

Community Calendar

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

Oct. 31 - Halloween Howler at the Milo Hall 6:30pm - Dance, games and refreshments.
 October 31 - Annual Pumpkin Walk at the Virginia Mitchell Campground hosted by the Credit Union on Halloween Evening. Decorations, pumpkins, candy and fireworks.
 Oct. 31 - Kiddies Halloween Party at the Vulcan Lodge Hall 4-6pm Soup and Grilled Cheese for free.
 Nov. 2 - Vulcan United Church Annual Turkey Supper and Bake Sale - CRC 5-6:30pm Adults \$25 Youth \$15 Under 6 Free.
 Nov. 6 - Milo Remembrance Day Service at the School 10:30am
 Nov. 8 - Christmas Market - Carmangay Community Centre 10am-3pm Soup and Snacks available. Vendors can contact Jan 403-643-3950 or Laurie 403-634-0246
 Nov. 8 - Christmas Market - Arrowwood Community Hall 11am-4pm.
 Nov. 15 - Christmas Market in Champion. Please text (403) 485-0212 to reserve a table.
 Nov. 14 - BINGO at the Vulcan Senior Centre. Doors open at 6.
 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

Pickleball
 Vulcan: Register at townofvulcan.ca/recreation - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4 at VPE
 Arrowwood: Pickleball and Badminton - July-Sept. Daily 9-9.
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays.

Mondays
Curiosity Kids in Milo - Oct. 27 10:30am Register at Greater Foothills Family Centre 403-652-8633
Roving Gym - Mondays at the Milo School 10:30am Starting Nov. 3 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 to help cover cleaning costs.
Community Skating - 6:15-7:15pm. Vulcan Arena. Starts Oct. 6. Register at 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.
Community Volleyball - 8-9:30pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.

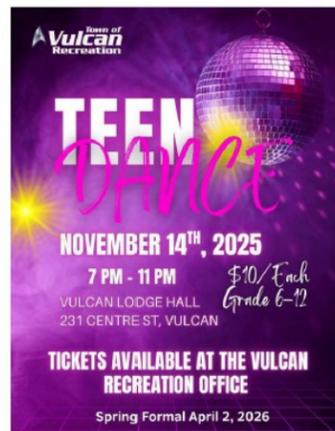
Wednesdays
Coffee Time - 2pm Lomond at the Drop-In
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.
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

Thursdays
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.

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
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.
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

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. Potluck suppers 3rd Thurs 6pm. Cribbage Friday 1:30-4pm. Membership \$25



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
 -A puffer fish, a shark and a jellyfish are visiting. The puffer fish says "I once saw a human and I peed myself." The shark says, "A human saw me once and peed himself." The jellyfish pipes in, "A human once touched me and his friend peed on him."
 -It was a sad and disappointing day when I found out that my universal remote control did not, in fact, control the universe. Not even remotely.

GOOD MORNING

COMMUNITY NEWSLETTER

Oct 23, 2025

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

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:

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

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

BE PREPARED

PIZZA & PREPAREDNESS EVENT

Emergency Preparedness for Individuals & Families in Vulcan and Vulcan County residents

PIZZA SUPPER PROVIDED!

Wednesday, November 5 | 6-8 PM
 Vulcan Community Health Centre Wellness Room

Registration REQUIRED At:
reception@vulcanandregionfcss.com
 403-485-2192

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

Cooking Night

Nov. 4

Make and Take - Because it's fun to get to know people while cooking together and making delicious food.

Adult Social Night

Every other Tuesday ☀️ 7:00-9:00pm

Nov. 18	Multi-Project Make a Creation Night
Dec. 2	Pizza & Party Games
Dec. 16	Make Your Own Ugly Christmas Sweater

Registration required each time for supplies and food. \$10 each. Call 485-2192 or Email reception@vulcanandregionfcss.com Location: 105A 3rd Ave. S. Vulcan

What would you do if an emergency hit Vulcan next Tuesday?

Join us for an interactive session on how to prepare your home and family for unexpected events. Learn local risks, practical planning tips, and how to stay connected when it matters most.

Leave feeling ready, informed, and confident to handle an emergency.

PRESENTED BY:

TRIVIA

1. What is the value of the jewelry stolen from the Louvre in Paris on Oct. 19, 2025?
2. What did a ticket cost to the Blue Jays World Series game in 1993?

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

MILo Alphabets Presents: Kindergarten

Dinner & Dancing

Sponsored by:

Milo Hotel

Saturday, Nov 15, 2025

5:30pm Cocktails
 6:00pm Supper
 8:00pm Band

Catering by **Kim McLean**

Silent Auction by the **Milo School Council**

Tickets available for \$60 each at the Milo Post Office & ATB or contact Maria at 485-8358

FEATURING: DREW GREGORY

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

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

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, WCB, 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

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



Trivia Answers

- The estimated value of the jewels stolen is \$102 million US when 4 men drove a truck up to the museum, extended a ladder, broke in, grabbed the jewels and then took off on motorcycles in about 7 minutes.
- At the World Series in 1993 you could get a ticket for \$32-\$72. Now face-value tickets range from \$345 plus fees to resale prices from \$1500-\$11,000.



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

SELF DISCOVERY RETREAT



SATURDAY, OCTOBER 25, 2025

YOUR INVESTMENT \$75. CARMANGAY SCHOOL 9:30 - 4:30 CHECK IN @ 9 AM. LUNCH AND SNACKS INCLUDED.

PRE-PAID REGISTRATION REQUIRED LIMITED SPOTS AVAILABLE. GOODVIBESWELLNESS.CA

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 HAMPERS

Individuals and families experiencing financial hardship are welcome to call the Vulcan Regional Food Bank prior to November 14th to request a Christmas hamper. Please note that you may not initially receive a time slot and may receive a call back to assess eligibility and receive a time for pick up. Please indicate any allergies at the time of requesting.

Please call 403-485-2192




FUNDRAISER POP UP AT THE VULCAN CURLING CLUB

3RD THURSDAY OF EVERY MONTH 7:30AM - 9:30AM BY DONATION

ALL DONATIONS GO TO LOCAL VULCAN COUNTY ORGANIZATIONS, CLUBS & GROUPS. ASK US HOW TO BECOME A SPONSOR!

UPCOMING DATES: OCTOBER 16TH, NOVEMBER 20TH, DECEMBER 18TH

Facilitated by: EST. 2018 MEALS IN MINUTES. CATERING & MORE!

Digital Skills

Want to learn how to use your phone, tablet, or laptop? Starts October 22 Ends April 1 2026

At the Vulcan Library Weekly on Wednesday \$25 per person

Windows/Android/Samsung Class 2:15pm-3:15pm
Mac/Apple/Ipad/Iphone Class 3:30pm-4:30pm

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



Vincent Joseph Henry

Regional Agent and Distributor

Air purification systems
True HEPA sealed units
Floor care
Allergen control
Home solutions bags and HEPA filters
Central vacuum systems

403-630-0439
activepure.com

We service all makes and models of vacuum cleaners

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



Canada Revenue Agency (CRA) In-Person Support

C.R.A. is coming to answer your questions. Here are some of the services they can provide:

- obtaining tax slips,
- determining what tax years need to be filed,
- Printing Notice of Assessment (NOA),
- change of address / phone number / direct deposit information,
- helping to understand letters from the CRA,
- recovering uncashed cheques
- providing clarity about the different benefits and credits,
- educating clients on MyAccount, including how to enroll and how to use the system,
- educating clients and income support officers on Represent a Client and its use,
- promoting the Community Volunteer Income Tax Program (CVITP)

Date: Thursday, Nov. 13, 2025
Time: 1PM - 7:00 PM
Location: Arrowwood Library
Book an Appointment: 403-485-2192

To access your information, CRA will need your Social Insurance Number and Photo ID

SEEKING VOLUNTEERS TO PREPARE SIMPLE TAX RETURNS!

WHAT WE DO
We at Vulcan FCSS prepare simple income tax returns for vulnerable or low income Albertans and seniors. Volunteers help prepare these returns so that Albertans can get everything they're entitled to income wise and retain their benefits at no cost.

WHAT WE NEED
YOU! if you would like to make a financial difference in a vulnerable Albertan's life, please volunteer with us!

reception@vulcanandregionfcss.com
rrh@vulcanandregionfcss.com

DO YOU LOVE NUMBERS? LOVE HELPING PEOPLE? ABLE TO PICK UP TECHNOLOGY?

FULL TRAINING PROVIDED!

403-485-2192

Vulcan United Church
Annual Turkey Supper and Bake Table
November 2th
CRC 5:00 to 6:30pm

Admission: Adult: 25.00
Youth: 15.00
Under 6: free

NEW CLOTHING STORE COMING SOON!

Get ready for the latest fashion trends straight from

THIS YEAR MODERN · TRENDY · AUTHENTIC

Opening this year - Don't miss it!
Follow us for updates and sneak peeks of our exclusive collection!

Location: Lady's by LVS Corp. (old videotape store building beside Ryeteous bakery)

EMPLOYMENT OPPORTUNITIES

Executive Director - Rainbow Literacy and Learning Society
email resumes and cover letters to ali@coffeecandbooks.ca

Vulcan County - Regional Deputy Fire Chief <https://bit.ly/3XrjWj3>

Armada Colony School - Educational Assistant. Please apply through the Horizon School Division website.

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

Everyday Banking Advisor - ATB
Vulcan full posting can be found on 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)

Firefighters Wanted - Are you looking for a way to give back to your community, learn new skills, and be part of an incredible team? Vulcan County is looking for dedicated, community-minded individuals to join our team! No experience necessary—just a willingness to learn and a desire to help others. (403)485-3115 shania.culp@vulcancounty.ab.ca

Food Bank Wish List

Cranberries, Coffee, Pancake Mix, Syrup, Rice, Crackers, Mr. Noodle, Jam/Jelly, Razors, Dish Soap, Cake Mix, Side Kicks, Boxed Stuffing

Donations can be made from Monday to Friday 9am - 4:30pm

IRON EDGE salon & spa

Now Offering Barbering & Hot Shave Services
Book instantly using the QR code below!
Students save 10% year-round (excludes kids' cuts) - the perfect time to take advantage and get back-to-school ready!



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.

HELP WANTED

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



MEET STEFANO, YOUR LOCAL PHARMACIST!



MARKET STREET · VULCAN ·

DIABETES CONSULTATION, MEDICATION REVIEWS, PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

