



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

OCTOBER 01-15, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Thursday, October 01					
Recycling 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
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Friday, October 02					
Major Garbage Community Core	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
First Nations Hunting Rights Q&A	Band Office Foyer	8:30 AM - 3:30 PM	NO	Amy Vander Wyk & Brenon McIntyre	
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, October 03					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, October 04					
Monday, October 05					
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
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, October 06					
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, October 7					
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	
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Service Canada Clinic		10:00 AM - 2:00 PM			
Pre & Post Natal in person drop-in	Big Motor Room	10:00 AM - 1:00 PM	NO	Hailey 604-798-1378	MCH
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
Language Vitalization: Beading Sessions	Band Office: pending approval for rooms	5:30 PM - 8:00 PM		stephaniet@seabirdisland.ca or dianna@seabirdisland.ca	IGA
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Thursday, October 8					
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
Health Promotion Workshop: Beat The Fall Blues	Mill Hall	12:00 PM - 2:00 PM		Cheyenne Gardner	
Meals on Wheels				604-798-2936	Nutrition Team
Friday, October 9					
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, October 10					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Sunday, October 11					
Monday, October 12					
Thanksgiving	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
Tuesday, October 13					
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, October 14					
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
Climate Adaptation Strategy	Band Office Gym	5:00 PM - 6:30 PM		IGA Team	
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation
Thursday, October 15					
Major Garbage Surrounding Community	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
Sacred Seed	Online Microsoft Teams	1:00 PM - 3:00 PM	NO	Hailey 604-798-1378	MCH
Meals on Wheels				604-798-2936	Nutrition Team

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 Update!

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

Thank you siyám (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

ANNUAL GENERAL BAND QUARTERLY MEETING

Wednesday, October 21, 2026
Band Office Gym
5:00 PM



Sq'éwqel
Seabird Island Band