



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

OCTOBER 16-31, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Friday, October 16					
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Judith Dela Vega/ Olivia Sears	ECD
Gourd Painting & Baking Cookies	Youth Trailer	10:30 AM - 12:00 PM			
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, October 17					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Youth Drop-In (Accomodate 16 youths)	Mann Farms	TBD	YES BY OCT 14	604-798-8575	
Sunday, October 18					
Monday, October 19					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Readiness Training	Mill Hall	9:00 AM - 3:00 PM	YES	Megan Thomas megant@ seabirdisland.ca	Employment
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, October 20

Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Harvesting & Teachings of Pine & Chanterelle Mushrooms	Meet at Mill Hall	8:30 AM	YES	Brenon McIntyre 604-845-2330	
Readiness Training	Mill Hall	9:00 AM - 3:00 PM	YES	Megan Thomas megant@seabirdisland.ca	Employment
Head Start	OOSC/ HS Building	10:00 AM - 1:00 PM	YES	Francine Kelly	ECD
Coffee Scrub / Sugar Scrub Making	Elders College	1:00 PM - 3:00 PM			Elders
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 21

Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Readiness Training	Mill Hall	9:00 AM - 3:00 PM	YES	Megan Thomas megant@seabirdisland.ca	Employment
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
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Judith Dela Vega/ Olivia Sears	ECD
Youth Drop-In: Ceramic Painting	Youth Trailer	3:00 PM - 8:00 PM	YES BY OCT 14	604-798-8575	
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Annual General Meeting	Band Office Gym	5:00 PM	NO		
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
Language Vitalization: Beading Sessions	Band Office Boardroom	5:30 PM - 8:00 PM		stephaniet@seabirdisland.ca or dianna@seabirdisland.ca	IGA
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, October 22

Readiness Training	Mill Hall	9:00 AM - 3:00 PM	YES	Megan Thomas megant@seabirdisland.ca	Employment
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 - 3:00 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team
Game Night	Band Office Gym	5:00 PM - 9:00 PM		events@ seabirdisland.ca	Events
Friday, October 23					
Readiness Training	Mill Hall	9:00 AM - 3:00 PM	YES	Megan Thomas megant@ seabirdisland.ca	Employment
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 24					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Youth Drop-In: AESS Pow-Wow	Youth Trailer	TBA	YES BY OCT 14	604-798-8575	
Sunday, October 25					
Monday, October 26					
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, October 27					
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 28					
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
Someone So Small	Field Trip to Petey's	1:00 PM - 3:00 PM	YES	Judith Dela Vega/ Olivia Sears	ECD

Youth Drop-In: Pumpkin Carving	Youth Trailer	3:00 PM - 8:00 PM	YES BY OCT 14	604-798-8575	
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Language Vitalization: Beading Sessions	Band Office Boardroom	5:30 PM - 8:00 PM		stephaniet@ seabirdisland.ca or dianna@ seabirdisland.ca	IGA
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, October 29

Lab day (Mobile Life Labs)	Seabird Health Office	8:30 AM - 10:30 AM	NO	Doctor's Office	Health
Optometry Clinic	Band Office	9:00 AM - 6:00 PM		Amber Charlie	Health
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 - 3:00 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team

Friday, October 30

Optometry Clinic	Band Office	9:00 AM - 6:00 PM		Amber Charlie	Health
High School Fitness	SIB Gym	10:00 AM - 11:00 AM		Robert McNeil-Bobb	Recreation
Someone So Small	ECD Building	10:00 AM - 11:30 AM	YES	Janeen and CCRR visit	ECD
Card Games	Elders College	10:00 AM - 12:00 PM			
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention

Saturday, October 31

Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Youth Drop-In: Halloween Party	Youth Trailer	12:00 PM - 4:30 PM	YES BY OCT 14	604-798-8575	

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

**ANNUAL GENERAL BAND QUARTERLY
MEETING**

Wednesday, October 21, 2026

Band Office Gym 5:00 PM

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