



# SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

## SQ'ÉWQEL SCHEDULE

MAY 15 - 31, 2025

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
<b>Friday , May 16</b>					
Recycling Day	Seabird	8 AM 4 PM	N/A	604-796-2177	Infrastructure
Recycle Event	Seabird College Parking Lot	8 - 4 PM	N/A	604-796-2177	Infrastructure
Optometry Clinic	Elders Lounge	9 - 6 PM	YES	604-796-2177	Health
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
Drop-in	Band Gym	3 - 5 PM	N/A	604 - 796 - 2177	Recreation
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
<b>Saturday, May 17</b>					
Recycle Event	Seabird College Parking Lot	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure
Women's Fitness	Fitness Centre	10 - 1 PM	N/A	604-796-2177	Recreation
<b>Sunday, May 18</b>					
Recycle Event	Seabird College Parking Lot	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure
<b>Monday, May 19</b>					
Recycle Event	Seabird College Parking Lot	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure

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 20					
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
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 21					
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
Elders Fitness	Fitness Centre	9 - 12 PM	N/A	604 - 796 - 2177	Fitness
Pride Fitness	Fitness Centre	5 - 6 PM	N/A	604 - 796 - 2177	Fitness
Women’s Group	STCB	5 - 7 PM	N/A	604 - 796 - 2177	Health
MCH Youth Drop-in	Seabird Island Band Office	2:45 - 4:15 PM	N/A	604 - 845 - 5667	MCH
Thursday, May 22					
Women’s Fitness	Fitness Centre	5 - 8 PM	N/A	604-796-2177	Fitness
Walking Program	Elders College	12 - 1 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders

MCH Workshop	Seabird Island Band Office	1 - 3 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
Youth Jiu Jitsu	School Gym	6 - 7 PM	YES	Robert.mb@sea-birdisland.ca	Fitness
Friday, May 23					
SICS High School	Fitness Centre	10 - 11 AM	N/A	604 - 796 - 2177	Fitness
Crafting	Elders College	10 - 12 PM	N/A	604 -798 - 0768 604 - 793 - 3198	Elders
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
Youth Fitness	Fitness Centre	3 - 5 PM	N/A	604-796-2177	Fitness
Drop-in	Band Gym	3 - 5 PM	N/A	604 - 796 - 2177	Recreation
Elders Meals On Wheels	Seabird	DINNER TIME	N/A	604 - 796 - 2177	Nutrition
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 24					
Festival	Seabird	8 - 6 PM	N/A	604 - 796 - 2177	Events
Women’s Fitness	Fitness Centre	10 - 1 PM	N/A	604 - 796 - 2177	Fitness
Sunday, May 25					
Festival	Seabird	8 - 6 PM	N/A	604 - 796 - 2177	Events
Monday, May 26					
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 27					
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 28					

Recycling Day	Seabird	8 - 4 PM	N/A	604 - 796 - 2177	Infrastructure
Grocery Shop	Elders College	9 - 2:30 PM	YES	604 - 798 - 0768 604 - 793 - 3198	Elders
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
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
Women's Group	STCB	5 - 7 PM	N/A	604 - 796 - 2177	Health
<b>Thursday, May 29</b>					
Walking Program	Elders College	12 - 1 PM	N/A	604 - 798 - 0768 604 - 793 - 3198	Elders
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

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

**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.

**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.



**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 [eatoc@seabirdisland.ca](mailto:eatoc@seabirdisland.ca) or visit <https://www.seabirdisland.ca/referendums-elections/>