

tem cháylhen (September) 10, 2026

Syétsm t'l'a Sxexelhnát

News of the Week

Some Important Upcoming Dates

Children's Oral Health Initiative (COHI) appointments begin (p. 22)	Sep 14th
SV Community Health & Immunizations Clinic (p. 23)	Sep 15th
4th Annual Elders' Open House (p. 13)	Sep 16th
Caring for Méhmen art circle (p. 14)	Sep 17th
SV Hearing Life Clinic (p. 24)	Sep 17th
Hi'yám Housing Board of Directors application deadline (p. 10)	Sep 18th
Honour Your Strength: Diabetes Wellness Circle	Sep 22nd
BioPed Pedorthist Clinic	Sep 24th
Nch'káy: Annual Gathering in Squamish Valley	Sep 25th
WLNG Open House	Sep 29th
Call for Artists: Elders Centre Welcome Figures application deadline (p. 11)	Sep 30th
SN Elders' Fall Market (p. 15)	Oct 3rd
Baby Ceremony 2026 (p. 16)	Oct 4th
SN Ticket Lottery application deadline (p. 12)	Oct 5th
West Van. Place for Sports: art submission deadline	Oct 15th
Sanala Planning Workshop begins (p. 17)	Oct 22nd

IA Declaration Day: September 16th, 2026
IA Cheque Day: September 30th, 2026



Syétsm t'l'a Sxexelhnát

News of the Week

Table of Contents

[Elders' Calendar](#) 3

Syétsm (News & Notices)

Bear Activity Notice 4

Forms

[Income Assistance \(IA\) forms](#) 5–6

[Medical Travel Info](#) forms..... 7–8

Yúustway: [Call for Knowledge Keepers](#)..... 9

Hiyám Housing: [Board of Directors application](#) 10

Nch'káy: [Señákw Call for Artists](#).....11

[SN Ticket Lottery](#) 12

Community Events

[Elders' 4th Annual Open House](#) 13

SV Caring for Méhmen [Art Circle](#) 14

[Elders' Fall Craft Fair](#).....15

[Baby Ceremony 2026](#).....16

Sanala Planning Workshop: [call for youth volunteers](#).....17

Sts'its'áp'newas (Employment & Future Skills)

Upcoming [training programs](#) 20

Yúustway (Health & Wellness)

[Fellowship of the Spirit \(AA\)](#) 21

Children's Oral Health Initiative (COHI) [September appointments](#) 22

Recreation

[Group Fitness](#) class (NEW) 25

Recreation: [More Info](#) 26–27



**Skwxwú7mesh
Úxwumixw**
Squamish Nation



SQUAMISH VALLEY
ELDERS

September 2026
tem cháylhen



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 Brunch	2 PNE	3	4	5 
6	7 Labour Day	8 10:30 Brunch Wayne Ma 11-3	9 Britannia Mine 10:30-3:30	10 Vanessa B Anits Respectful Relationships 10-12	11 Tea with 55+	12
13	14	15 Henry W Dian P BC Hydro WLNG Project Cultrual	16 The 4th Annual Elders Open House 10-2	17 District Mayor and Council	18 Bev H Foot Care 10-2	19
20 Bernice J Eddy M	21 Sheran M Donal J Members Services	21 Crafts with Ayas Men Men 11-1	23 Boat Cruise 65+ only	24 Library Elder's Voices	25 BC Lions FootBall Game 7:30 pm	26
27 Neil B	28	29 Rights & Titles 11-2	30 Nation day for Truth and Reconcillation	Legend: Unless stated, all programs will be at the Totem Hall Red: Birthdays Purple: Sign Up Required		

Bear Activity Notice



Please help keep our community, families, pets, and wildlife safe.

Here are some safety tips:

 **Pick ripe fruit** from trees and remove fallen fruit from the ground.

 **Secure garbage and food waste** and only put it out when required for collection.

 **Remove or secure outdoor attractants**, including pet food and other food sources.

 **Keep doors and windows secured** when you are away from home.

 **Keep pets supervised** when outside, particularly in areas where bears have been seen.

↔ **Never approach or feed a bear.** Give bears plenty of space and a clear route to leave.



Hu' chexw a (thank you)
Ta na wa Téýwilhaylhem – Public Safety
604-982-9938

INCOME ASSISTANCE MONTHLY RENEWAL DECLARATION **FOR: OCT 2026**
>>>555 **Cheque issue date is Wed. Sept 30th – For October issue.**

PRIVACY ACT STATEMENT Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INAI.P-PU-020 and is protected under the provisions of the Privacy Act.

1. Are you still in need of Social Assistance? ☐ Yes ☐ No
2. Has your marital or employment situation changed? ☐ Yes ☐ No *If YES, explain change*

EMAIL Address _____

3.MANDATORY: Current Address _____ Phone # _____

List any changes in your living situation _____

If you do not hand in your Declaration on ... **Wednesday, Sept 16th, 2026.** You will **NOT** receive your **Cheque on Wed. Sept 30th.** Late Declaration means, late cheque

4. Have you had any earned or unearned ☐ Yes ☐ No
Income this month?
5. Has there been any change in your assets? ☐ Yes ☐ No
If yes, complete

	Earnings	\$
	Family Allowance	\$
	Maintenance	\$
	Employment Insurance	\$
	Other (specify)	\$
TOTAL 		\$

	Bank Account	\$
	Property	\$
	Other (specify)	\$
TOTAL 		\$

6. Is there any change in your number of dependents or their school status? Yes ☐ No ☐

If Yes, explain the change(s) _____

I declare that this is a true statement concerning my monthly income, assets, marital, employment, and family status. I give permission for this information to be verified, and I consent to a report being obtained from any reporting agency for that purpose.

Status Number

Signature of applicant

Date

***PLEASE CLEARLY PRINT YOUR NAME HERE: _____

*** Worker Initials: _____ Signature of Spouse: _____

***PLEASE CLEARLY PRINT YOUR NAME HERE: _____

Please remember that you cannot drop off your Declaration early, unless there is an emergency. If you Declaration/Job Search is late, so is your cheque. **Declare all Earnings, Family Allowance, DB, GST, Maintenance and other monies received. Also any changes to address and family unit size.**

ALL CLIENTS MUST BRING DECLARATION IN PERSON TO TOTEM HALL



Skwxwú7mesh Úxwumíxw
Squamish Nation

ts'its'ixwnítway
Member Services



Skwxwú7mesh Úxwumíxw
Squamish Nation

Yúustway
Health & Wellness
Health Benefits Advocacy
& Promotion

Subject: Important Policy Change – Monthly Declaration Requirement for PWD Income Assistance

To all Persons with Disabilities (PWD) Income Assistance clients,

Effective October 1, 2026, there is an important change to Income Assistance policy:

All PWD Income Assistance clients must now **submit a Declaration form every month** to be eligible for their monthly income assistance payment.

To ensure you continue to receive your monthly cheque:

- ➡ Submit your monthly Declaration form to your local office by the specified deadline.
- ➡ Please refer to the attached 2026 submission schedule for exact dates.

Important reminders:

- Declarations must be submitted on time. Late submissions will result in delayed payments.
- Declarations should not be submitted early, unless there is an emergency.
- You must report all sources of income and changes, including:
 - Employment earnings
 - Family Allowance
 - Disability Benefits (DB)
 - WCB Claims / Pension earnings / GST payments
 - Maintenance or other income
 - Changes to your address or household composition

If you have any questions or concerns, please contact your Income Assistance worker.

Medical Travel for Members Living on Reserve: Info Sheet

When a member books a medical appointment that is more than 30 km away from home, with no closer options, they may qualify for a Gas PO. This happens in two ways:

- 1) ***Members living on reserve can contact Caroline @ Health Benefits: 236-877-7782 or by filling out and dropping off the attached intake form at Totem Hall.***

The Member or someone acting for them can pick up the PO at Totem Hall.

*****There are no Squamish Nation Employee Drivers for this service*****

- 2) ***Elders can contact the Elders Team and book a ride with them.***

The PO will be given to the Elders Driver.

- 3) ***All confirmation forms must be signed and returned.***

*****Members living off reserve should contact FNHA directly at 1- 855-550-5454*****

Gas PO Policy:

- a) ***48 hours-notice is required for ALL Gas PO requests.*** Urgent requests will be considered on a case by case basis, time permitting.
- b) ***Only one active PO can be issued per trip.***
- c) ***PO's are non-transferrable & must be returned if the appointment doesn't happen.***
- d) ***24 hours-notice is required for cancellations*** with the Elder Drivers, as well as requests to change any Gas PO.



MEDICAL PATIENT TRANSPORTATION INTAKE

Travel Details

Name of Patient:

Address:

Date of Birth:

Age:

DD/MM/YYYY

Name of Driver:

Care Card #:

Phone Number:

Status #:

JDE #:

Travel to:

(Ex. Doctor's/Dentist Name, Hospital Name etc)

Address:

Phone:

Fax:

Appt. Date:

Time:

Return Time:

(DD/MM/YYYY)

Purpose of Visit:

~*OFFICE USE ONLY*~

Date Requested:

(DD/MM/YYYY)

Mode of Transport Requested:

Taxi: ☐

Bus: ☐

Taxi Type:

Regular: ☐

Wheelchair: ☐

Return Trip:

P/O #:

Amount:

Date:

(DD/MM/YYYY)

Zone

Quantity

Rate

(DD/MM/YYYY)

Compass Card: ☐

One Zone

\$2.²⁰ ea

Compass Card #:

☐

Two Zone

\$3.²⁵ ea

☐

Adult Day

\$10.⁰⁰ ea

☐

Monthly

\$126.⁰⁰ ea

HanyDART Fare Savers #

Zone:

HBA&P Signature:

Date:



The Yúustway (Health & Wellness) team is seeking facilitators and Knowledge Keepers to support the delivery of workshops and learning opportunities throughout 2026-2027.

We welcome applications from individuals with experience, skills, cultural knowledge, and teachings that can contribute to the health and wellness of our community. Squamish People will be prioritized for paid opportunities.

Please note that submitting your name does not guarantee selection as a facilitator. However, all applicants will be added to our facilitator contact list and may be considered for future opportunities.

We encourage interested individuals to apply and share their knowledge, gifts, and expertise with our community.

Scan the QR code to submit your info





Seeking Applications for Hi'yám Housing Board of Directors

Housing is one of the most significant priorities facing Skwxwú7mesh Úxwumixw today. Through strategic planning, strong governance, and community-focused leadership, Hi'yám Housing is helping create safe, affordable, and sustainable housing opportunities for current and future generations.

Board Directors play an important role in guiding the organization's vision, ensuring accountability, and supporting long-term success.

We encourage individuals with diverse backgrounds, perspectives, and experiences to apply.

This call out is to fill three Director seats on the Board (voluntary positions). At least one Director seat must be filled by a Squamish Person. External applicants who feel they align with the Squamish Nation's housing goals are also encouraged to apply.

- The deadline for applications is September 18, 2026, at 4 p.m.
- To learn more about the requirements and how to apply, please scan the QR code.



Señákw Artist Call

Exciting Opportunity for Skwxwú7mesh Artists at Señákw

Nch'kay invites Skwxwú7mesh Úxwumixw artists to submit an Expression of Interest (EOI) for a large-scale 2D feature wall artwork in the Tower 3 Amenity Exit Staircase at Señákw.

This opportunity centres on a dramatic three-storey concrete wall spanning Levels 38, 39, and 40. Framed by a skylight above and glazing into adjacent lobby spaces, the artwork will help shape a place of movement, gathering, transition, and reflection within one of Señákw's highest shared resident spaces.

The selected work should reflect distinctly Skwxwú7mesh design language and cultural presence while responding thoughtfully to the stairwell's scale, light, and architectural character. Collaborative submissions and mentorship with emerging artists are encouraged.

Artist Fee
\$7,500 for the Artist's scope (artwork design and development, production ready graphic file preparation, artist meeting attendance, and related expenses).

How to Apply
Submit EOI via email to: culturaladvisory@nchkay.com with subject line: EOI Señákw Exit Stair Feature Wall

A concept or design is not required at this stage.

Scan the QR code to learn more





Squamish Nation Ticket Lottery

Closes on October 5, 2026

Enter online at:

www.surveymonkey.com/r/2026-ticket-lottery

The ticket lottery is open from August 28 to October 5, 2026. Squamish Nation Members of any age are eligible to enter the ticket lottery.

As tickets are provided to the Nation, staff will conduct draws from this list of names.

The lottery includes sports tickets such as Canucks and Warriors games, as well as other types of event tickets given to the Nation. If you win tickets for an event that you are not interested in, your name can go back in the draw if you decline within 48 hours.

Ticket lottery closes:
Monday, October 5, 2026



SCAN ME

If you require assistance with filling out the form, please contact Ta na wa Che'ntm (Chair & Council Office) at **604-980-4553** or **cco@squamish.net**.



Sk̓wx̓wú7mesh Úxwumíxw
Squamish Nation

Chet wa í7sun
We Pull Together

Elders Program Plan
Implementation Project

You're Invited!

4TH ANNUAL ELDERS OPEN HOUSE

Connecting, Sharing and Learning Together!

This day is an opportunity to come together as Ta Síiyuxwa t'l'a Sk̓wx̓wú7meshulh the Elders of the Squamish People.

The day will include feast and refreshments, cedar brushing, and booths hosted by Squamish Nation Departments and partners where you can learn about supports for Elders.

Wednesday, September 16, 2026
10:00 am – 2:00 pm

Totem Hall
1380 Stawamus Rd, Squamish BC

All Squamish Elders (aged 55+) are invited to attend! Elders are encouraged to bring one young person to the event.



Please let us know at **eldersproject@squamish.net** or **604-987-4646** if you require transportation support to and/or from the event

Huy chexw a
to our generous funders:



Sk̓wx̓wú7mesh
Úxwumíxw



Vancouver
Coastal Health



SV Caring for Ménmen Art Circle

Join other Skwxwú7mesh caregivers at the Squamish Valley Caring for Ménmen monthly Art Circle and talk about your struggles, joys and experiences in caring for Ménmen.

We will explore our relationship to young ones through art, movement and connection.

Facilitated with Elder support, and open to anyone in a caring role. A meal will be provided and childminding available.

WHEN: 3rd Thursday of the month
Next event September 17 | 5 – 8 pm

WHERE: Healthy Hub, 4139B Government Rd

Registration required. Scan the QR Code to register



Questions? Contact Sharon Barnes at
Sharon_Barnes@squamish.net or call to 604-762-7071

Squamish Nation Elders

Multiple
variety
vendors

FALL Market

OCT 3rd, 2026 Saturday

Opens from 10AM to 4PM

Squamish Totem Hall
1380 Stawamus Road

Come check it out and find awesome

FALL time gifts early shopping

or that 1 unique gift for that special person

Interested in being 1 of many Vendors

\$15 per table or 2 for \$25

Proceeds towards Squamish Valley Elders,

concession

For more Information call

Patsy 604-815-9099

or email at Patricia_brown@squamish.net



Baby Ceremony 2026

Community members are invited to our Baby Ceremony to honour our Skákel chet (our babies).

EVENT

- **Date: Sunday, October 4, 2026**
- **Time: 10 am - 2 pm**
- **Location: Chief Joe Mathias Centre**

We look forward to sharing in the joy of welcoming and introducing your newest family members to Community. A meal will be served during the event.

REGISTRATION

If your baby has not yet participated in any of our previous Baby Ceremonies, Ayás Ménmen (Child & Family Services) invites you to sign up and participate in our Baby Ceremony.

To assist us with planning, please register by contacting **Edmund Guss** at:

📞 **604-849-2490** 🌐 **Edmund_Guss@squamish.net**



CALLING YOUTH VOLUNTEERS!

Support the **2026 B.C. CCP Workshop**

Each year, the Comprehensive Community Planning (CCP) Workshop is hosted by different First Nation on their territory, bringing together First Nations from across the province. Over 2-3 days participants share ideas and learn from one another on topics from community engagement to wellness-centred planning and preparing for emergencies.

This year, Sanala Planning is partnering with Squamish Nation to host the B.C. CCP Workshop on **October 22-24, 2026 at Totem Hall**, and we're looking for youth volunteers to help make the event a success.

Volunteer roles may include:

- Set-up and takedown
- Registration booth support
- Notetaking
- Assisting participants or speakers
- General workshop support

Have another way you would like to be involved? We are happy to chat.

Please contact
ali.white@sanalapanning.com

Thank you



New Job Postings

Squamish Nation

- Squamish Valley Fish Guardian**
Temporary Full-Time | Ta na wa Yúus
Stitúyntsah Rights & Title | Squamish Valley, BC
- Special Projects Intern**
Temporary Full-Time | Xetxítayus Ch'áwch'aw
Corporate Services | North Vancouver, BC
- Practice Lead, Clinic Operations**
Permanent Full-Time | Yúustway Health &
Wellness | North Vancouver, BC
- Driver**
Casual | Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations | Squamish
Valley, BC
- Membership Driver**
Permanent Full-Time | Ta na wa Ch'awát ta
Sxwéxwel Squamish Valley Operations |
Squamish Valley, BC
- Senior Language Teacher**
Permanent Full-Time | Ta na wa Ns7éyxnitm ta
Sne'wiyálh Language & Cultural Affairs | North
Vancouver, BC

Nch'kay

- HR People Partner**
Permanent Full-time | Park Royal | West
Vancouver, BC
- Vice President, Industrial Procurement**
Permanent Full-time | Park Royal | West
Vancouver, BC
- Store Manager**
6 Month Term | Squamish Valley Gas Bar |
Squamish, BC
- Senior Project Manager**
Permanent Full-Time | Park Royal | West
Vancouver, BC

nchkay.com/careers

Develop your career with the Nation

Questions? Need help applying? 604-985-8335 | careers@squamish.net

Ché'chenstway (Human Resources) connects with all Squamish People who apply for positions with Słkwxwú7mesh Úxwumixw. We look forward to receiving your application and supporting your professional growth with the Nation.

squamish.net/careers

STITSMA CAREER CENTRE



LOOKING FOR WORK?

CHECK OUT THE **STITSMA JOB BANK** FOR EMPLOYMENT OPPORTUNITIES

OVER 40 JOBS CURRENTLY AVAILABLE AND
NEW JOB OPPORTUNITIES POSTED WEEKLY

POSITIONS INCLUDE:

- **HSE COORDINATOR**
Milestone Environmental Contracting
- **INSTRUMENTATION TECHNICIAN**
TransMountain
- **SITE SUPERINTENDENT**
Milestone Environmental Contracting
- *** PLEASE SEE INDIVIDUAL JOB POSTINGS FOR REQUIREMENTS AND MORE INFORMATION**



OR CONTACT US AT
 stitsma_career@squamish.net
 604-985-7711

STAY UP TO DATE WITH OUR LATEST TRAINING
PROGRAMS AND JOB UPDATES

 EMPLOYMENT AND TRAINING SQUAMISH NATION

 @SNEMPLOYMENT_TRAINING

Skw̓xwú7mesh
Úxwumíxw

Chénchenstway Human Resources
For Support: hrhelpdesk@squamish.net

Upcoming Trainings- September 2026

Training	Location	Date/Time
<u>New Employee Orientation</u>	West Vancouver- HR Classroom	September 8 th & 9 th 9:00am-4:00pm
<u>Employee Benefits with Eagle Bay</u>	Virtual	September 9 th 12:00pm-1:00pm
<u>Respectful Workplace Refresher</u>	West Vancouver- HR Meeting Room	September 9 th 1:00pm-4:00 pm
<u>Elder-Led Cultural Training</u>	West Vancouver- HR Classroom	September 10 th 9:00am-12:00pm
<u>Employee Benefits with Eagle Bay</u>	West Vancouver- HR Classroom	September 21 st 10:30am-11:30am
<u>Power BI</u>	West Vancouver- HR Classroom	September 23 rd 8:30am-4:30 pm

If you need to cancel a training with less than 5 days notice, please email the HR Helpdesk.



Skw̓xwú7mesh Úxwumíxw

Squamish Nation





Fellowship of the Spirit

To the members in the Valley who are looking for some support to achieve sobriety and be around like-minded people:

You are welcome to join us in the Fellowship of the Spirit meeting to share or just to listen. No pressure to commit, but just to get your foot in the door and start your journey to healing your mind, body, and spirit.

At the meeting we alternate between nights where we read from the AA book and share, and nights where we have a Talking Circle. We are looking forward to greeting you with an open mind, and open heart, and open arms.

**We have childcare available for young or single parents to further support their needs.*



Meeting @ the Shaker Church —
1365 Chief Billy Dr.
Every Friday night, starting @ 6:15pm



20

21



DID YOU KNOW? Baby teeth fall out in the same order they came in.

COHI PROGRAM: CHILDREN’S ORAL HEALTH INITIATIVE

**Next COHI dates in
Squamish:
September 14, 15, & 16**

COHI Services Provided By:
Tammy Laminski, *Registered Dental Hygienist*
Melissa Rasmussen, *COHI Aide*

***All COHI services are
provided at no cost!**

**Open to: all families
with children age 0–7,
pregnant individuals**

Services include:
• dental screenings
• fluoride application
• fissure sealants

**Oral Health Education
provided**

**FREE toothbrushes,
toothpaste, floss, and
denture brushes**

**To book an appointment,
please call
Melissa and leave a
message:
236-558-6741**



Squamish Valley Community Health & Immunizations

Each month, the Squamish Valley Public Health Nurses have an opportunity for Squamish Nation members to drop-in and ask questions about their health, get screened for tuberculosis, and get information about vaccines, or get immunized.

This event is first-come first-serve, and while registration is recommended, we do welcome drop-ins.

WHEN: July 30, August 20, September 15
12:30 - 3:30
WHERE: Totem Hall

Contact

**604-815-3899
604-213-5097**





Skwxwú7mesh Úxwumíxw
Squamish Nation

Yúustway
Health & Wellness
Health Benefits Advocacy
& Promotion



HearingLife
Formerly **NEXGEN HEARING**

~**Every two months**~

Hearing aid clean &
check

Hearing screening
Education

Thursday September
17th 2026

9:30 to 12:30

Totem Hall Board Room

Contact Caroline to Book: 236-877-7782
caroline_perrin@squamish.net





Squamish Valley Rec

**Group
Fitness**

With Aleisha Cline

For Squamish Nation/SN
Community members 18+

Mondays & Wednesdays
5:15–6:15PM
Starting September 16, 2026

Contact

 Call Us
604-892-5166

 Email
SquamishRecreation@squamish.net





**Skwxwú7mesh
Úxwumíxw**

Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations
Recreation

squamish.net

SV REC
PRESENTS...

A LOT OF GOOD STUFF.

TEEN CENTRE
OPEN HOUSE

FAMILY
WHITE
CAPS GAME

CO-ED
WEIGHT TRAINING

CRAFTING
CLUB

HIP HOP
dance class

DROP-IN
PICKLEBALL

YOGA CLASSES

WHISTLER
25 - 27 SEP 2026

DROP-IN
BASKETBALL

SQUAMISH VALLEY
RECREATION

FAMILY
SWIM/SKATE NIGHT

DROP-IN
INDOOR SOCCER

DROP-IN
VOLLEYBALL

ADULT
KICKBOXING

Want to stay informed, and be the first to hear about new Recreation events and programs? **Dates, times & more info here:**



Sign up for daily updates:
sv_rec@squamish.net



SV Recreation page
— Facebook



**Skwxwú7mesh
Úxwumixw**

Ta na wa Ch'awát ta Sxwéxwel
Squamish Valley Operations
Recreation

Adult Programs Calendar

...at least for now.

We'll share a proper calendar in the near future, but for an overview, here are the dates and times for programs and events. Lots more is coming soon!
For more details on these programs, see the previous page to sign up for the email list, or follow the SV Recreation page on Facebook; there's space to share more information there than in the newsletter.

Drop-in Sports

- Drop-in Pickleball**
Open to: Public, Ages 18+
Sep. 14, 2026 – Jun. 2027 (Mondays)
8:00 – 10:00pm
Totem Hall gym
- Drop-in Basketball**
Open to: Public, Ages 18+
Sep. 8, 2026 – Jun. 2027 (Tuesdays)
8:00 – 10:00pm
Totem Hall gym
- Drop-in Indoor Soccer**
Open to: Public, Ages 18+
Sep. 9, 2026 – Jun. 2027 (Wednesdays)
8:00 – 10:00pm
Totem Hall gym
- Drop-in Volleyball**
Open to: Public, Ages: 18+
Sep. 17, 2026 – Jun. 2027 (Thursdays)
8:00 – 10:00pm
Totem Hall gym

Other Adult Programs

- Lunch Time Pickleball**
Open to: Squamish Nation/SN Community members residing in the SV area, ages 18+
Sep. 14, 2026 – Jun. 2027 (Mondays)
12:00 – 1:00pm
Totem Hall gymnasium

Adult Fitness Classes

- Fit Nation Fitness with Pauline Baker**
Open to: Squamish Nation/SN Community members residing in the SV area, ages 18+
Sep. 14, 2026 – Jun. 2027 (Mondays)
6:00 – 7:00am
Totem Hall gymnasium
- Lunch Time Circuit with Mary Smith**
Open to: Squamish Nation/SN Community members residing in the SV area, ages 18+
Sep. 8, 2026 – Jun. 2027 (Tuesdays & Thursdays)
12:00 – 1:00pm
Totem Hall Fitness Room
- Co-Ed Weight Training with Tony Xu**
Open to: Squamish Nation/SN Community members residing in the SV area, ages 18+
Sep. 8, 2026 – Jun. 2027 (Tuesdays & Thursdays)
6:00 – 7:00pm
Totem Hall Fitness Room
- Adult Kickboxing Class with Kasey Smith**
Priority is for Squamish Nation SN Community residing in Squamish Valley, ages 18+
Sep. 11, 2026 – Jun. 2027 (Fridays)
8:00 – 9:00pm
1111 Pioneer Wy, #115 – The Sound Martial Arts

- Crafting Club**
Open to: Squamish Nation/SN Community members residing in the SV area, ages 18+
Sep. 9, 2026 – Jun. 2027 (Wednesdays)
5:00 – 7:00pm
Totem Hall Stawamus Room



In case of after-hours emergency:

- **Public Safety:** 604-982-9938
- **Health & Wellness:** 604-982-7806
 - **Comm Ops:** 604-815-7116
- **Member Services:** 604-505-3776