



# February 2018

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

## Our Voices – Our Choices

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TIME	Activity				THURSDAY 2/1	FRIDAY 2/2	SATURDAY 2/3
1:00pm-3:30pm	TAY Time				Tutoring/Life Skills	Tutoring/Life Skills	
3:30pm-5:00pm	SNACKS				Fried Rice	Love Your Leftovers	
5:00pm-6:00pm	Programming				Youth Council – Exec.	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections				Reflections	Reflections	
TIME	Activity	MONDAY 2/5	TUESDAY 2/6	WEDNESDAY 2/7	THURSDAY 2/8	FRIDAY 2/9	SATURDAY 2/10
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	
3:30pm-5:00pm	HEAL	Tofu Veggie Stir Fry	Chicken Tacos	Parfaits	Pasta Parmesan Soup	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Culture Keepers	Youth Council-General	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	
TIME	Activity	MONDAY 2/12	TUESDAY 2/13	WEDNESDAY 2/14	THURSDAY 2/15	FRIDAY 2/16	SATURDAY 2/17
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Closed Staff Development	Tutoring/Life Skills	Tutoring/Life Skills	Community Garden Day 9:30am-1:30pm
3:30pm-5:00pm	SNACKS	Bagel Fruit Pizzas	Stuffed Peppers		Mediterranean Quinoa Salad	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time		Youth Council-Work	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections		Reflections	Reflections	
TIME	Activity	MONDAY 2/19	TUESDAY 2/20	WEDNESDAY 2/21	THURSDAY 2/22	FRIDAY 2/23	SATURDAY 2/24
1:00pm-3:30pm	TAY Time	Closed Holiday	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	
3:30pm-5:00pm	HEAL		Chicken Avocado Salad	Banana Split	Baked Pesto Pasta	Love Your Leftovers	
5:00pm-6:00pm	Programming		ISMN – Tea Time	Culture Keepers	Youth Council-Work	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections		Reflections	Reflections	Reflections	Reflections	
TIME	Activity	MONDAY 2/26	TUESDAY 2/27	WEDNESDAY 2/28			
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills			
3:30pm-5:00pm	SNACKS	Mango Smoothie	Taco Salad	Tea Time Sandwich			
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Community Night			
6:00pm-7:30pm	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.