COMMUNITY CONNECTION CAFÉ

Starts Sept. 1



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 snacks.
Located at the Vulcan Seniors Centre. No membership required.

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



BOOK CLUB

Does your child love to read?
Does your child need extra reading time?
Do you wish your child to find a love for reading?

Tuesdays at Rainbow Literacy
September 8 - June
Ages 6-12yrs

READING BUILDS
YOUR IMAGINATION

A FREE program!
Please call 403-485-3109 or email family@rainbowliteracy.com to REGISTER

RAINBOW

Marquis Foundation Ground Breaking Ceremony

FRI. SEPT. 11 – 1:00pm



MARQUIS FOUNDATION • 62 UNIT ACCOMODATIONS

Location: 451 Elizabeth Street
LOT BESIDE HOSPITAL

MARQUIS FOUNDATION

Employment Opportunities

Licensed, experienced hairstylist - Iron Edge Salon. Send your resume and portfolio or stop by the salon to chat.

FT Farm Hardware Clerk - Arrowwood Co-op

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

Vulcan Legion - Bartender $17/hr, 100-130 hours/month. Send resumes to rclv@live.ca or drop one off at the bar.

-Home Support Outreach Worker - P/T Vulcan and Region FCSS - See job description at https://vulcanandregionfcss.com/

LPN - Calgary Rural Primary Care Network

Palliser School Division
-Educational Assistant: Champion School, Teacher Riverbend Colony, Learning Commons Facilitator and Educational Assistant Arrowwood School https://www.pallisersd.ab.ca/hr/career-opportunities

Found on indeed.ca
Brandt John Deere - Territory Manager, Agriculture Heavy Equipment Technician, Labourer, Parts Person, Outside Parts and Service Representative
Area Marketing Representative - Richardson Pioneer
Sandwich Artist - Subway
Extendicare - HCA, Registered Dietician, Recreation Therapist, Director of Care

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

New Vulcan Practicum Counsellor!

To book in with Kathleen, please email counselling@vulcanandregionfcss.com



Beginning in September, Kathleen Ladner will be offering free counselling sessions at the Vulcan County Heath and Wellness Center. Kathleen is a student with Yorkville University in the Masters of Counselling Psychology program.

Kathleen brings a trauma-informed, strengths-based integrative approach to her counselling practice. While currently completing her Master of Counselling Psychology degree with Yorkville University, Kathleen draws on her extensive mediation experience and background in Child & Youth Care. Utilizing a systemic lens, she is known for her empathy, warmth, and calming presence.

Kathleen is available for appointments on Wednesdays and Thursdays at the Vulcan Health and Wellness Centre between 10:00 am – 8:00 pm. Please email counselling@vulcanandregionfcss.com to book an appointment.

Vulcan COUNTY Health & Wellness Foundation
fcss Vulcan and Region Family and Community Support Services

TUES. SEPT. 22 – 1:30 TO 3:30pm

Marquis Foundation Presentation New Seniors Lodge



MARQUIS FOUNDATION • 62 UNIT ACCOMODATIONS

PRESENTATION LOCATION
VULCAN COMMUNITY SENIOR CENTRE
303 Centre Street
VULCAN

MARQUIS FOUNDATION

Food Bank Wish List

Crackers
Rolled Oats
Cake Mix
Gluten Free Cereal
Deodorant

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

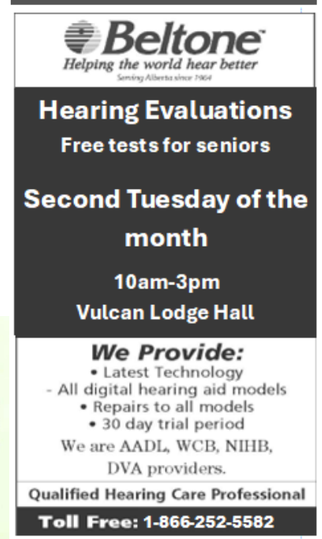
Fresh, clean garden produce is welcome.



HELP WANTED

Hiring Class 1 and 3 Drivers

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





COMPASS for the Caregiver

PROUDLY HOSTED BY:
ACT 4 Health
ACTIVE HEALTH & ENGAGED COMMUNITY

Caregivers Alberta's award-winning COMPASS for the Caregiver program helps caregivers balance their own well-being with the challenges of caregiving.

This series of the COMPASS program is proudly sponsored by us at the **Vulcan Hospital.**

Details:

September 16: 10:00am - 12:30pm
September 23: 10:00am - 12:30pm
October 7: 10:00am - 12:30pm
October 14: 1:00pm - 3:00pm

Topics:

Week 1: Being a Caregiver
Week 2: Managing Your Stress
Week 3: Balancing Relationships
Week 4: Navigating the Journey

Register with Amanda at:
403-485-4011
link.act4health@gmail.com

FREE

Are you a caregiver?
YES, if you do even one of the following:
- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal/medical care
- Provide transportation or home-living support

Caregivers Alberta | caregiversalberta.ca | support@caregiversalberta.ca | 780 453 5088 | 1.877.453.5088 (toll-free)

MENTORSHIP PROGRAM

THURSDAY'S SEPT 17 - JUNE
3:50-5:30PM
CHAMPION SCHOOL LIBRARY
AGES 6 - 17YRS

A FUN PLACE TO LEARN AND GROW TOGETHER!
MAKE LOTS OF NEW FRIENDS AND BUILD ON TEAMWORK!

FUN!! FREE!!

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

RAINBOW

Is there a Gardener in you?

Join the Vulcan Garden Club to learn, share, meet friends & grow!

LEAF LONG AND PROSPER
VULCAN GARDEN CLUB

Date: Saturday, September 19, 2026 - 1 pm
Vulcan Library meeting room

Bring your ideas, dreams, knowledge & creativity & let's create a community garden club together.

LEARNING OPPORTUNITIES IN VULCAN

All classes $25 per Person

ENGLISH FOR BEGINNERS
Learn to read, write, and speak English.
Tuesdays at Rainbow Literacy
October 6 - December 8
7:00-8:00pm

DIGITAL SKILLS
Learn to use your smartphone, computer, or tablet.
For people of all skill levels.
Classes are divided by digital device type.
Wednesdays at the Vulcan Library
October 7 - December 9

ADVANCED ENGLISH
For English language learners looking to deepen and expand their English skills.
Wednesdays at Rainbow Literacy
October 6 - December 8
7:00-8:00pm

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.

CONVERSATION CAFE
Practice speaking English in a relaxed enviroment.
Tuesdays at Rainbow Literacy
October 6 - December 8
6:00-7:00pm

APPLE DIGITAL SKILLS CLASS
3:45-4:45pm
For people with Apple, Mac, iPhone, and iPad devices.

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

I am a person who wants to do a lot of things trapped in a body of a person who wants to sleep a lot



Something a Little Lighter

-I know some great Labour Day jokes, but honestly they aren't working today.
-What do a construction worker and an expecting mother have in common? They are both officially in labour.



Hockey Alberta Referee Clinic will be hosted by VMHA on Saturday September 26th, 8am - 4pm at the Arena/Kinsmen Room FULL Details & Registration at the links below:
Level 1: https://bit.ly/4gpytW2
Level 2: https://bit.ly/4g6tacK
Contact Glen Murray, Referee in Chief with any questions.



TRIVIA ANSWERS

1. Canola, Wheat and Barley.

2. Over 80 other countries observe International Workers' Day on May 1st unlike Canada and the United States who celebrate Labour Day the first Monday in September.



Community Calendar

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

Sept. 5 - End of Summer Dance Queenstown Hall 7pm. Music by Moral Hazard.
Sept. 11 - Groundbreaking ceremony for the new seniors lodge - 1:00 pm. Just west of the hospital.
Sept. 8 - Bad Decisions Comedy Tour - Vulcan Legion
Sept. 12 and Oct. 3 - Trivia Night 7pm Carmangay Community Centre
Sept. 12 - Sean Burns & Lost Country performing at Nine-in-a-Line Brewing. 5th Anniversary party includes Cornhole Tournament, BBQ Fundraiser for the Food Bank and Concert.
Sept. 13 & 27 - Yoga in Milo - 11am Snake Valley Drop-In $20 Sept. 13 Mat Yoga, Sept. 27 Chair Yoga
Sept. 15 - Oct. 27 - Line Dancing at the Mossleigh Hall
Sept. 16, 23, Oct. 7 & 14 - Compass for the Caregiver - Caregivers Alberta will be bringing their COMPASS for the Caregiver workshops to Vulcan. Join other caregivers over four Wednesday sessions to connect, learn practical strategies, and focus on your own wellbeing.
Sept. 20 - KAIROS Blanket Exercise - Vulcan Library - An interactive learning experience about the shared history of Indigenous and non-Indigenous people in Canada. (See attached poster)
Sept. 22 - Open House for the new Seniors Lodge in Vulcan. See the plans and ask questions. Vulcan Senior Centre 1:30
Sept. 26 - Terry Stokes Memorial Supper and Fundraiser - Lomond

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. Resumes Sept. 10
Chair Yoga -11:30am in the Vulcan Library

Tuesdays
Walking Tai Chi - 12-1pm Vulcan Senior Centre
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

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
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. 6:30pm. Drop-In. No membership required.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In. Resumes Sept. 10
Farmers Market at the Vulcan Legion 3:00-5:30pm
Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.
Pool & Games - Carmangay Senior Clubhouse 6:00pm
Crib & Chickenfoot (Dominoes) - Lomond Drop-In 7pm

Monday - Saturday
Vulcan Senior Centre-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.
Friday-Sun 8:30am - **Coffee Time** Lomond Drop-In
Vulcan Legion -Open 11am-9pm. Everyone welcome

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 (No Sept. 5)
Carmangay Historic Church & Museum open from 11-3 on the first Saturday of each month

Friday-Sun
Coffee Time - 8:00am Lomond Drop-In
Jam Session - Last Sunday of the month 2-4pm Vulcan Seniors Centre

Time For Rhymes
Milo Library - Wednesdays 10am - Starts Sept. 9
Vulcan Library - Thursdays 10:30am - Starts Sept. 17
Champion School Library - Wednesdays 10:30am - Starts Sept. 16

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

If you need counselling / mental health support:
-**Mental Health Clinician** (Vulcan Hospital). Call Access Mental Health to book 403-943-1500
-**Alberta Counselling Centre** 1-833-827-4230 or visit albertacounselling.ca: Confidential, (Farm-informed Counselling available)
-**National Farmer Crisis Line**: 1-866-327-6701 (1-866-FARMS01)

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 from June 9th on. 9:30-10:30am Vulcan Hospital.
MUMS -Peer-to-Peer Maternal Supportfor pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194

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

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.



fcss Vulcan and Region Family and Community Support Services

GoodMorning Community Newsletter

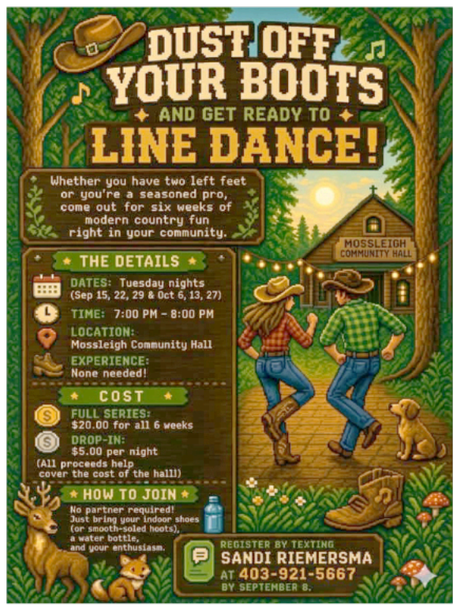
Sept. 3, 2026

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 are the 3 most commonly planted crops in Alberta?
2. What similar holiday do many other countries celebrate instead of Labour Day and when is it celebrated?



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

CURIOSITY COVE DAYCARE

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

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