



GOOD MORNING COMMUNITY NEWSLETTER

FREE

September 14, 2023

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

Free Counselling now available in Vulcan on Wednesdays and Fridays
Book with Vulcan and Region FCSS 403-485-2192 reception@vulcanandregionfcss.com

LET'S COOK

Teen Cooking series

Thursdays 6:30-9pm
Sept 21 & 28 and Oct 5 & 12
Teens Ages 13-18
Limited space, registration required



Practice and learn new cooking skills
Make recipe changes to suit your taste
Learn to see cooking as an art form you get to eat

Scan the QR Code to register using our QR in Touch Form—Write Let's Cook in the Message

Register with the
Get-A-Way Youth Centre
Call 403 485 6033
yc@vulcanandregionfcss.com




Adults 65+ (or approaching 65)

Join us to learn about benefits and credits available to you!

Date: September 19, 2023
Time: 1:00 - 3:00 PM
Location: Vulcan Seniors Centre, 303 Centre Street, Vulcan, AB
Lunch provided by Vulcan and Region FCSS

The Canada Revenue Agency (CRA) is presenting an information session. Learn about:

- common types of income
 - RRSP vs RRIF
 - what are tax credits
 - pension income splitting
 - ways to do your taxes and free tax help
 - the importance of keeping your information up to date
 - how to be scam smart
 - digital and other CRA services
- You can ask tax and benefits questions.

RSVP by calling FCSS 403-485-2129 or email reception@vulcanandregionfcss.com

TRIVIA

1. Born Reginald Dwight, this popstar's music spans decades.
2. This species can eat their body weight in insects each night.
3. Among G7 countries, what country has the highest share of couples that are living common law?

VULCAN



MAMA'S PIZZA & PASTA

Eat In, Take Out and Delivery

AT THE NEW LOCATION
115 2nd Ave S.
403-485-6368

HOURS
Monday Closed
Tuesday-Saturday
11am-9pm
Sunday 7pm-8pm

New At Mama's
Starting at 5pm
Tuesday - Pizza & Beer
Specials
Wednesdays - Wing & Beer
Special



Because men need a place to go and other people to see too

105A 3rd Ave. S. Vulcan (Downstairs)
Drop-In Wednesdays from 1-3pm
Coffee, tea and snacks are supplied.

Billiards, board games, foosball, ping-pong, puzzles, and visiting.
Come out to meet people or invite a friend to check it out.
For info call FCSS 403-485-2192

COMMUNITY CONNECTION CAFE



At a Cafe there is:
no cost,
no agenda,
no homework,
no diques.
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.

Coffee, tea and muffins

Tuesdays at 1:30pm
Drop-In
All ages welcome
Beginning Sept. 26

Located at the Vulcan Seniors Centre

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

Fire & Frost

HEATING & COOLING

587-575-2111
fireandfrost.ca

LOCAL HEATING AND COOLING SERVICES

Free estimates
21 years experience

EMPLOYMENT OPPORTUNITY

Director of Resident Care

Details online at www.marquisfoundation.ca
Closing date for resumes is Sept. 22 at 1 pm

HELP WANTED

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

Babysitting Basics

Babysitting is a job with significant responsibility and the Babysitting Course helps prospective babysitters learn the skills they need. This course is for youth aged 11 to 15 years old. It teaches the new babysitter the necessary skills to provide care to children in a variety of situations.

Date: Friday, Sept. 22, 2023
Time: 9:00am - 4:00pm
Location: Vulcan FCSS 105B 3rd Ave S. Vulcan
Cost: \$60/person. Payment due by Monday, Sept. 18.
Register: Vulcan and Region FCSS 403-485-2192 or by email at reception@vulcanandregionfcss.com
Details: Bring a bagged lunch. Maximum attendance is 12 youth.

COMMUNITY PICKLEBALL

Vulcan Recreation

Ages 16+ years
Wednesday 6:30pm - 8:00pm
Friday 2:00pm - 4:00pm
Sunday 3:30pm - 5:30pm
at the VPE
Check Schedule for black out dates

Register at: www.townofvulcan.ca/recreation

VULCAN RECREATION

Mass Registration

Tuesday September 19th 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

Trevor's Paints and Stains

Wow wow wow !!

Sweet summer savings
4) Free estimates \$1

10% off whole house exterior refresh
Smokin' deal
Limited time only

Call today to book your free estimate
403-390-8821



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

Sept. 19 - Mass registration 3:30 - 6:30 at Vulcan Prairieview Elementary
 Sept. 19 - Lunch and Learn – Benefits and Credits for Adult 65 or approaching 65. Vulcan Seniors Centre (See poster on front page)
 Sept. 22 – Babysitters Course
 Sept. 26 – Community Connection Café – Tuesdays at 1:30 Vulcan Seniors Centre. Everyone Welcome.
 Sept. 30 – National Day for Truth and Reconciliation
 Oct. 14 – Referee Clinic. Visit <http://vulcanminiorhockey.ca/> for details.

Mondays

Milo on the Farm! Join us for a morning of FARM-TASTIC activities, learning all about life on a farm! This program is perfect for 2-6 year olds! September 11, 18, 25. Registration is required. For more information, please visit greaterfoothillsfamilycentre.ca
Stay & Play– Vulcan Lodge Hall. 1:30-3pm.

Tuesdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Get-A-Way Youth Centre - Open 3:30-6pm. 403-485-6033

Wednesdays

Coffee Time- 2pm Lomond at the Drop-In.
ManCave - See the poster on the front page.
Get-A-Way Youth Centre - Open 3:30-6pm 403-485-6033
Coffee at the Carmangay Seniors Centre - 10am-12pm
Community Pickleball - Ages 16+ 6:30-8pm at VPE
 Register at: www.townofvulcan.ca/recreation
Moms & Tots - 10:30 am. Vulcan Church of Christ basement

Thursdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Chess at the Vulcan Library- 2:10-5:00pm
Get-A-Way Youth Centre - Open 3:30-6pm 403-485-6033
Teen Night at the Youth Centre– 13+ Open 6:30-9:00pm
Farmers Market at the Vulcan Legion. 3-6pm. Ongoing until Thanksgiving

Fridays

Community Pickleball - Ages 16+ 2:00-4:00pm at VPE
 Register at: www.townofvulcan.ca/recreation
Get-A-Way Youth Centre - Open 12:30-6pm **Free lunch is served 12:30 - 1pm**
 105A 3rd Ave.S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

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

Sunday

Community Pickleball - Ages 16+ 3:30-5:30pm at VPE
 Register at: www.townofvulcan.ca/recreation

Monday - Saturday

Vulcan Senior Centre
 -Men's Pool - 9am - 12pm
 -Ladies' Coffee Drop-in 10am - 11am
Champion Pioneer Club - Coffee 9:30-11:30. Membership \$25

Support Groups

Mondays - SMART Recovery

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

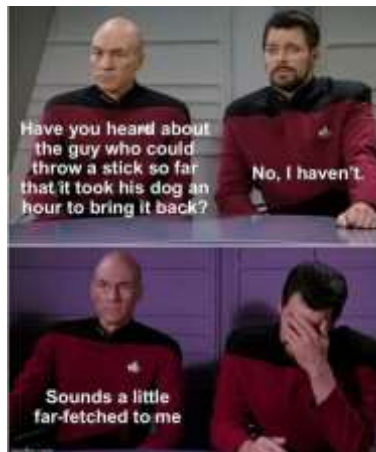
AA - Alcoholics Anonymous

Every Tuesday and Thursday Meetings are at 8pm
 Contact Gary at 403-485-5818

AI-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.



October 13
November 10
December 8

Community Bingo Night in Vulcan
 Second Friday Every Month

Vulcan Senior Citizen Centre

Doors open 6:00 pm
 Bingo at 7:00 pm

EVERYONE WELCOME!

Minors who are accompanied by an adult must play

Trivia Answers:

1. Elton John
2. Bats
3. Canada at 23%

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

220 Centre Street, Vulcan.
403-485-2854

Food Bank Wish List

Boxed Mac & Cheese
 Granola Bars
 Fresh Fruits and Vegetables
 Milk/Yogurt/Cheese
 Peanut Butter
 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 9am – 4:30pm
We can accept some items past the best-before dates. Call to check if you are unsure.

Are you new to the community?

Welcome! The Vulcan Lionette Community Connection

would like to help by providing you with the civic information you may need to familiarize yourself with the local community including:

Local map, recycling, library, recreation facilities, clubs and organizations and coupons from local businesses.

Call Joyce@403-485-6802 or Marg @ 403-485-2046