



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

JULY 01-15, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Wednesday, July 01					
Canada Day	Administration will be CLOSED Stat Holiday				
Thursday, July 02					
Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Friday, July 03					
Major Garbage Community Core	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Women’s Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Holistic Empowerment Care
Community Outing - Event is on July 18, 2026	Capilano Suspension Bridge Park	11:00 AM	YES RSVP BY JULY 03	Danielle Rigden 604-796-6854	ECE
Saturday, July 04					
Women’s Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, July 05					
Monday, July 06					
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, July 07

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, July 08

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
Pre & Post Natal in person drop-in	Big Motor Room	10:00 AM - 1:00 PM	NO	Hailey 604-798-1378	Maternal Child Health
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Sq'ewel Annual General Meeting	TBA	5:00 PM - 8:00 PM	NO		
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Thursday, July 09

Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Community Kitchen - Make and Take Smoothie Bags	Mill Hall	12:00 PM - 2:00 PM		Cheyenne Gardner 604-798-4836	Health
Women's Empowerment Group	Mill Hall	5:00 PM - 7:00 PM	NO	Wendy 604-793-8926	Holistic Empowerment Care
Meals on Wheels				604-798-2936	Nutrition Team

Friday, July 10

Pride Day	Track field	11:00 AM - 3:00 PM		Events	
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Holistic Empowerment Care

Saturday, July 11

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

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Monday, July 13

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, July 14

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, July 15					
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 Distribution	Band Office Gym	9:00 AM - 6:00 PM		events@seabirdisland.ca	
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

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

Sq'ewqel - Seabird Island

Hamper Volunteer and Distribution!

**Hamper distribution date:
Wednesday, July 15, 2026**

We are seeking volunteers to help pack and distribute food hampers for our community this July 2026.

Bring your energy and your smiles - let's make a difference together!

July 13 | 1:00 PM - 4:00 PM

July 14 | 9:00 AM - 4:00 PM

July 15 | 9:00 AM - 6:00 PM

Delicious meals provided for Volunteers!

Contact events@seabirdisland.ca

Sq'ewqel (Seabird Island Band)

CHIEF & COUNCIL BAND MEETING

AGM

Location
TBA

NEW DATE

WEDNESDAY

JUL

8

5:00 - 8:00 PM

REMINDER

Everyone in the community is warmly invited to attend.
Please note that the door prize draw is reserved for
Band Members.

**In person meeting, with
dinner starting at 5 PM**

