



# SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

## SQ'ÉWQEL SCHEDULE

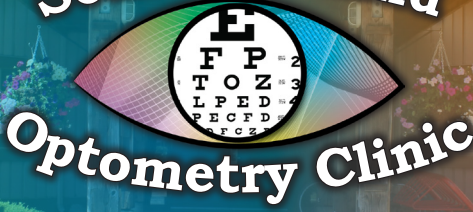
MAY 01 - 15, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
<b>Friday, May 01</b>					
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
<b>Saturday, May 02</b>					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
<b>Sunday, May 03</b>					
<b>Monday, May 04</b>					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Basketball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
<b>Tuesday, May 05</b>					
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
Tech Support	Elders College	10:00 AM - 1:00 PM			
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team
<b>Wednesday, May 06</b>					
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
Matchild Drop-in	ECE Building	10:00 AM - 1:00 PM			

Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
<b>Chief &amp; Council Swearing-In Ceremony</b>	Seabird Band Office Gym	5:00 PM			
Basketball	TBA	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	TBA	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
<b>Thursday, May 07</b>					
Major Garbage Community Core	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
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 - 2:30 PM			Health
Mother Floral Arrangements		4:00 PM - 6:00 PM			
Meals on Wheels				604-798-2936	Nutrition Team
<b>Friday, May 08</b>					
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
<b>Saturday, May 09</b>					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
<b>Sunday, May 10</b>					
<b>Monday, May 11</b>					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Basketball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
<b>Tuesday, May 12</b>					
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
<b>Wednesday, May 13</b>					
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

Tech Support	Elders College	10:00 AM - 1:00 PM			
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Basketball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
<b>Thursday, May 14</b>					
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 - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
<b>Friday, May 15</b>					
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

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



**Seabird Island  
Optometry Clinic**

**Dates:**  
May 28 & 29, 2026

**Time:**  
9:00 AM - 6:00 PM

**Place:**  
Seabird Band Office  
Elders Lounge


For an appointment please contact your Community Health Representative or  
**Brittani Fontaine**  
604 - 991 - 0818

- Adults eligible once every 2 years
- 0 - 18 eligible once a year
- 65+ eligible once a year

Enter the Band Office through the main door.

- Although not necessary, masks are advised.
- Are you ill or feeling under the weather?  
(Please reschedule your appointment.)

*Your cooperation and understanding are greatly appreciated.*




## Learn to WALK / RUN



To sign up for practise runs, join us starting at noon **April 27- May 01, 2026** to register in the Band Office Lobby.

**Monday - Friday** for the 3 weeks from **May 4<sup>th</sup> - 22<sup>nd</sup> 9:00 AM**

We're preparing for the Run for Water **5K and 10K** event on **May 24<sup>th</sup> 9:00 AM** in Abbotsford.

Every Friday afternoon we will have a draw for participants that week.

The final GRAND Prize will be a gift certificate of **\$150.00** (Band Member or Community Member) to go towards a new pair or runners from Sport Chek.

# SEABIRD ISLAND FESTIVAL

WAR CANOE CLUBS  
PRE-REGISTER FOR  
FOOD HAMPER



## MAY 30 -31, 2026

**REGISTRATION NOW OPEN!**

CHECK OUT [www.seabirdfestival.ca](http://www.seabirdfestival.ca)

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

[etransfer@seabirdisland.ca](mailto: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](mailto:events@seabirdisland.ca)

604-796-5176