



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

AUGUST 16-31, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Sunday, August 16					
Monday, August 17					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Wellbriety	STC	4:30 PM - 5:30 PM	NO		Mental Health
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 18					
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 19					
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
Back to School - Carnival	Highschool Field	10:00 AM - 3:00 PM	N/A		
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 20					
Major Garbage Surrounding Community	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 - Small Weavings	College Room #07	5:30 PM - 7:00 PM	YES	Dianna Kay 604-796-2177	Language Vitality

Please note, all **SIB Gym** activities may be cancelled or moved this month due to Emergency Support Services in the Gym for the Wildfire Supports.

Paint Night	Community Health Room	6:00 PM - 8:00 PM	NO	events@seabirdisland.ca 604-793-5285	
Meals on Wheels				604-798-2936	Nutrition Team
Friday, August 21					
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, August 22					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Community PNE Outing	Depart Band Office	DATE HAS BEEN CHANGED TO AUGUST 28, 9:30 AM	YES	Robert McNeil-Bobb	Recreation
Sunday, August 23					
Monday, August 24					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Wellbriety	STC	4:30 PM - 5:30 PM	NO		Mental Health
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 25					
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 26					
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
Community PNE Outing	Drive Yourself	SEPT 01, 2026	YES	Robert McNeil-Bobb	Recreation
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 27					
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Friday, August 28					
Community PNE Outing	Depart Band Office	9:30 AM	YES	Robert McNeil-Bobb	Recreation
Women's Empowerment Group	Mill Hall	5:00 PM - 7:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention

Please note, all **SIB Gym** activities may be cancelled or moved this month due to Emergency Support Services in the Gym for the Wildfire Supports.

Saturday, August 29

Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
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Sunday, August 30

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Monday, August 31

Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Wellbriety	STC	4:30 PM - 5:30 PM	NO		Mental Health
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

Sq'ewqel - Seabird Island

Hamper Volunteer and Distribution Update!

**Our next
s'elhtel (food)
hamper
distribution date:
Wednesday,
October 7, 2026**

Thank you *sí:yá:m* (chiefs, respected leaders)
for sponsoring community s'elhtel hampers.

***We are seeking volunteers
to help pack and distribute
s'elhtel hampers for
our community.***

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

October 5 | 1:00 PM - 4:00 PM

October 6 | 9:00 AM - 4:00 PM

October 7 | 9:00 AM - 6:00 PM

Delicious meals provided for Volunteers!

Contact: events@seabirdisland.ca

Seabird Island Optometry Clinic

Dates:

September 17 & 18, 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**

Brittanif@seabirdisland.ca

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.

