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“Life is like riding a bicycle. To keep your balance you must keep moving.”

Albert Einstein



For all your financial needs, call 403.485.2268 today!!

The Seniors Home Adaptation and Repair Program (SHARP)

Provides low-interest home equity loans for home repairs, adaptations and renovations that help seniors:

- *Remain independent in their homes.
- *Be safe in their homes.
- *Adapt and modify their homes to improve accessibility and mobility.
- *Improve the energy efficiency of their homes.

Danielle Burger, Alberta Seniors Housing Stakeholder Engagement Advisor, SW Region, will be available at FCSS Meeting Room, 105B 3rd Ave S., Vulcan, May 25, 2017 from 2-4pm to explain the program and answer questions. Please join us for the event.



Brought To You By:

Vulcan & Region Family and Community Support Services (F.C.S.S.)

- Director: Carrol Thomson
- Senior Supports: Claire Kuchel-Klassen
- Community Liaison/VIABLE Coordinator: Wendy Theodore
- Reception/Food Bank: Brenda English/ Tammy Wallace
- VIABLE: Laurie Brandon
- Youth & Community Coord: Roxanne Lambert
- Youth Centre SS: Sandy Heldt

Contact Us At:
105B-3 Ave S.
Box 594
Vulcan, AB, T0L 2B0
403-485-2192
403-485-2106
Fax: 403-485-6043
vulcanandregionfcss.com

To advertise, please email Claire, at fcsshs@telus.net before 3 pm Monday prior to publication.

VULCAN COMMUNITY GARDEN PLOTS

Would you like to grow your own vegetables, but don't have room in your yard???
We have plots available for you to rent!

Rental Plots available for 2017 Growing Season;
10 x 10 - \$25
10 x 20 - \$35



Application Forms available at FCSS (105B - 3 Ave.S), 403-485-2192 Home Hardware, or email Kim @ Vulcan_eccoalition@hotmail.com

Act4Health



Container Gardening Workshop

Vulcan Senior Centre
May 24, 2017
6:30-8:30pm

Tickets \$5 available @
Vulcan Library.

Vulcan Regional Food Bank Society



WISH LIST

- *Instant Oatmeal
- *Jam/Jelly (any size)
- *Mayonnaise
- *Salad Dressing
- *Crackers
- *Wax Beans
- *Fruit Snacks
- *Evaporated Milk
- *Jello/ Jello Pudding
- *Cookies
- *Mustard*Relish*Ketchup
- *Laundry Detergent
- *Dish Soap
- *Shampoo/ Conditioner
- *Toilet Tissue

Due to Health regulations, the Food Bank cannot accept homemade food. Please remember to check all dates on donated items. Thank you.

4th Annual Multicultural Dinner

to be held

Wednesday May 31, 2017 at Vulcan CRC.



DINNER 6:00 PM

ADVANCED TICKETS ONLY - AVAILABLE MAY 1
\$15 - Single / \$30 - Family

Tickets Available at:

Vulcan & Region FCSS - 403.485.2192

Market Street - 403.485.6955

SEEKING:

Cooks to prepare an ethnic dish

*All ingredients provided

*Single dinner ticket provided for each cook

Volunteers for set-up/ take-down, cooking/ dinner assistance, and clean-up.

Please contact FCSS at 403.485.2192

**An opportunity to enhance your cultural awareness and taste buds!
Great Fun for the Whole Family!**

Community Calendar

Every Sunday

Bethel Lutheran Church Worship 2nd & 4th Sunday @ 11:00 am.
 Vulcan Evangelical Missionary Church 11:00 am
 Vulcan Church of Christ 10:30 am
 St. Aldhelm's Anglican Church 11:00 am
 St. Andrew's Catholic Church 9:00am
 Vulcan United Church 11:00am
 Living Word Fellowship 10:00 am
 Vulcan Victory Church 11:00 am
 Champion Congregational Church 10:30 am
 Champion Evangelical Free Church 11:00 am
 Church of Jesus Christ of Latter-Day Saints, Champion 10:00am
Drop in Volleyball @ CRC 8:00pm - 9:30 pm \$2/ visit or pass



Every Monday

Day Time Pickleball 10:20-11:45 @CRC \$2/visit or pass.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
 Al-Anon Family Groups, 7:00-8:00pm, Adult Day Support Room, Vulcan Hospital(Basement)
Time for Rhymes @ Peter Dawson Lodge 9:30am
Get-A-Way Youth Centre open 4-8pm (Ages 10-18)

Every Tuesday

Alphabet Soup 9:30-11:30 @ Vulcan Church of Christ *Pre-registration only (403-485-3107)*
 Teddy Bear Club 10:00 to 11:30am at the Lodge Hall (Preschool kids &parents/caregivers).
Arrowwood Play Gym 10:30am- 12:00pm (for kids 0 - 6 and their parents/caregivers)
Champion Play Gym 10 - 11:30 am in Champion Legion
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome .
 Legion open from 11:30 am - 7:30 pm
 Coffee Time at the Vulcan Senior's Centre - 10:00a.m - Everyone Welcome!
Ball Hockey 3:30pm-4:30pm @VPE (FREE)
 Alcoholic's Anonymous at 8pm in the Lutheran Church basement.

Every Wednesday

Time for Rhymes @ Milo Library 9:30 am.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
Carmanagay Crafts & Quilting meets 9am - 12N @ Senior's Club
 Legion open from 11:30 am - 7:30 pm
 Crib at the Vulcan Legion 2:15 pm
Drop in Basketball 8:00 - 9:30 pm @ CRC (\$2/visit or pass).
Drop in Pickleball 7:00-8:30pm@VPE \$2/visit or pass.
Get-A-Way Youth Centre open 4-8pm (Ages 10-18).

Every Thursday

Time For Rhymes @ Champion Legion Hall 10 am
 Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome
Carmanagay Senior's Club open 2-4pm
 Carmanagay Seniors' Centre 2-4pm. Social Events ongoing.
BASIS Program @ CCHS 3:45 pm
 Legion open from 11:30 am - 7:30pm.
 Darts @ the Legion—7:00 pm
Drop in Volleyball 8:00pm - 9:30pm @CRC (\$2/visit or pass).
 Alcoholic's Anonymous at 8pm in the Lutheran Church basement.

Every Friday

Time For Rhymes @ Vulcan Library 10 am
Time For Rhymes @ Carmanagay Library 10am. Call 403-485-3107.
 Legion open from 11:30 am - 7:30 pm
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
 Second Friday of the Month—Stargazing at the Trek Center-7:30pm.
Get-A-Way Youth Centre open 2-8pm (Ages 10-18).

Monday—Friday Healy Heritage Art Centre will be open 10:00am- 4:00pm.

Every Saturday

"Meat Draw" - 3:00 pm at the Vulcan Legion
 Legion open from 11:30 am - 7:30 pm

This Week's Riddle
What does this represent?
BAN ANA



115-2nd Street South, Vulcan

- *CUSTOM MADE SANDWICHES
- *FAST FOOD & PIZZA
- *SMOOTHIE BAR - ICE CREAM
- *CUSTOM AUTO DETAILING

The Get-A-Way Youth Centre



Youth ages 10-18
Welcome to
join in the activities
Basement 105-3Ave S.

GALAXY YARDS

Licensed & Insured

- *Yard Clean-ups
- *Lawn cutting edging and trimming
- *Lawn aeration and power raking
- *Fertilizing
- *Rototilling
- *Hedge trimming



403-485-4185



Senior's Help Available
Inside and Yard Work
at reasonable prices.

Call Connie @
403-485-1651

Common Sense Natural remedies & Supplements

Leslie Collins, Shop Keeper

105 2nd Ave S.,
 Vulcan
 403-485-2045



A & W Vulcan Home of Family Burgers



Now hiring –
 Adult all positions
 Please submit resumes to
 avvulcan@telus.net
 403-485-2444



**2017 Personal Well-Being
 Lunch & Learn Series**
Vulcan FCSS Meeting Room - 105B - 3 Ave. South
12:05 - 12:55 pm / \$ 6 each session (includes lunch & beverage).

May2 - Meaning & Purpose
Registration Required by the Thursday prior to Workshop.
Please call FCSS at 403-485-2192 to register.

Presented by Bev Edwards, Vulcan Community Health Centre
Sponsored by Vulcan & Region FCSS

Mother's Day Tea & Bake Sale Friday, May 12

@
Vulcan Extindicare

Bake Sale at 1:30pm
Tea and Dessert to follow (at 2 pm)
Tea admission \$3:00 each



Donations of Baking Appreciated

Sponsored by Vulcan Extindicare Auxiliary Association