



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

NOVEMBER 16 - 30, 2025

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Sunday, November 16					
Monday, November 17					
Elders Fitness	SIB Gym	9 AM - 12 PM		Robert McNeil-Bobb	Recreation
NAAW Lunch / Rock Painting/ Guest speaker	Health Boardroom	10 AM - 3 PM	N/A	604-796-6813	Events
Community Dinner	Mill Hall	6 PM		Randy Wheeler	Health
Tuesday, November 18					
Garbage Day	Seabird	8:30 AM - 4 PM	N/A	604-796-7163	Infrastructure
Head Start Program	ECE	10 - 1 PM	N/A	Francine Kelly 604-845-0098	ECE
Lunch & Learn: Gambling	SIB Gym	12 - 1:00 PM	N/A	Doctor Reception	Health
Parents in Control	ECE	4 - 5 PM	N/A	Nadine Knelsen	ECE
Women's Fitness	SIB Gym	4 PM - 6 PM		Robert McNeil-Bobb	Recreation
Fire Practice	Fire Hall	7 - 9 PM	N/A		Fire Department
Wednesday, November 19					
Recycling Day	Seabird	8:30 AM - 4 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9 AM - 12 PM		Robert McNeil-Bobb	Recreation
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECD
NAAW Sobriety Dinner	Band Gym	5 - 7 PM	N/A	604-796-6813	Events
NAAW Dance - Outlaw & Lace Live Band	Band Gym	7 PM	N/A	604-796-6813	Events
Thursday, November 20					
NAAW Pancake Breakfast	Mill Hall	8:30 AM	N/A	604-796-6813	Events
NAAW Walk	Mill Hall	10 AM	N/A	604-796-6813	Events
Head Start Program	ECE	10 - 1 PM	N/A	Francine Kelly 604-845-0098	ECE

Friday, November 21					
High School Fitness	SIB Gym	10 AM - 11 AM		Robert McNeil-Bobb	Recreation
Saturday, November 22					
Women's Fitness	SIB Gym	10 AM - 12 PM			Recreation
Youth Program: Module 2	Seabird College Room #6	1 - 3 PM	YES	youthprogram@seabirdisland.ca	Youth Program
Sunday, November 23					
Monday, November 24					
Elders Fitness	SIB Gym	9 AM - 12 PM		Robert McNeil-Bobb	Recreation
Tuesday, November 25					
Garbage Day	Seabird	8:30 AM - 4 PM	N/A	604-796-7163	Infrastructure
Head Start Program	ECE	10 - 1 PM	N/A	Francine Kelly 604-845-0098	ECE
Craft & Lunch	Community Health Room	10:30 AM - 2 PM	RSVP	Tiffany Silver 604-798-5271	Community Health
Women's Fitness	SIB Gym	4 PM - 6 PM		Robert McNeil-Bobb	Recreation
Fire Practice	Fire Hall	7 - 9 PM	N/A		Fire Department
Wednesday, November 26					
Recycling Day	Seabird	8:30 AM - 4 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9 AM - 12 PM		Robert McNeil-Bobb	Recreation
Reiki With Charmine Harris	Seabird Island Band Office	9 AM - 4 PM	YES	604-796-2165	Health
Someone So Small	ECE	10 - 11:30 AM	N/A	604-997-3064	ECE
Pride Fitness	SIB Gym	4 PM - 6 PM			Recreation
Thursday, November 27					
Head Start Program	ECE	10 - 1 PM	N/A	Francine Kelly 604-845-0098	ECE
High School Fitness	SIB Gym	10 AM - 11 AM		Robert McNeil-Bobb	Recreation
Candlelight Vigil	Elders Lounge	5 - 7 PM	N/A	Linda Forseth	Health
Friday, November 28					
High School Fitness	SIB Gym	10 AM - 11 AM		Robert McNeil-Bobb	Recreation

Saturday, November 29

Women's Fitness

SIB Gym

10 AM - 12 PM

Robert McNeil-Bobb

Recreation

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

We are accepting nominations for individuals living a sober lifestyle, including Youth.

You are welcome to nominate yourself or someone you know.

Nominees will be recognized at the **Sobriety Dinner** on **Wednesday, November 19, 2025**

This includes, but is not limited to, alcohol, cannabis, tobacco (including vaping), gambling, illicit drugs, inhalants, and the misuse of prescription medications etc.

Join Us for a Week of Hope & Healing

Let's come together to raise awareness, reduce stigma, and celebrate sobriety within our community. Experience a week of heartfelt events filled with conversation, learning, and support. No matter where you are on your journey, you belong here.

Shxwoxwelstexw Te S'áylexw
Honouring Wellness



To Nominate, Scan QR Code, Click the Link on FB or Pick-up a form at the Band Office.

Deadline to submit: November 12, 2025

For more information, contact Events: 604-796-6813



**NATIONAL
ADDICTIONS
AWARENESS
WEEK**

NOVEMBER 17-20, 2025

MONDAY

Nov 17, 2025

Lunch, Rock Painting & Guest Speaker (Health Boardroom) 10 AM- 3 PM

Community Dinner (Mill Hall) 6 PM

TUESDAY

Nov 18, 2025

Lunch & Learn with Dr. Fox (Band Gym) 12 PM

WEDNESDAY

Nov 19, 2025

5 PM Sobriety Dinner
6 PM Recognition of Sobriety
7 PM Outlaws & Lace – Live Band (Band Gym)

THURSDAY

Nov 20, 2025

8:30 AM Pancake Breakfast

10 AM Sobriety Walk (Mill Hall)

Sq'ewqel (SEABIRD ISLAND BAND) **Annual Christmas Hamper & Gift Card Update**



PICK UP:

**December 17, 2025
between 9:00 AM - 6:00 PM**

LOCATION:

Seabird Band Office Gym



SEABIRD ISLAND FIRE DEPARTMENT'S ANNUAL CHRISTMAS FOOD DRIVE

TUESDAY, DECEMBER 9, 2025

DOOR-TO-DOOR COLLECTIONS WILL BEGIN AT 6:00 PM

Important Reminder:

*Kindly check the expiry date of your donation to ensure it does not expire before **December 31, 2025**.*





Sq'éwqel (SEABIRD ISLAND BAND) Community Christmas Dinner Nights

*You are invited to join us for our Annual Community Christmas Dinner Nights
filled with family fun, great food, and holiday spirit!*

DATES & THEMES

TUESDAY, DECEMBER 2

Christmas Pajama Party & Polar Express Night
*Wear cozy pajamas, robe, flannel shirts, onesies, or
conductor outfit and hats*

WEDNESDAY, DECEMBER 3

Winter Wonderland & Ugly Sweater Night
*Wear Ugly Sweaters, winter sparkle,
or snow-themed outfits*

SEABIRD ISLAND BAND GYM

Doors Open: 4:30 PM

Dinner Served: 5:00 PM

EVENING HIGHLIGHTS

Holiday Train
Hot Cocoa Bar
Santa Photos (pick-up hamper day)
Letter Writing to Santa
Toys for Children (ages 0–9)
Gift Cards for Youth (ages 10–18)
Door Prizes for Adults

DOOR PRIZE TICKETS

- Bring your own plate and cutlery – 1 ticket
- Bring non-perishable food items for the Food Bank
– 1 additional ticket

This event is open to Seabird Island Band Members and community residents.
Come celebrate the season, enjoy a warm meal, and make memories with family and friends!
We look forward to seeing you there!



RSVP REQUIRED

Please RSVP by November 30, 2025 to help us plan meals and gifts.

- Scan QR Code to complete the RSVP form
- Click the link [Sq'éwqel Annual Community Christmas Dinner – Fill out form](#)
- Call Janean: 604-796-6922
- Email: events@seabirdisland.ca



SqDC
Sqéwqel Development Corporation



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