



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

SEPTEMBER 16-30, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Wednesday, September 16					
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
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Judith Dela Vega/ Olivia Sears	ECD
Cultural Safety & Humility in Health Care System	The Mill Hall	12:00 PM - 2:00 PM		Cheyenne Gardner 604-798-4836	
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 Youth	Field with Lights	5:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	6:30 PM - 8:30 PM		Robert McNeil-Bobb	Recreation
Thursday, September 17					
Major Garbage Surrounding Community	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Optometry Clinic	Elders Lounge	9:00 AM - 6:00 PM		Brittani Fontaine 604-991-0818	Clinical Health
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Game Night	Band Office Gym	5:00 AM - 9:00 PM	NO	events@ seabirdisland.ca	Events
Meals on Wheels				604-798-2936	Nutrition Team

Friday, September 18

Optometry Clinic	Elders Lounge	9:00 AM - 6:00 PM		Brittani Fontaine 604-991-0818	Clinical Health
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, September 19

Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
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Sunday, September 20

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Monday, September 21

Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
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 Youth	Field with Lights	5:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	6:30 PM - 8:30 PM		Robert McNeil-Bobb	Recreation

Tuesday, September 22

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, September 23

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
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
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 - 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
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 Youth	Field with Lights	5:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	6:30 PM - 8:30 PM		Robert McNeil-Bobb	Recreation

Thursday, September 24					
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
Friday, September 25					
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, September 26					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, September 27					
Monday, September 28					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
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 Youth	Field with Lights	5:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	6:30 PM - 8:30 PM		Robert McNeil-Bobb	Recreation
Tuesday, September 29					
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, September 30					
National Day of Truth & Reconciliation	Administration will be CLOSED Stat Holiday				
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
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 Youth	Field with Lights	5:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	6:30 PM - 8:30 PM		Robert McNeil-Bobb	Recreation

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

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.

