.

Palliser School Division
-Casual Educational Assistant
- Teacher Riverbend Colony
-Casual Instructional Replacements
https://www.pallisersd.ab.ca/hr/career-opportunities

Found on indeed.ca
Health Care Aide - for pediatric clients - Classic Life Care
Staff Pharmacist - Market Street
Health Care Aide - Extendicare
Health Care Aide/ Community Rehabilitation Worker - Wheat Country Special Needs Society
Parts and Setup Associate - Vanee Farm Centre
Wind Turbine Technician – Siemens Gamesa
Parts Person, Labourer, Agriculture Heavy Equipment Technician, Territory Manager – Brandt Tractor
Area Marketing Representative – Richardson Pioneer

Volunteer Opportunity

Vulcan Healthcare Auxiliary - Wonder what the auxiliary is all about? Come on out to our meetings once a month on a Monday Oct. 5 at 1:30 at the Vulcan Healthcare Facility. We welcome any newcomers. For more information call: Shannon Rogers 306-331-6698 (c)

Food Bank Wish List

Crackers, Canned Beans and Vegetables and Fruit, Rolled Oats, Coffee, Tea, Gluten Free Cereal, Deodorant, Pet Food

Donations can be made Mon.-Fri. 9am-4:00pm

Fresh, clean garden produce is welcome.



MEET KATHLEEN!

Kathleen Ladner will be offering free counselling sessions at the Vulcan County Health and Wellness Centre. Kathleen is a student at Yorkville University in the Master of Counselling Psychology program.

Kathleen is available for appointments on Wednesdays and Thursdays at the Vulcan Health and Wellness Centre between 10:00 am and 8:00 pm.

Please email **counsellingsvulcanandregionfcss.com** to book an appointment.

Kathleen is extending her hours beginning Oct 1, 2026, as follows:

Tuesday 5:00 pm – 8:00 pm
Wednesday 9:00 am – 8:00 pm
Thursday 9:00 am – 8:00 pm
Friday 9:00 am – 4:00 pm **Virtual only
Saturday 9:00 am – 2:00 pm



vcwfoundation.com

The Alzheimer Society of Alberta and Northwest Territories staff is in your community.

Are you someone who has dementia or is supporting someone living with dementia? Are you interested in connecting with the Alzheimer Society of Alberta and Northwest Territories to learn more or for information and support?

WHERE: Vulcan Community Health Centre
Room 1363
Vulcan County Health & Wellness Foundation

WHEN: The third Thursday of each month
9:30 am – 3:00 pm
Beginning September 17th, 2026

For more information or to book an appointment, please contact: Nicole Pawlak, Mobile Rural Navigator at 1-866-950-5465 ext. 503.

HELP WANTED

Hiring Class 1 and 3 Drivers

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

Quote:
Count your age by your friends, not years. Count your life by smiles, not tears.
- John Lennon

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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



call: (403) 771-0755
write: design@northernstudio.ca
get inspired: https://web.northernstudio.ca/

Beltone
Helping the world hear better
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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

Community Calendar

To add or change an event call Lori @ (403) 485-2192 or email us at communityliason@vulcanandregionfcss.com

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
Pickleball in Arrowwood at the Arena

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

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 1:30pm at the Vulcan Seniors Centre. No membership required.
Caregiver Support Group - Every 2nd Tuesdays 9:30-10:30am Vulcan Hospital. Contact Amanda 403-485-4011 or email link.act4health@gmail.com

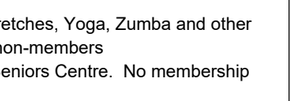
Wednesdays
Coffee Time- 2pm Lomond at the Drop-In
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Drop-In Pool - Vulcan Legion 7pm
Death: the Conversation Continues - Last Wednesday of the month 7pm. Dessert included. Vulcan United Church. Everyone welcome.
Community Badminton 7-8 pm VPE Gym $30 Adult / $15 Youth Age 14+ October 13th – 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 - Free for member $2 for non-members
Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.This changes to Game time on Nov. 1 and will happen at 1pm with pool and shuffle board available as well.
Pool & Games - Carmangay Senior Clubhouse 6:00pm
Crib & Chickenfoot (Dominoes) - Lomond Drop-In 7pm

Saturdays
Vulcan Legion Meat Draw - 3-6pm
Coffee at the Arrowwood Museum 9:00am.
Pool & Games - Carmangay Senior Clubhouse 10am
Coffee at the Carmangay Seniors Centre 10am-12pm
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
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 Mond-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





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
-**Free Counselling** - Supervised Counselling Practicum student in Vulcan Tues-Sat. Some evenings. Email counselling@vulcanandregionfcss.com to book.
-**Alberta Counselling Centre** 1-833-827-4230 or visit albertacounselling.ca:
-**National Farmer Crisis Line**: 1-866-327-6701 (1-866-FARMS01)
-**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- Meet 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

fcss Vulcan and Region Family and Community Support Services

GoodMorning Community Newsletter

Oct. 15 2026

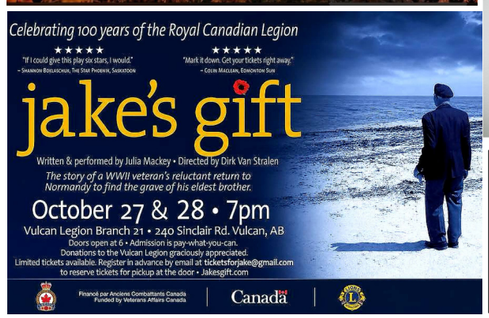
FREE

Sign up for the monthly Events & Resources email to receive posters right to your inbox. You'll know what's going on in Vulcan County and be able to share with 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 train can you ride with sleeping cars featuring double beds, marble floors and free flowing champange?
2. In what country and what year was the first steam engine used to transport goods?

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