



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

AUGUST 01-15, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Saturday, August 01					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, August 02					
Monday, August 03					
BC Day	Administration will be CLOSED Stat Holiday				
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
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Cancelled and will resume on August 10 th				
Tuesday, August 04					
Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Pre & Post Natal in person drop-in	Community Health Room	10:00 AM - 2:00 PM	NO	MCH 604-796-2165	MCH
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team
Wednesday, August 05					
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
Reiki	Doctor's Office	9:00 AM - 4:00 PM	YES	Doctor's Office	Health
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Thursday, August 06					
Major Garbage Community Core	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health

Introduction to Wool Weaving - Quarter Bags	College Room #07	5:30 PM - 7:00 PM	YES	Dianna Kay 604-796-2177	Language Vitality
Meals on Wheels				604-798-2936	Nutrition Team
Friday, August 7					
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, August 8					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, August 9					
Monday, August 10					
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
Tuesday, August 11					
Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team
Wednesday, August 12					
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
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Women's Empowerment Group	Mill Hall	5:00 PM - 7:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Introduction to Wool Weaving - Small Weavings	College Room #07	5:30 PM - 7:00 PM	YES	Dianna Kay 604-796-2177	Language Vitality
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Thursday, August 13					
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Friday, August 14					
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, August 15					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation