



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

MAY 1 - 15, 2025

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Thursday , May 01					
Major Garbage	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
Maternal Child Health Drop-ins	Seabird Island Band Office	12 - 2 PM	N/A	604 - 845 - 5667	MCH
Walking Program	Elders College	12 - 1 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A	604-796-2177	Youth
Women's Yoga	Fitness Centre	5 - 6 PM	N/A	604-796-2177	Fitness
Youth Jiu Jitsu	School Gym	6 - 7 PM	YES	Robert.mb@sea-birdisland.ca	Fitness
Friday , May 02					
Recycling Day	Seabird	8 AM 4 PM	N/A	604-796-2177	Infrastructure
SICS High School	Fitness Centre	10 - 11 AM	N/A	604-796-2177	Fitness
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
Crafting	Elders College	10 - 12 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Youth Fitness	Fitness Centre	3 - 5 PM	N/A	604-796-2177	Fitness
Volleyball & Basketball	Band Gym	5 - 7 PM	N/A	604 - 796 - 2177	Recreation
Indoor Sports 16+	Band Gym	7 - 9 PM	N/A	604 - 796 - 2177	Recreation
Saturday, May 03					
Women's Fitness	Fitness Centre	10 - 1 PM	N/A	604-796-2177	Recreation
Sunday, May 04					

Monday, May 05

Red Dress Gathering	Band Gym	11:30 - 2 PM	N/A	604 - 796 - 2177	Mental Health
Elders Fitness	Fitness Centre	9 - 12 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Drop-in	Band Gym	3 - 5 PM	N/A	604 - 796 - 2177	Fitness
Pickleball	Band Gym	6 - 7 PM	N/A	604 - 796 - 2177	Recreation
Indoor Soccer	Band Gym	7 - 9 PM	N/A	604 - 796 - 2177	Recreation

Tuesday, May 06

SICS High School	Fitness Centre	10 - 11 AM	N/A	604 - 796 - 2177	Fitness
Garbage Day	Seabird	8 AM - 4 PM	N/A	604-796-2177	Infrastructure
Walking Program	Elders College	12 - 1 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Pre & Post Natal in person drop-in	Elders Room	12 - 2PM	YES	Hailey Hague 604 - 798 - 1378	MCH
Youth Jiu Jitsu	School Gym	4:30 - 5:30 PM	YES	Robert.mb@sea-birdisland.ca	Fitness
Women's Fitness	Fitness Centre	5 - 8 PM	N/A	604 - 796 - 2177	Fitness
Wellbriety	Stó:lō Tribal Council	7 - 8 PM	N/A	604 - 795 - 0875 604 - 997 - 5669	Mental Health
Fire Practice	Fire Hall	7 - 9 PM	N/A		Fire Department

Wednesday, May 07

Recycling Day	Seabird	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
Abbotsford Seniors EXPO	Elders College	10 AM - 3 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Pride Fitness	Fitness Centre	5 - 6 PM	N/A	604 - 796 - 2177	Fitness

Thursday, May 08

Acupuncture Clinic	Band Office	10 - 4 PM	YES	604 - 796 - 2165	Health
Women's Fitness	Fitness Centre	5 - 8 PM			Fitness

Walking Program	Elders College	12 - 1 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Maternal Child Health Drop-ins	Seabird Island Band Office	12 - 2 PM	N/A	604 - 845 - 5667	MCH
Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A		Youth
TV Bingo	Elders College	5:30 - 7 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Women's Yoga	Fitness Centre	5 - 6 PM	N/A	604 - 796 - 2177	Fitness
Women's Fitness	Fitness Centre	5 - 8 PM	N/A		Recreation
Friday, May 09					
SICS High School	Fitness Centre	10 - 11 AM	N/A	604 - 796 - 2177	Fitness
Youth Fitness	Fitness Centre	3 - 5 PM	N/A	604-796-2177	Fitness
Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
Recycling Day	Seabird	8 AM - 4 PM	N/A	607 - 796 - 2177	Infrastructure
Mothers' Day Crafting with Nikki Larock	Elders College	9 - 3 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Volleyball & Basketball	Band Gym	5 - 7 PM	N/A	604 - 796 - 2177	Recreation
Indoor Sports 16+	Band Gym	7 - 9 PM	N/A	604 - 796 - 2177	Recreation
Saturday, May 10					
SICS High School	Fitness Centre	10 - 11 AM	N/A		Fitness
TV Bingo	Elders College	5 - 8 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Sunday, May 11					
Youth Centre Drop-in	Youth Centre	3 - 8 PM	N/A		Youth
Volleyball & Basketball	Band Gym	5 - 7 PM	N/A		Fitness
Indoor Sports	Band Gym	7 - 9 PM	N/A		Fitness
Monday, May 12					
Elders Fitness	Fitness Centre	9 - 12 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Drop -in	Band Gym	3 - 5 PM	N/A	604 - 796 - 2177	Fitness
Pickleball	Band Gym	6 - 7 PM	N/A	604 - 796 - 2177	Recreation
Tuesday, May 13					
Garbage Day	Seabird	8 AM - 4 PM	N/A	604 -796 -2177	Infrastructure
SICS High School	Fitness Centre	10 - 11 AM	N/A	604 -796 -2177	Fitness
Walking Program	Elders College	12 - 1 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Youth Jiu Jitsu	School Gym	4:30 - 5:30 PM	YES	Robert.mb@sea-birdisland.ca	Fitness
Women's Fitness	Fitness Centre	5 - 8 PM	N/A	604 - 796 - 2177	Fitness

Fire Practice	Fire Hall	7 - 9 - PM	N/A		Fire Department
Wellbriety	Stó:lō Tribal Council	7 - 8 - PM	N/A	604 - 795 - 0875 604 - 997 - 5669	Mental Health
Wednesday, May 14					
Recycling Day	Seabird	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure
Elders Fitness	Fitness Centre	9 - 11 AM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
Lands Referendum Community Meeting	Band Gym	5 - 7 PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
Pride Fitness	Fitness Centre	5 - 6 PM	N/A	604 - 796 - 2177	Fitness
Indoor Soccer 16+	Seabird Band Gym	7 - 9 PM	N/A	604 - 796 - 2177	Fitness
Thursday, May 15					
Optometry Clinic	Elders Lounge	9 - 6 PM	YES	604 - 796 - 2177	Health
Walking Program	Elders College	12 - 1 PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
Sacred seed online zoom	Online	1 - 3 PM	N/A	via zoom https://fnha.zoom.us/j/5996091964 Hailey Hague 604 - 798 - 1378	MCH
Women's Yoga	Fitness Centre	5 - 6 PM	N/A	604 - 796 - 2177	Fitness
Youth Jiu Jitsu	School Gym	6 - 7 PM	YES	Robert.mb@seabirdisland.ca	Fitness

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



Sq'ewqel
Seabird Island

Make Your Voice Count

VOTE!
in the Referendum

June 2, 2025

SCAN ME

**YOUR VOICE
YOUR VOTE
YOUR FUTURE**

For more information scan the QR code above, send an email to astoc@seabirdisland.ca or visit <https://www.seabirdisland.ca/referendums-elections/>

VOTE ✓ YES to extend these leases and help Seabird GROW.

We Ask for Your Support – Vote for Growth in Our Community, for Our People!

We encourage all members to come out and vote in favour of sustainable growth that benefits our community and future generations.

1. BC Housing Lease – NEW HOMES for Band Members

- A 42-year lease to Seabird Housing will allow the loan for these homes to be forgiven, saving the community millions of dollars.
- This project is aimed at providing low-income housing exclusively for Band Members, addressing urgent housing needs.

2. AE Concrete Lease Extension – 75 Years of Revenue & Opportunity

- A lease for 75 years brings \$80,000 per month in rent and taxes to Seabird.
- AE Concrete is hiring Band and Community Members and investing in quality infrastructure.
- As one of our first business park tenants, their success sets the stage to attract more partnerships and ensure Seabird's economic growth and self-reliance.