



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

JANUARY 16 - 31, 2025

COMMUNITY INFRASTRUCTURE

ANIMAL WELLNESS GUARDIAN

- **Animal Wellness Committee**, first Wednesday of every month, 6:00 - 7:00 PM, SIB Office Main Boardroom

Contact: animal.services@seabirdisland.ca for more information.

- **Cat Spay/Neuter Vouchers** - email Animal Services to receive Cat Spay/Neuter voucher

PUBLIC WORKS (REMINDER NEW WEEKLY PICK-UP DAYS)

- **Garbage Day**: Every Tuesday

- **Major Garbage**: 1st Thursday of every month
Community Core (Feb 6)

- **Recycling Day**: Every Wednesday

- **Major Garbage**: 3rd Thursday of every month
Surrounding Area (Jan 16)

SEABIRD ISLAND FIRE DEPARTMENT

Fire Practice: Every Tuesday, 7:00 - 9:00 PM

INTER-GOVERNMENT AFFAIRS (NOW INCLUDING CULTURE AND COMMUNITY SERVICES)

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 16	TV Bingo (meal included)	College, Building #10	5:00 PM	Yes	Emerald John 604-793-3198	Elders
Jan 22	Turkey & Talk #3	Seabird Island Band Office	5:30 - 7:30 PM	No	Roy Bedford 604-8059	CCS
Jan 29	Grocery Shop	Chilliwack	9:00 AM - 2:30 PM	No	Emerald John 604-793-3198	Elders

ELDERS PROGRAM

- **Elders Meals on Wheels**, Mondays & Wednesdays
- **Elders Fitness**, Mondays & Wednesday
9:00 AM - 12:00 PM @ Fitness Centre
(Register with Robert McNeil-Bobb)

- **Elders Drop-in (College)**: Wednesdays, 10:00 AM - 2:00 PM
- **Elders Drop-in (College)**: Tuesdays, 12:00 - 2:30 PM

RECREATION PROGRAM

- **Drop-In**, Monday & Thursday, 3:00 - 5:00 PM
- **Zumba**, Monday, 5:30 - 6:30 PM
- **Indoor Soccer (16+)**, Monday, 7:00 - 9:00 PM
- **Chair Yoga**, Tuesdays, 10:00 - 11:00 AM, *Transportation available*, RSVP with Emerald John @ 604-793-3198
- **Women's Self-Defence Class**, Tuesday & Thursday, 7:15 - 8:15 PM (*For those who pre-registered; January 14 - February 27*)
- **Women's Fitness**, Tuesday & Saturday, 5:00 - 8:00 PM
- **Yoga**, Tuesday & Thursday, 5:00 - 6:00 PM, RSVP with Stefanie Richardson email: stefanie.richardson@seabirdisland.ca
- **Pride Fitness**, Wednesday, 6:00 - 8:00 PM
- **Volleyball/Pickleball**, Thursday, 5:00 - 7:00 PM
- **Indoor Sports (16+)**, Thursday, 7:00 - 9:00 PM
- **SICS Fitness**, Friday, 10:00 AM - 12:00 PM
- **Youth Fitness**, Friday, 3:00 - 6:00 PM

Closed on Stat Holidays.

All programs are in the Fitness Centre/or Gym.

For weight room drop-in, **registration** is required with Robert McNeil-Bobb by calling 604-796-8020

EARLY CHILDHOOD DEVELOPMENT

- **Out of School Care (OOSC)** 3:00 - 5:00 PM Weekdays with Megan Louis, 604-796-7184
- **Aboriginal Head Start on Reserve**, Tuesday & Thursday, 10:00 AM - 1:00 PM with Richelle Harzard, 604-793-5843
- **Someone So Small**, Wednesday, 10:00 - 11:30 AM with Judith Dela Vega, 604-997-3064

EDUCATION

SEABIRD COLLEGE

- **Graphic and Publishing (*Begins January 20, 2025*)**, Tuesday, 3:00 - 7:00 PM
- **Indigenous People's Knowledge (*Begins January 13, 2025*)**, Tuesday & Thursday, 5:00 - 8:00 PM
- **Early Childhood Education (*Begins January 20, 2025*)**, Monday - Friday, 9:00 AM - 2:00 PM
- **Digital Marketing (*Begins January 20, 2025*)**, Monday - Friday, 2:30 - 6:30 PM

To register or for more information on course, please contact Stephanie Smith: 604-796-6839

Email: colrecruit@seabirdisland.ca or stephanie.smith@seabirdisland.ca

YOUTH PROGRAM

- **Youth Centre Drop-in (13+)**: Tuesday & Friday, 3:00 PM - 8:00 PM

HEALTH

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 20	NAAW Dinner & Dance	Seabird Island Community School	5:00 - 9:00 PM	No	604-796-2177	Health
Jan 23	Lab Day / Diabetic Support	Sq'ewqel Health Office	8:00 AM- 10:00 AM	No	Health Office	Doctors

- **Income Assistance Check Day**: Last Wednesday of every month, 8:00 AM - 4:00 PM



Sq'ewqel Turkey & Talk #3

Seabird Island Band Needs to Hear Your Voice!

Enjoy a Turkey dinner, Door Prizes and Talk about Halq'emeylem Language Vitalization as we plan for the next 5 – 10 – 15 years

Wednesday, January 22, 2025
from 5:30 – 7:30 PM @ Band Office Gym

For more information about this community discussion opportunity, please contact Roy at 604-796-8059 or roy.bedford@seabirdisland.ca

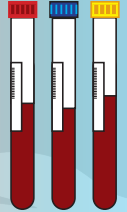
ó:xwestkw'e sháqwem te halq'emeylem
give breath to language

Lab Day / Diabetic Support (mobile life labs)

Who's eligible:

All Diabetics, and anyone needing their regular bloodwork with a requisition only.

- Fasting recommended, not required.
- Light Breakfast/Snacks provided to those who participate.



Drop-in, no appointment required.



Dates:

January 23, 2025

Future Dates

(April 24, July 24 & October 23)

Time:

8:00 - 10:00 AM

Place:

Sq'ewqel Health Office
(Seabird Island)

Please sign in with the Doctor's Reception (MOAs).

NATIONAL ADDICTIONS AWARENESS WEEK

Sq'ewqel warmly invites Elders, Community Members, Council, Families, Students, Staff and Partner-Communities to join our Community as we lift each other up in recognition and celebration of NAAW.

DINNER AND DANCE

Monday, January 20, 2025

Dinner & Dance 5 - 9 PM - Seabird Band Gym

- Welcome followed by Dinner at 5 PM
- Recovery Countdown from 6 - 7 PM
- "Outlaws & Lace" Live Band - Dance from 7 - 9 PM



For more information,
please contact
604 - 796 - 2177



Outlaws
& Lace



Sq'ewqel's (Seabird Island Band) Women's Yoga

Location:

Band Office Fitness Centre

Gentle Flow Yoga

**Every Tuesday
at 5:00 – 6:00 PM**

Beginner Friendly,
For Ages 16+

Rest and Restore

**Every Thursday
at 5:00 - 6:00 PM**

Please join the Facebook Group
"Seabird Mental Health – Yoga + Wellness"
for more information, updates and
to sign up for classes.



For more information, please contact Stefanie Richardson:
stefanie.richardson@seabirdisland.ca



SQ'ÉWQEL (SEABIRD ISLAND)

EMPLOYMENT SERVICES CAREER FAIR



**FREE ADMISSION
AND DOOR
PRIZES!!!**

BAND OFFICE GYM

2895 Chowat Road, Agassiz

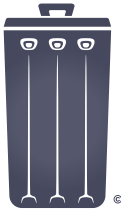
MARCH 12, 2025

10 AM - 2 PM

For more information, please contact Seabird Island Employment Services at: 604-796-6865



Garbage and Recycling 2025



**New Weekly
Pick-up Days
in 2025**



Major Garbage

Community core – First **Thursday** of every month.
Surrounding areas – Third **Thursday** of every month.

Please have your items on the road at the beginning of your scheduled week. Should you have any questions, please contact Demi Peters in the Public Works Program at 604-796-7163.

Garbage pick-up day is **Tuesday**, except when Tuesday is a holiday, then it moves to Wednesday.

Recycling pick-up is **Wednesday**, except when Tuesday is a holiday, then it moves to Thursday.

Garbage and recycling MUST be on the curb by 8:30 AM

If the trucks have already passed your home, the next pick up is **NOT** until the next week.

Public Works will **NOT** return later that day.

**COMING
SOON
2025**

Garbage bags must **NOT** be Extra Large Bags, as those could become a health hazard with the lifting weight requirements.

Recycling must **NOT** contain unaccepted materials. Mixed garbage and recycling goes to landfills only.

