



# SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

APRIL 1 - 15, 2025

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
<b>Tuesday</b>						
April 1	Drone Operation	Community Core & Industrial Park	7 AM - 10 AM	N/A	604 - 796 - 6932	Infrastructure
April 1	Garbage Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
April 1	Aboriginal Head Start on Reserve	ECE	10 AM - 1 PM	N/A	604-793-5843	ECE
April 1	Walking Program	Elders College	12 - 1 PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
April 1	Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A		Youth
April 1	Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
April 1	Yoga	Fitness Centre	5 - 6 PM	YES	<a href="mailto:stefanie.richardson@seabirdisland.ca">stefanie.richardson@seabirdisland.ca</a>	Health
April 1	Optometry Clinic	Elders Lounge	9 AM - 6 PM	YES	604 - 798 - 3793	Health
<b>Wednesday</b>						
April 2	Recycling Day	Seabird	8 AM 4 PM	N/A	604-796-2177	Infrastructure
April 2	Exercise with Haley & Emerald	Fitness Centre	8 - 9 AM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
April 2	Optometry Clinic	Elders Lounge	9 AM - 6PM	YES	604 - 798 - 3793	Health
April 2	Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE

<b>Thursday</b>						
April 3	Aboriginal Head Start on Reserve	ECE	10 AM - 1 PM	N/A	604-793-5843	ECE
April 3	Recreation Drop-In	Fitness Centre	3 - 5 PM	N/A		Recreation
April 3	Yoga	Fitness Centre	5 - 6 PM	YES	<a href="mailto:stefanie.richardson@seabirdisland.ca">stefanie.richardson@seabirdisland.ca</a>	Health
<b>Friday</b>						
April 4	Youth fitness	Fitness Centre	3 - 6 PM	N/A		Recreation
<b>Saturday</b>						
April 5	Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
<b>Monday</b>						
<b>April 7</b>	Elders exercise with Bernie	Fitness Centre	9 - 11 AM	N/	604 - 798 - 0768 604 - 793 - 3198	Elders
<b>April 7</b>	Recreation Drop-In	Fitness Centre	3 - 5 PM	N/A		Recreation
April 7	Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
April 7	Indoor Soccer (16+)	Band Office Gym	7 - 9 PM	N/A		Recreation
<b>Tuesday</b>						
April 8	Garbage Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
April 8	Aboriginal Head Start on Reserve	ECE	10 AM - 1 PM	N/A	604-793-5843	ECE
April 8	Chair Yoga	Elders Lounge	10 AM - 1PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
April 8	Walking Program	Elders College	12 - 1 PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
April 8	Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A		Youth
April 8	Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
April 8	Yoga	Fitness Centre	5 - 6 PM	YES	<a href="mailto:stefanie.richardson@seabirdisland.ca">stefanie.richardson@seabirdisland.ca</a>	Health
April 8	Fire Practice	Fire Hall	7 - 9 PM	N/A		Fire Department

<b>Wednesday</b>						
April 9	Recycling Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
April 9	Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
April 9	Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
April 9	Recycling Day	Seabird	8 AM - 4 PM	N/A	607 - 796 - 2177	Infrastructure
April 9	Elders exercise with Bernie	Fitness Centre	9 - 11 AM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
<b>Thursday</b>						
April 10	Aboriginal Head Start on Reserve	ECE	10 AM - 1 PM	N/A	604-793-5843	ECE
April 10	Walking Program	Elders College	12 - 1PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
April 10	Recreation Drop-In	Fitness Centre	3 - 5 PM	N/A		Recreation
April 10	Tv Bingo	Elders College	5 - 8 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
April 10	Yoga	Fitness Centre	5 - 6 PM	YES	<a href="mailto:stefanie.richardson@seabirdisland.ca">stefanie.richardson@seabirdisland.ca</a>	Health
<b>Friday</b>						
April 11	Exercise with Haley & Emerald	Fitness Centre	8 - 9 AM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
April 11	Card Games	Fitness Centre	10 - 11 AM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
April 11	Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A		Youth
April 11	Youth fitness	Fitness Centre	3 - 6 PM	n/a		Recreation
<b>Saturday</b>						
April 12	Pancake Breakfast	SICS Playground	11AM - 1 PM	N/A	604 - 796 -3061	Education
April 12	Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
<b>Monday</b>						
April 14	Elders exercise with Bernie	Fitness Centre	9 - 11 AM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
April 14	Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
April 14	Recreation Drop-In	Fitness Centre	3 - 5 PM	N/A		Recreation

Tuesday						
April 15	Garbage Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
April 15	Aboriginal Head Start on Reserve	ECE	10 AM - 1 PM	N/A	604-793-5843	ECE
April 15	Chair Yoga	Elders Lounge	10 AM - 1 PM	N/A	604-798-0768 604-793-3198	Elders
April 15	Walking Program	Elders College	12 - 1 PM	N/A	604-798-0768 604-793-3198	Elders
APRIL 15	Yoga	Fitness Centre	5 - 6 PM	YES	<a href="mailto:stefanie.richardson@seabirdisland.ca">stefanie.richardson@seabirdisland.ca</a>	Health
April 15	Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
April 15	Fire Practice	Fire Hall	7 PM - 9 PM	N/A		Fire Department
Wednesday						
April 16	Recycling Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
April 16	Hamper Day	Seabird Gym	9 AM - 6 PM	N/A	604-798-0768	Events
April 16	Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
April 16	Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604-796-2177	Nutrition
April 16	Sq'ewqel Band Quarterly Band Meeting	Seabird Gym	5 - 8 PM	N/A	604-796-2177	Chief & Council

**Out of School Care (OOSC), 3:00 - 5:00 PM Weekdays with Megan Louis, 604-796-7184**

