

Community Calendar

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

Sept. 11 – Fall Community Meet-up and Mass Registration – VPE School 4-6:30pm. Call Town of Vulcan Recreation 403-485-2554 for information
 Sept. 11 & 13 - Clothing Giveaway - Rosie's Gift of Love –for residents of the Town of Vulcan and county of Vulcan – Vulcan Curling Club. Call Sandy for more information 403-485-5507
 Sept. 11 - Watercolour Paint Night at the Carmangay Library 6:30
 Sept. 12 – FASD Mini Conference Research, relationships and Reflection
 Sept. 12 - BINGO at the Vulcan Senior Centre. Doors open 6pm. Starts 7pm
 Sept. 12 - "Drive In" Movie Jurassic World Rebirth at Nine-in-a-Line Brewing 7:30pm
 Sept. 16 - 7pm Carter Felker and Amy Nelson Live in the Taproom at Nine-in-a-Line Brewing Email dan@nineinalinebrewing.com for reservations
 Sept. 18 - Mini Art Show at the Carmangay Library 6:30pm
 Sept. 19 - 7pm Amy Bishop Live in the Taproom at Nine-in-a-Line Brewing Email dan@nineinalinebrewing.com for reservations
 Sept. 23 – Fall Tea and Pie Event at the Peter Dawson Lodge 2-4pm RSVP by Sept. 15 to 403-485-2422
 Sept. 25 – 7pm Carmangay Library Meet Lorne Fitch, a distinguished biologist with over 50 years of conservation experience, at our Author Talk. Lorne is the author of Travels Up the Creek: A Biologist's Search for a Paddle and Streams of Consequence: Dispatches from the Conservation World.
 Sept. 26 Movie Night at the Carmangay Library 6pm Movie: Elio
 Sept. 27 – Lomond's 2nd Annual Turkey Fry, Beef Roast, Pig Roast –4pm
 Sept. 28 – Bushel Barrel Race Event Vulcan Ag Grounds

Pickleball - Register at: townofvulcan.ca/recreation - for new dates and times.
 Arrowwood: Pickleball and Badminton – July-Sept. Daily 9-9.
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays.

Monday

-**Vulcan Healthcare Auxiliary** meetings. New members welcome. Second Monday of each month except stats and summer. Call Shirley at 403-485-8352 for time and location.
 -**Wee Imagine in Lomond** Sept. 8, 15, 22 & 29 Sharing books and fun activities. 2-6 year olds. Contact Greater Foothills Family Centre to register 403-652-8633
 -**Little Chefs** in Vulcan Sept. 8, 15, 22 & 29 at 1:30. This hands on program gets kids in the kitchen. 3-6 year olds. Contact Greater Foothills Family Centre to register 403-652-8633
 -Stay and Play 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2 to help cover cleaning costs.

Tuesday

Youth Zone at the Carmangay Library 4pm -Sept. 2 Volcanoes, Sept. 9 Board Games, Sept. 16 Shadow Drawings
 Connection Café - 1:30pm Vulcan Seniors Centre. Everyone Welcome.

Wednesday

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.

Thursday

Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.

Friday

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

Saturday

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 - 12pm
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 week 6pm. Cribbage Friday 1:30

Royal Astronomical Society of Canada
Alberta Star Party 2025
 September 19th - 21st
 Tickets available through eventbrite!

eventbrite Hosted by:
Stones Throw RV CAMPGROUND

Last Farmers' Market of 2025
 Saturday, September 20th
 9:00 AM - 11:00 AM

•Veggies-Canned Goods•Baking•
 •Jerky-Chicken-Crafts-Sewing-More!

Would you like to be a vendor?
 Email info@astonesthrowrv.ca or Call 403-669-9443

ADULT RECREATIONAL
HOCKEY LEAGUE

22 GAMES PLUS PLAYOFFS

PAID REFS
 TEAM SELECTION
 DRAFT NIGHT
 NO OUT OF TOWN TRAVEL
 60 PLAYER CAP

FOR MORE INFO CONTACT
CGAUTHIER@TOWNOFVULCAN.CA

Town of Vulcan Recreation

Get-A-Way Youth Centre

Ages 10-18
 403-485-6033

September Hours
 Monday 3:30-6pm
 Tues-Thurs. 12-6pm
 Friday 12:30-6pm
 (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

AI-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



GOOD MORNING

Sept. 11, 2025

COMMUNITY NEWSLETTER

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

FREE

Please Join Us at the
Peter Dawson Lodge
September 23, 2025
 2:00 PM - 4:00 PM

Fall Tea & Pie Event
 Come for a slice of pie and leave with your Thanksgiving Desert!

We will have on hand a Sale table including misc. items and craft supplies to make room for new upcoming activities for our Residents
 RSVP by September 15, 2025 to :
drc@marquisfoundation.ca or
 (403)485-2422

September 27th Supper at 4:00 PM
 COME EARLY AND HAVE FUN

ACCEPTING DONATIONS TOWARDS NEW CAMPGROUND

LOMOND'S 2nd ANNUAL

Turkey Fry - Roast Beef - Pig Roast

\$20/ Plate - (Children under Age 6 are free)
 LOCATION: LOMOND CAMPGROUND- WEST OF UFA

- Turkeys deep-fried in different varieties of flavors
- Norman's Roast Beef
- Pig Roast by Murray Markert
- Beer Gardens Open from 2:00 pm - 10:00 pm (Please designate a driver)
- 50/50 Draw
- Silent Auction items
- Camping Spots available, (Some with Power)
- There will be fire-pits set up for warmth and pleasure
- Horseshoe pits



PROCEEDS WILL GO TO THE NEW CAMPGROUND DEVELOPMENT
 THANK YOU ALL FOR YOUR DONATIONS
 (In Memory of Terry Stokes)

TRIVIA

1. How many people in Canada are over 100 years old?
2. How many people in Canada are over 65?
3. What type of prescription can lower your risk of dementia by 47%

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FALL COMMUNITY MEETUP & REGISTRATION

A CHANCE TO CONNECT WITH YOUR COMMUNITY

Thursday September 11th
4:00-6:30

Vulcan Prairieview Elementary Gym

Come see what Vulcan has to offer for recreation! There will be clubs, sports and recreational programs as well as a used equipment sale and a professional skate sharpener on site

Any groups interested in having a table or if you have questions please contact the Recreation Office
 @ 403 485-2554 or email cgauthier@townofvulcan.ca

ROSIE'S GIFT OF LOVE CLOTHING GIVE AWAY

FOR RESIDENTS OF THE TOWN AND COUNTY OF VULCAN

SEPT. 11th 5 - 8PM
 SEPT. 13th 10AM - 2PM

LOCATION: VULCAN CURLING CLUB
 705 Elizabeth Steet

Sandy 485-5507
 for more information

COMMUNITY CONNECTION CAFE

Starts Sept. 9



At a Café there is no cost, no agenda, no homework, no cliques. Just a starting topic each week and a chance to listen and be heard. Because we don't all have to be the same or have the same ideas to find a connection.

Tuesdays at 1:30pm
 Drop-In

All ages welcome. Coffee, tea and muffins.
 Located at the Vulcan Seniors Centre

For information contact FCSS at 403-485-2192 or reception@vulcanandregionfcss.com

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.

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 Ryteteous bakery)

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!



Drop in Chair Aerobics

Dates: Tuesdays & Thursdays
 Start Date: September 9th
 Time: 10:00 - 11:00 am
 Cost: Free
 Place: Vulcan Wellness Room @ Vulcan Hospital

Drop-in chair aerobics is an excellent way for individuals of all fitness levels to engage in physical activity while staying comfortable and supported. The blend of exercises, yoga, stretching, and Zumba can help improve strength, flexibility, and coordination, all while fostering a supportive community. Plus, the non-judgmental atmosphere makes it accessible for everyone! I'd encourage anyone interested to participate, as it's a great way to boost both physical and mental well-being.



610 Elizabeth Street
 Box 28
 Vulcan, Alberta
 T0L 2H0
 Phone: 403-485-4001
 Email: vchw.foundation@gmail.com



Let's Get Active Together



Workout Wednesdays

at the

Carmangay Senior Centre

Wednesdays starting Sept. 10

9:00am before coffee time

Join Sara from FCSS and enjoy time with others while using the exercise equipment and some standing and chair activities.

Everyone Welcome



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



Book Club Chatter

JOIN US!

Your Next Adventure Is Just a Book Away.

September 16th, 3:30pm
 Vulcan Library

Join us as we gather to discuss our favorite books and authors while sharing in the good company of others!

Trivia Answers

1. Canada has more than 11,000 centenarians.
2. Canada's population is aging. Nearly 8 million people are over the age of 65. By 2037, this number is expected to reach 10 million.
3. Social Prescribing as a Public Health Approach – Prescribing group activities, community engagement programs, and similar initiatives can significantly reduce loneliness and even lower the risk of dementia by 47%.

mentalhealthcommission.ca
 Public Resources - Care for Older Adults

Something a Little Lighter

-My landlord wants to talk about my high heating bills. I told him my door is always open.
 -I'm taking steps to overcome my hiking addiction. I'm not out of the woods yet.
 -When the dentist married the manicurist they fought tooth and nail!

Vulcan County 2025 PHOTO CONTEST

August 5 - September 30

Please review the contest rules on our website!

PLUS submitted photos may be featured in our 2026 County Calendar!

Capture Our County!

Grand Prize - \$200 Value -
 2nd Place - \$100 Value -
 3rd Place - \$50 Value -

Vincent Joseph Henry

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MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET - VULCAN -

DIABETES CONSULTATION
 MEDICATION REVIEWS
 PRESCRIPTION AND MORE!

(403) 485-2919
 MARKETSTREETPHARMACY.CA

HELP WANTED

Hiring Class 1 and 3 Drivers

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

Fire & Frost HEATING & COOLING

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

Rainbow Literacy Adult Programs

Contact us to register or if you have any questions.
 If a program is not offered in your community let us know! We might be able to bring that learning opportunity to you.

Digital Skills
 Need help to use your phone, laptop, or tablet? This program teaches you the basic digital skills you need for success in our tech world.

Champion Library: 6:00pm - 7:30pm Weekly Wednesdays
 Starts: October 22 Ends: November 26 Cost: \$25

Carmangay Senior Center: 5:30pm - 7:00pm Weekly Wednesdays
 Starts: January 7 2026 Ends: February 11 2026 Cost: \$25

Milo Library: 5:30pm - 7:00pm Weekly Wednesdays
 Starts: February 25 2026 Ends: April 1 2026 Cost: \$25

Lomond Sunshine Drop-In Centre: 5:30pm - 7:00pm Weekly Wednesdays
 Starts: April 15 2026 Ends: May 27 2026 Cost: \$25

Microsoft/Pc/Android Class
Vulcan Library: 2:15pm - 3:15pm Weekly Wednesdays
 Starts: October 22 Ends: April 1 2026 Cost: \$25

Iphone/Ipad/Apple/Macintosh Class
Vulcan Library: 3:30pm - 4:30pm Weekly Wednesdays
 Starts: October 22 Ends: April 1 2026 Cost: \$25

Age Well: Smart Nutrition on a Budget
 This program is meant for people 50+ trying to eat nutritious food on a budget. Each week you'll get to make and take home a well balanced meal. You will also be given a lot of great information such as Senior Nutrition, Food and Safety, Buying groceries on a budget, and so much more!

Vulcan United Church: 12pm - 2:30pm Weekly Mondays
 Starts: October 6 Ends: November 17 FREE
 Registration: September 29 at the Vulcan Senior Center 12pm - 3pm

Adult Social Night

Where do you meet people in town if you're not in a sport or a club?

Every other Tuesday 7:00-9:00pm

Oct. 7 Appies and Boardgames
 Oct. 21 Make your own Mocktails & Name that Tune
 Nov. 4 Cooking Night - Make and Take
 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

CLASSIFIEDS

To place an ad here call 403-485-2192 or email communityliaison@vulcanandregionfcss.com

EMPLOYMENT OPPORTUNITIES

The Vulcan Legion is looking for a part-time bartender. Drop off a resume at 240 Sinclair Road

Part-time Social Worker - Vulcan
 Extending full posting can be found on indeed.ca

Sales Person- new clothing store in Vulcan Full time and Part time. Email resume to 825-985-9478 LVSMARKETING25@GMAIL.COM

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. Interested? (403) 485-3115 shania.culp@vulcancounty.ab.ca

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

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)

Teacher - Milo School
 pallisersd.ab.ca

Vulcan County - Payroll & Benefits Administrator. Do you have payroll experience? Are you detail-oriented? Temporary Full-Time position covering a maternity leave from December 1, 2025, to July 31, 2027.

For more information:
<https://bit.ly/3XrjWj3>

Armada Colony School
 Is accepting applications for an EA for the upcoming school year. Please apply through the Horizon School Division website.

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

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

fcss
 Vulcan Regional Food Bank
 Healthy Aging Alberta