



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

APRIL 16 - 30, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Thursday, April 16					
Major Garbage Surrounding Community	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Optometry Clinic	Seabird Band Office	9:00 AM - 6:00 PM	YES	Brittani Fontaine 604-991-0818	Clinical Health
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Chair Exercise / Walking Program	Elders College	10:45 AM - 12:00 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Sacred seed	Online zoom	1:00 PM-3:00 PM	NO: ALL WELCOME	Hailey 604-798-1378	Maternal Child Health
Friday, April 17					
Optometry Clinic	Seabird Band Office	9:00 AM - 6:00 PM	YES	Brittani Fontaine 604-991-0818	Clinical Health
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO: ALL WELCOME	Wendy 604-793-8926	Resilience & Prevention
Smoking Cessation Chat	SIB Mill Hall	12:00 PM - 2:00 PM		Cheyenne Gardner	Health
Saturday, April 18					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, April 19					
Monday, April 20					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	SIB Gym	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Tuesday, April 21

Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team

Wednesday, April 22

Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Judith Dela Vega/Olivia Sears	ECD
Pre + Post Drop-in	ECD Building	10:00 AM - 12:00 PM		Diana 604-997-4084	ECD
Pride Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	SIB Gym	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Thursday, April 23

Lab Clinic	Seabird Band Office	8:30 AM - 10:30 PM		DROP IN	Clinical Health
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Accupunture Clinic	Seabird Band Office	10:00 AM - 4:00 PM	YES	By Appointment 604-796-2165	Clinical Health
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Chair Exercise / Walking Program	Elders College	10:45 AM - 12:00 PM			Health
Infant CPR	Big Motor Room: 8250 Charles Dr	5:00 PM-7:00 PM	PRE- REGISTER	Hailey 604-798-1378	Maternal Child Health
Women's Empowerment Group	Community Health Room	5:00 PM-7:00 PM	NO: ALL WELCOME	Wendy 604-793-8926	Resilience & Prevention
Meals on Wheels				604-798-2936	Nutrition Team

Friday, April 24

Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention

Saturday, April 25

Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
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Sunday, April 26

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Monday, April 27					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	SIB Gym	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Tuesday, April 28					
Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Service Canada & CRA Clinic		10:00 AM - 2:30 PM		Emerald John Haley Walker	Elders
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team
Wednesday, April 29					
Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Hamper Pick-up	Band Office Gym	9:00 AM - 6:00 PM		events@seabirdisland.ca 604-796-6922	Events
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Judith Dela Vega/Olivia Sears	ECD
Pride Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Thursday, April 30					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Chair Exercise / Walking Program	Elders College	10:45 AM - 12:00 PM			Health
TV Bingo	Elders College	5:30 PM - 8:00 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team

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

HAMPER PICK-UP:

NEW DATE *Sihíxws*, APRIL 29 WEDNESDAY
9 AM - 6 PM
BAND OFFICE GYM

DELIVERY FOR ELDERLY:
CONTACT HALEY AT 604-798-0768

FOR MORE DETAILS, PLEASE CONTACT EVENTS AT: 604-796-6922 or events@seabirdisland.ca
TO UPDATE YOUR INFORMATION OR IF YOU CHANGED RESIDENCES, PLEASE CONTACT MEMBERSHIP AT: membership@seabirdisland.ca

VOLUNTEERS NEEDED:

Yilá:welhát, APRIL 27 AT 1:00 PM MONDAY

Stheméls, APRIL 28 AT 9:00 AM TUESDAY

Sihíxws, APRIL 29 AT 9:00 AM WEDNESDAY

SEABIRD ISLAND FESTIVAL



MAY 30 -31, 2026

WAR CANOE CLUBS
PRE-REGISTER FOR
FOOD HAMPER

REGISTRATION NOW OPEN!

CHECK OUT www.seabirdfestival.ca

- Food Trucks Vendor Fee \$350
- \$500 Men's Soccer
- Arts/Crafts Vendor Fee \$175
- \$350 Women's 7-a-side
- Non-Profit Booth \$100
- \$350 16U/13U/10U
- Parking \$10
- \$250 7U
- Camping \$20
- \$100 5U

etransfer@seabirdisland.ca
 Password: Festival
 Message: Age Bracket/Team Name

Deadline to Register May 8, 2026 at 4 PM
 Contact: Events Department, events@seabirdisland.ca
 604-796-5176

sq'ewqel



SAVE THE DATE

The start of four referendums
of public interest:

- * Membership Code
- * Election Code
- * Land Use Plan
- * Child & Family Jurisdiction

*Dinner and
Door Prizes*

SQ'ÉWQEL TÓWEL SQ'ÉPS
Seabird Island Town Meeting

April 21, 2026
5 PM - 8 PM

Seabird Island Band
GYM