



October 2018

Beyond the Stereotype

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TIME	Activity	MONDAY 10/1	TUESDAY 10/2	WEDNESDAY 10/3	THURSDAY 10/4	FRIDAY 10/5	SATURDAY 10/6
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills	Harvest Gathering 2 PM to 6 PM at SDAIHC
3:30pm-5:00pm	SNACKS	Garden Fresh	Chicken Tacos	Parfaits	Stone Soup	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Culture Keepers	TUPE	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	
TIME	Activity	MONDAY 10/8	TUESDAY 10/9	WEDNESDAY 10/10	THURSDAY 10/11	FRIDAY 10/12	SATURDAY 10/13
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	Garden Fresh	Chicken Tacos	Parfaits	Stone Soup	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Culture Keepers	Friday Night Live	Haunted Trails	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	5 PM – 9 PM	
TIME	Activity	MONDAY 10/15	TUESDAY 10/16	WEDNESDAY 10/17	THURSDAY 10/18	FRIDAY 10/19	SATURDAY 10/20
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills		Tutoring/Life Skills	Tutoring/Life Skills	Garden Day at Ballard 9:30-1:30 <i>Meal from the Garden</i>
3:30pm-5:00pm	SNACKS	Chicken Fajitas	Rolled Tacos	Youth Center Closed	Rice and Beans	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Staff Meeting	TUPE	Gardening (4:30-6)	
6:00pm-7:30pm	Reflections	Reflections	Reflections		Reflections	Reflections	
TIME	Activity	MONDAY 10/22	TUESDAY 10/23	WEDNESDAY 10/24	THURSDAY 10/25	Friday 10/26	SATURDAY 10/27
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	Garden Fresh	Potato Tacos	Fruit & Cottage Cheese	Rice and Beans	Love Your Leftovers	
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Culture Keepers	Friday Night Live	Friday Night Live	
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections	Reflections	TBD	
TIME	Activity	MONDAY 10/29	TUESDAY 10/30	WEDNESDAY 10/31			
1:00pm-3:30pm	TAY Time	Tutoring/Life Skills	Tutoring/Life Skills	Tutoring/Life Skills			
3:30pm-5:00pm	SNACKS	Garden Fresh	Ground Turkey Tacos	Fruit Kabob			
5:00pm-6:00pm	Programming	THRIVE	ISMN – Tea Time	Culture Keepers			
6:00pm-7:30pm	Reflections	Reflections	Reflections	Reflections			

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
TUTORING: Every Tuesday and Thursday from 3:00 PM to 6:30 PM

The San Diego American Indian Health Youth Center is open to ages 10-24 | [Academic Enrichment Provided Daily](#)
Please see our website for programming details: 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.