



GOOD MORNING COMMUNITY NEWSLETTER

FREE

July 6, 2023

Please recycle this newsletter.
Produced and printed locally. Folded by hand by volunteers.

SUNSHINE N' STROLLS



JOIN US THURSDAY AFTERNOONS AT 2PM FOR A LOVELY WALK AND GOOD CONVERSATION! WALKING PACE IS LEISURELY TO MODERATE. WE WILL MEET IN FRONT OF THE VULCAN POOL AND TAKE OUR STROLL USING THE TOWN PATHS. COME ENJOY THE HEALTH BENEFITS OF WALKING AS WELL AS BEING SOCIAL WITH OTHERS. WE ARE ENCOURAGING SENIORS IN OUR COMMUNITY TO COME WALK WITH US, HOWEVER ALL ADULTS ARE WELCOME. SCOOTERS ALSO WELCOME!

- TRIVIA**
- _____ is the highest peak in Costa Rica.
 - Which Brazilian won soccer's World Cup three times?
 - Which ship saves Ishmael at the end of the book Moby Dick.

Get-A-Way Youth Center
Vulcan FCSS
Phone 403-485-6033
yc@vulcanandregionfcss.com
105A 3rd Ave. S. Vulcan

Wednesdays 6:30—9pm
Ages 13—18

July

5th — SCARY MOVIE Night

12th—TRIVIA Night
Gift cards prizes

19th—JAM SESSION Night
Open Mic

26th—BOARD GAME Night
Exploding Kittens, Settlers of Catan,
Giant Connect 4 and More!

August

2nd—SCARY MOVIE Night

9th—JAM SESSION Night
Open Mic

16th—BOARD GAME Night

23rd—TOURNAMENT Night - Ping Pong, Pool, Foosball, Air Hockey

30th—TRIVIA Night
Gift cards prizes

Trevor's Paints and Stains

Wow wow wow !!

👉 Sweet summer savings 👈
Free estimates

10% off **whole house** exterior refresh
👉smokin' deal 👈
🕒 Limited time only 🕒
📞 call today to book your free estimate
📞 403-390-8821 📞

MARQUIS FOUNDATION OPEN HOUSE

Marquis Foundation is hosting several come and go opportunities to view the plans for the new Seniors' Lodge facility being built in Vulcan. Anyone wishing to see the blueprints or ask questions please join us at any of the following locations:

- Vulcan Seniors Centre: July 4th, 4:00-7:00 p.m.
 - Lomond Seniors Centre: July 6th, 4:00-7:00 p.m.
 - Carmangay Seniors Centre: July 13th, 4:00-7:00p.m.
 - Champion Seniors Centre: July 10th, 4:00-7:00 p.m.
 - Milo Seniors Centre: To Be Announced
 - Arrowwood Community Hall: To Be Announced
- Help us move forward with a new up to date facility for the Seniors in our County.

Wildfires

A Community Conversation

Learn about how you can reduce the risk of wildfire to your home and property.

WILDFIRE EDUCATION SESSION

Saturday, July 8th
10:00a.m. - 2:00p.m.

Vulcan Cultural Recreation Centre

BBQ Hosted by the Champion 4H Club

\$15/plate
Burgers, Salads, Drinks, & Dessert

Canada While Supplies Last

This event is made possible by Wawanesa's Community Wildfire Prevention Grants program in partnership with ICLR and FireSmart Canada.

Institute for Catastrophic Loss Reduction

ALBERTA FireSmart™

FireSmart, Intelli feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC).

MAMA'S PIZZA & PASTA
Eat In, Take Out and Delivery

AT THE NEW LOCATION
115 2nd Ave S.
403-485-6568

HOURS
Monday Closed
Tuesday-Saturday 11am-9pm
Sunday Noon-8pm

New At Mama's - Starting at 5pm

Tuesday - Pizza & Beer Specials
Wednesdays - Wing & Beer Special

Community Calendar

To add or change an event on the calendar call Claire at 403-485-2192 ext. 202 or send us an email at seniorsupports@vulcanandregionfcss.com

Mondays

Pickleball– Vulcan Arena - 10 am - noon. Drop in fee may be available for occasional play.
Get-A-Way Youth Centre - Open 1-6 pm. For 10-18 year old's at 105A 3rd Ave S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

Tuesdays

Ball Hockey– 10-11:30 am Register at www.townofvulcan.ca/recreation
Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Get-A-Way Youth Centre - Open 1-6pm. 403-485-6033
Community Badminton 6:00pm. VPE
Community Volleyball 7:30pm. VPE

Wednesdays

Vulcan Park Adventures - Ages 1+ Centennial Park 10am. FREE
townofvulcan.ca/recreation to register
Coffee Time- 2pm Lomond at the Drop-In.
Chess Club for all ages 5-6pm Champion Library *Volunteers available to coach beginners*
Get-A-Way Youth Centre - 1-6pm
Teen Night at the Youth Centre 13+, Open 6:30-9pm (See Poster on front for schedule)
Community Basketball - 8-9:30 pm VPE Register with Town of Vulcan Recreation
Coffee at the Carmangay Seniors Centre - 10am-12pm
Pickleball - Vulcan Arena 7-9 pm

Thursdays

Summer Bootcamp– 10 am Milo Lions Park \$10 drop in fee
Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Chess at the Vulcan Library- 2:10-5:00pm
Roving Gym - Milo School 8:30am
Get-A-Way Youth Centre - Open 1 - 6 pm. 403-485-6033
Farmers Market at the Vulcan Legion. 3-6pm. Ongoing until Thanksgiving
Beach Volleyball - 8-9:30pm at the Vulcan Pool Park

Fridays

Fun Fridays - Carmangay Library 10am-12pm. Games, activities, snacks, crafts and fun!
Get-A-Way Youth Centre - Open 12:30-6pm at 105A 3rd Ave.S. Vulcan 403-485-6033.
 Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!
Free lunch is served 12:30 - 1pm
Pickleball - 2-4 pm at Vulcan Arena
Free Swim sponsored by the Vulcan Lions 6-8 pm

Saturdays

Vulcan Legion Meat Draw - 3-6pm.
Vulcan Legion -Drop-in Pool at the Hall @ 3pm. \$5/person. No membership required.
Coffee at the Carmangay Seniors Centre - 10am-12pm
 1st Saturday of the month— @ 9 am
 Pancake Breakfast at the Community Centre \$5/person, \$20/family
Coffee Time– Lomond 9am at the Drop-In

Monday - Saturday

Vulcan Senior Centre

- Men's Pool - 9am - 12pm
- Ladies' Coffee Drop-in 10am - 11am

Support Groups

Mondays - SMART Recovery

7-8:30pm Addiction Support Meeting
 Call Beth at 403-485-1054 for info.

-Every Tuesday and Thursday - **AA** -

Alcoholics Anonymous -

Meetings are at 8pm

Contact Gary at 403-485-5818

-**Al-Anon Family Group** - meetings as needed. Contact Betty at 403-652-8285

-Thursday's - **Men's Healthy Relationship**

Group 6-8pm Registration details at rowanhouse.ca/safe-at-home

-**MUMS - Peer-to-Peer Maternal**

Support for pre- and post-partum.

Weekly confidential phone calls.

Call Families Matter at 403-205-5194.

Volunteer- Join Communities in Bloom and help make our community beautiful. Volunteer today, call 403-485-0239.

Champion Communities in Bloom is looking for occasional help from June to early September to assist with watering pots, flowerbeds and highway boxes. If you are able to help, please call Helen @ 403-897-3741 or Ella @ 403-897-3765.

SCREEN TEST

Mobile Mammography Screening is coming to:

Vulcan

July 7 to 11, 2023
 Vulcan Community Health Centre



Appointments are required. Call to book:
1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

Thank you for supporting Screen Test over the past 30 years. Together we are saving lives, one community at a time.





Post until Jul 11, 2023

Games
Crafts
Scavenger Hunt
Water Fights

Fun in the
★ summer sun ★

FREE
Ages 5-12 years
Under 5 are welcome
with parent
Lunch Included!

Kid's Day Out

Register by
Email
yc@vulcanandregionfcss.com
Or call
403-485-6033

LOMOND
 Wednesdays July 5, 19, & 26th
 No KDO on July 12
 MILO
 Thursdays July 6, 13, 20 & 27th
 10am-3pm

Registration forms found
at
vulcanandregionfcss.com/
useful-documents/

Trivia Answers:

1. Chirripo
2. Pele
(Edson Arantes do Nascimento)
3. The Rachel

HOURS

Monday-Friday 9:00am - 4:30pm

If you are without food outside office hours, there are emergency Hampers at the Vulcan Hospital or check the Give-and-Take Pantry outside the Vulcan Library

Contact Us At:

Box 594 105B-3 Ave S. Vulcan, AB, T0L 2B0
 FCSS/Food Bank #: 403-485-2192
vulcanandregionfcss.com
 reception@
vulcanandregionfcss.com
 Youth Centre #: 403-485-6033
Director: Dawn Wiseman
Senior Supports & Food Bank:
 Claire Kuchel-Klassen
Community Liaison: Lori Gair
Reception/Volunteer
Coordinator: Meghan Beer
Rural Reaching Home
Coordinator: Deanna Edwards
Youth Co-Ordinator:
 Beth Fitzpatrick

Food Bank Wish List

Fresh Fruits and Vegetables
 Milk/Yogurt/Cheese
 Peanut Butter
 Jam/ Jelly/ Condiments
 Tomato Soup
 Canned Meat & Fish
 Canned Beans in Sauce
 Canned/Frozen Corn
 Canned Cream Corn
 Frozen Peas/ Mixed Vegetables
 Cereal/Oatmeal
 Soda Crackers
 Pancake Mix
 Shampoo/ Conditioner
 Cat/ Dog Food/Cat Litter
THANK YOU
 Monday to Friday
 9:00am – 4:30pm
We can accept some items past the best-before dates.

The Hair Hut & Coffee Bar

Dine In or Takeout

Brewed Coffee
 Lattes & Cappuccinos
 Variety Cold Drinks
 Cold Brews
 Pies & Pastries
 Daily Fresh Cinnamon Buns
 Milkshakes - 20 flavors
 Fizzy Drinks
 Gummy Bear Refreshers

OPEN TO THE PUBLIC

403-485-2854

HELP WANTED

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