



# October 2017

2560 First Ave., Suite #103, San Diego, Ca. 92103

## Healthy Bodies - Healthy Minds

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TIME	Activity	MONDAY 10/2	TUESDAY 10/3	WEDNESDAY 10/4	THURSDAY 10/5	FRIDAY 10/6	SATURDAY 10/7
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Closed
3:30pm-5:00pm	HEAL	Pumpkin Oat Cookies	Ground Turkey Tacos	Yogurt Parfaits	Pasta Soup	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN	Culture Keepers	Youth Council-Executive	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	
TIME	Activity	MONDAY 10/9	TUESDAY 10/10	WEDNESDAY 10/11	THURSDAY 10/12	FRIDAY 10/13	SATURDAY 10/14
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Closed Staff Development	Tutoring/Life Skills	Tutoring/Life Skills	Kumeyaay Bird Skirt Class @ San Pasqual
3:30pm-5:00pm	SNACKS	Veggie Quesadillas	Chicken Tacos		Stone Soup	Family Meal	
5:00pm-6:00pm	Programming	THRIVE	ISMN		Youth Council-General	*Haunted Trail*	
6:00pm-7:30pm	Reflections	Reflections	Reflections		Reflections		
TIME	Activity	MONDAY 10/16	TUESDAY 10/17	WEDNESDAY 10/18	THURSDAY 10/19	FRIDAY 10/20	SATURDAY 10/21
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Community Garden Day
3:30pm-5:00pm	HEAL	Chicken Fajitas	Rolled Tacos	Mango/Cucumber Wraps	Rice and Beans	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN	Culture Keepers	Youth Council-Work	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	
TIME	Activity	MONDAY 10/23	TUESDAY 10/24	WEDNESDAY 10/25	THURSDAY 10/26	Friday 10/27	SATURDAY 10/28
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Closed	*Halloween Party* @Ballard Center Youth Center closes at 4pm	Out of Darkness Walk Dreamweaver Team  @Liberty Station
3:30pm-5:00pm	SNACKS	Salad Bar	Potato Tacos	Fruit & Cottage Cheese			
5:00pm-6:00pm	Programming	THRIVE	ISMN	Culture Keepers			
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections			
TIME	Activity	MONDAY 10/30	TUESDAY 10/31	11/1 WEDNESDAY	11/2 THURSDAY	11/3 FRIDAY	11/4 SATURDAY
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	American Indian Film Festival
3:30pm-5:00pm	SNACKS	Kale Chips & Dip	Ground Turkey Tacos	Fruit Kabob	Corn Soup	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN	Culture Keepers	Youth Council - work	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	

The San Diego American Indian Health Youth Center is open to ages 10-24 | [Academic Enrichment Provided Daily](#)

**TAY (Transitional Age Youth) Time:** Assistance with applications, resumes, letters, scholarships, homework, and more  
**ISMN:** I Strengthen My Nation | **SNACKS:** Supporting Nutrition and Creative Kitchen Skills | **HEAL** Healthy Eating Active Living

Please see our website for programming details: [www.sdaihc.com/community/youth-families](http://www.sdaihc.com/community/youth-families)

The Youth Center is a department of the San Diego American Indian Health Center and is sponsored by the County of San Diego.