



# Tamaya Wellness Center

*A partner in your wellness journey.*

ISSUE 65

March

2025

## Aquatics Activities

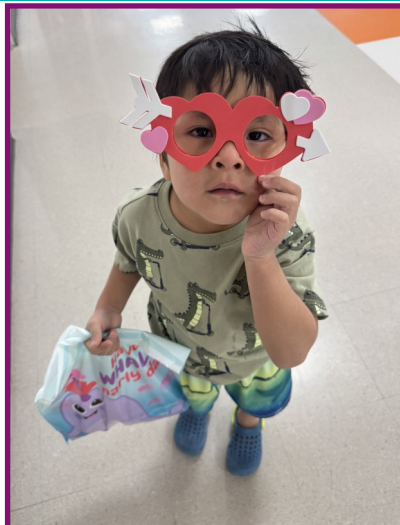


December was a great month for the Aquatics Program. We held two events during the holiday season which were open to our community! First, our Swim with Santa event was a great success with the kiddos taking pictures with Santa and enjoying hot cocoa to keep warm from the cold weather. We also held an End of the Year Pool Party which had music and snacks for the community to enjoy. We had our regularly scheduled programs such as water aerobics, aqua cycling, and recreational swimming. We continued our Winter Swim Lessons which went through all of January, and halfway through February. In January, we welcomed Malia Hunter-Garcia as our new lifeguard assistant, so make sure to introduce yourself when you see her!

February was an exciting month full of events and activities designed to bring our community together! Our grand opening to the public was a huge success, with children signing up for our lifeguard-led swim lessons and even more participating in our special Fishing You a Valentine's Day Event. It was wonderful to see so many families enjoying these fun-filled activities, and we're grateful for the enthusiastic turnout.

This week, we kicked off our next round of swimming lessons, and we're eager to continue building on the growing interest in aquatics within our community. Whether you're a beginner or looking to improve your skills, our swim lessons are the perfect way to learn and stay active. In addition to swimming, we also offer a variety of other fitness classes, including Water Aerobics and Aqua Cycling, which are great for strengthening muscles, improving cardiovascular health, and having fun in the water.

We're excited to offer these diverse opportunities and welcome new faces to our programs. So, come join us for a swim, dive into a class, or simply enjoy the water – there's something for everyone! We look forward to seeing you at our next event or lesson.



## Food Demo - Fitness Program

In January, we held a food demo here in the Tamaya Wellness Center demo kitchen. Laura, our nutrition/fitness coordinator, walked everyone through different ways to make overnight oats. Making breakfast a head of time is an easy way to guarantee you'll have a healthy choice in the mornings to grab and go on your way out the door. With lots of healthy options to choose from to put in your overnight oats, everyone was able to take away something from the food demo.

Contact Laura for more information at (505) 980-1066



## InBody Assessments - Fitness Program

The Tamaya Wellness Center is proud to offer community members access to the InBody 270, a state-of-the-art body composition analyzer that provides detailed insights into your overall health. Unlike traditional scales that only measure weight, the InBody breaks down your body into key components such as muscle mass, fat mass, and body water levels.

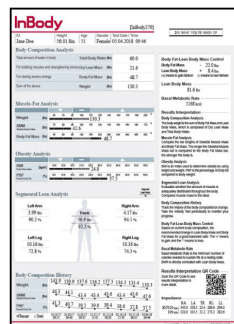
This innovative technology is designed to help you better understand your body and track your progress on your wellness journey. Whether you're working toward fitness goals, managing your weight, or improving your overall health, the InBody gives you accurate and actionable data to support your efforts.

The test is non-invasive, quick, and easy, taking less than 60 seconds to complete. You'll walk away with a detailed report that includes metrics like skeletal muscle mass, body fat percentage, and basal metabolic rate, that will help you develop a plan to reach your specific goals.

Community members are encouraged to take advantage of this incredible resource, which is available at the Tamaya Wellness Center. Contact us today to schedule your InBody assessment and take the first step toward understanding your body like never before!

## InBody Assessments

The InBody is a professional body composition analyzer that is accurate and easy to use in helping to track your total body fat, muscle mass, total body water, and much more.



- Track body composition, set personalized fitness goals, and measure your progress like never before.
- Uncover the science of your body and take charge of your well-being in 2025.
- Transform your health journey!

Call, text, or email to schedule an appointment!



**Isaac.Leon@santaana-nsn.gov**  
**Office: 505.771.6745 • Cell: 505.549.8231**

**Laura.Nava@santaana-nsn.gov**  
**Cell: 505.980.1066**

## December & January Highlights - Sports & Events Program



In December, the Sports and Events Program proudly hosted the All-Tribes/All-Comers Women's Basketball Tournament. The event featured eight women's teams from across New Mexico, including teams from Rio Rancho, Cuba, Dulce, Farmington, and Bernalillo, as well as two teams from Santa Ana comprised of both tribal and non-tribal members. The tournament concluded with "NM Impulse," captained by Adrian Tenorio of San Felipe Pueblo, winning the pool play single-elimination bracket. This exciting event highlighted the TWC facility and provided an opportunity for competitive play and community engagement.

Additionally, we organized a Luminaria Kit Giveaway, distributing 700 luminarias to community members and Santa Ana employees, spreading holiday cheer throughout the season.

In January, the program launched the winter session of the Tamaya Elite Sports, Education, and Leadership Program. During the winter break, 23 middle and high school students participated in off-site sports performance training at The Athletes Playground facility, with lunch provided for all participants.

As January concludes, we were excited to host the Tamaya Elite Symposium for the Santa Ana community. The event showcased the program's offerings and include a variety of activities, such as a kids' cooking class where school-age children will learn to prepare healthy snacks. Attendees looked forward to door prizes, a \$150 Visa gift card raffle for those who RSVP, and a provided lunch were offered.

We invite the entire Santa Ana community to learn more about the impactful programs we offer.



## Tamaya Elite Pre-Season Clinic & Open Gym

This past February, the Sports and Events Program hosted the Tamaya Elite Pre-Season Softball and Baseball Clinics at the Santa Ana Ball Fields. Participants had a fantastic day filled with training and games, receiving expert instruction in batting, fielding, throwing, and base running. As a special token, each participant received a Tamaya Elite Program hoodie for attending the camp.

Throughout February, we also held open gym nights for volleyball and basketball. As we continue to offer more open gym sessions throughout the year, we encourage all community members to join the fun! Open gym takes place on **Tuesdays from 6 PM to 8 PM for volleyball** and **Fridays from 6 PM to 8 PM for basketball**. These sessions are open to the community, with a **\$7 admission fee per session** for public use.

Looking ahead, the Sports and Events Program is excited to host the **Spring Egg-Travaganza Bazaar on March 22nd and 23rd** at the Tamaya Wellness Center from **10 AM to 5 PM**. We invite everyone to come out, enjoy the festivities, and support local community craft vendors.

We look forward to seeing you there!



# ROOTED IN CULTURE, GROWING THROUGH NATURE:

## TAMAYA WELLNESS CENTER'S JOURNEY WITH OUTDOOR EQUITY



Our young people are rediscovering their connection to the land through the Tamaya Wellness Center's Outdoor Adventure Club. Last summer, youth from Tamaya ventured beyond familiar grounds to explore Battleship Rock in the Jemez Mountains. For many of our children, this journey marked their first experience hiking mountain trails and playing in natural streams, creating memories that will last a lifetime.

"For a lot of these kids, it was a first," says Tanya, manager of the TWC Recreation Program. "The hike, the water, even just being surrounded by the towering pines—it was completely new to them. And seeing their faces light up, their curiosity sparked, it was worth every effort."

The program goes deeper than just outdoor recreation. It weaves in our Pueblo teachings, helping our children understand how their Indian names, family histories, and our ceremonies are deeply connected to the natural world. Through these experiences, our youth are learning about their responsibility as stewards of the land while strengthening their cultural identity. The success of these outings ensures that the Tamaya Wellness Center will offer more activities, including future winter adventures (if we get any more snow), a summer trip and opportunities to learn from environmental professionals within our region. This is made possible through funding from the State of New Mexico Outdoor Equity fund.

We invite community members interested in offering outdoor activities to the youth to contact Tanya at the Tamaya Wellness Center. Together, we are nurturing a new generation that honors both our traditional ways and our sacred connection to the land.

**For more information, contact:**

**Tanya Chino, Recreation Manager**

**Phone: (505) 771-6742**

**Email: [Tanya.Chino@santaana-nsn.gov](mailto:Tanya.Chino@santaana-nsn.gov)**





# 10th Annual Sweetheart Run

Dear Community and Supporters, We want to extend our heartfelt thanks to everyone who participated in and supported our Sweetheart Run. Your presence and enthusiasm made the event truly special. Whether you ran, walked, volunteered, or cheered from the sidelines, your involvement was invaluable. Your support helps us continue to host events that bring our community together and promote health and fitness. We couldn't have done it without you, and we look forward to seeing you at our future events. With gratitude, Santa Ana Recreation Team!



# Announcements & Upcoming Activities

## SPRING SWIMMING LESSONS



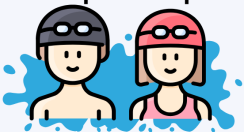
**OPEN TO THE PUBLIC \$80 PER SESSION  
SANTA ANA TRIBAL/COMMUNITY FREE**

2-week sessions are designed for all ages and are scheduled for MONDAY-THURSDAY with 4 sessions to choose from:

**SESSION 1: MAR 24TH-APR 3RD**      **SESSION 2: APR 7TH-APR 17TH**

**SESSION 3: APR 21ST-MAY 1ST**      **SESSION 4: MAY 5TH-MAY 15TH**

- 3:00pm-3:30pm Jellyfish - Parent & Tot: 3 mons to 3yrs
- 3:30pm-4:00pm Turtle - Level 2: Water Into
- 4:00pm-4:30pm Starfish - Level 3: Stroke Development
- 4:30pm-5:00pm Whale - Level 4: Stroke Development
- 5:00pm-5:30pm Shark - Level 5: Stroke Refinement



**PARENTS CHOOSE A LEVEL THAT IS BEST SUITED FOR THEIR CHILD**

FOR MORE INFORMATION PLEASE CONTACT AQUATICS AT (505) 771-6372



## SEED STARTING WORKSHOP

Saturday, 03/08

9am - 12:30pm



Santa Ana Native Plants Nursery

**COME START SEEDS FOR YOUR HOME GARDEN.  
SEEDS WILL BE AVAILABLE TO START OR  
BRING SEEDS THAT YOU HAVE SAVED.**

for more info call:

Tina @ (505) 525-1240 or Kevin @ (505)525-1242



## PARENTS & TODDLER TIME

BIG FUN FOR LITTLE SWIMMERS



**MARCH 9TH, 2025  
9AM - 12PM**

PARENTS & CHILDREN 5 YEARS & UNDER

Join us for a special time to bond together in a FUN way at the pool.

Parents, this is a perfect time to enjoy the hot tub & cold plunge.

Music & snack bags for all!



First 5 families to attend event will receive a Texas Roadhouse gift card for more information contact Aquatics at (505) 771-6372



TAMAYA WELLNESS CENTER

# TEEN SPLASH PARTY



**March 15, 2025  
10am - 2pm  
Ages 16 & older**

**MUSIC, GAMES & PIZZA!**




Gift Card Raffles For Santa Ana Community Members Attending

OPEN TO THE PUBLIC with paid admission as follows:  
• Adults \$7 • 18 & under \$5 •

Santa Ana Community Members, bring up to 2 guests for FREE!

FOR MORE INFORMATION CONTACT AQUATICS (505) 771-6372


# Announcements & Upcoming Activities



every 3rd Tuesday of the month


## COMMUNITY FOOD PANTRY

**March 18th, 2025**  
**3pm - 6pm**  
**Tamaya Wellness Center**



Please bring your reusable bags.  
All Community & Employees are welcome.  
Items are subject to change and may be limited.

food provided by  
**ROADRUNNER FOOD BANK**  
DIXON, ARIZONA

**TAMAYA WELLNESS CENTER**

questions, information, or assistance,  
please contact: *Perdita Wexler* at  
(505) 771-6770 or [Perdita.Wexler@santaana-nsn.gov](mailto:Perdita.Wexler@santaana-nsn.gov)



## Spring Has Sprung Walk/Run

**Thursday, March 20th 6pm - 7:30pm**

Move into Spring with us on the outdoor paths around the Tamaya Wellness Center



for more information contact:  
Laura cell: 505-980-1066  
email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)  
or Kevin cell: 505-525-1242  
email: [kevin.l.montoya@santaana-nsn.gov](mailto:kevin.l.montoya@santaana-nsn.gov)



**TAMAYA WELLNESS CENTER**  
SPORTS AND EVENTS PRESENTS

## Tamaya Spring Egg-Travaganza Bazaar

**MARCH 22-23, 2025**  
**10AM-5PM**

FREE ADMISSION | SHOP LOCAL ARTISTS | ARTS AND CRAFTS | FOOD TRUCKS & MUCH MORE!  
VENDOR FEE: \$75/SCAN CODE FOR ARTIST APPLICATION  
SAP MEMBERS FREE-LIMITED SPOTS AVAILABLE

LOCATION: TAMAYA WELLNESS CENTER (SANTA ANA PUEBLO)  
FOR MORE INFO PLEASE CONTACT MARTIN CORIZ @ 505-627-0891  
EMAIL: [MARTIN.CORIZ@SANTAANA-NSN.GOV](mailto:MARTIN.CORIZ@SANTAANA-NSN.GOV)



**TAMAYA WELLNESS CENTER AQUATICS**

## WATER GAMES NIGHT



GET READY TO PLUNGE INTO THE EXCITING WORLD OF WATER GAMES. JOIN US FOR SOME THRILLING POOL ACTION & WATER GAMES COMING SOON!

**MARCH 28TH**  
**4:30PM-7:30PM**

**SANTA ANA COMMUNITY MEMBERS, BRING UP TO 2 GUESTS FOR FREE!**

OPEN TO THE PUBLIC WITH PAID ADMISSION:

- ADULTS: \$7
- 17 & UNDER: \$5

Contact Us! (505)771-6372



## Egg Muffin Cups

TAMAYA WELLNESS PROGRAM

### •Ingredients:

- 1 Tbsp Olive Oil
- 1 C Red Bell Peppers, chopped
- 1 C Green Bell Peppers, chopped
- 1 C Yellow Onion, Chopped
- 2 C Baby Spinach, roughly chopped
- 1 C Mushrooms, chopped
- 2 Garlic Cloves, minced (optional)
- 4 Whole Eggs
- 4 Egg Whites, (8 whole eggs can be substituted)

### •Directions:

1. Preheat oven to 350°. Grease a standard non-stick 12 slot muffin pan with cooking spray and set aside.
2. Heat a large non-stick skillet over medium heat. Once hot, add in oil, peppers, and onion.
3. Sauté 5-7 mins, or until peppers are tender. Add in spinach and mushrooms and cook additional 2 mins.
4. In the last 30 secs, add in minced garlic. Season with salt and pepper to taste (optional). Remove from heat.
5. Whisk eggs/egg whites in a large pouring bowl. Add in cooked veggies. Pour mixture evenly into prepared pan.
6. Bake 15-20 mins or until firm and eggs are cooked. Cool slightly and serve. Store in fridge up to 4 days. ENJOY!



## Pinwheels

TAMAYA WELLNESS PROGRAM

### •Ingredients:

- 4 Whole Wheat Tortillas
- 8 Tbsp Hummus and/or Cream Cheese
- 2/3 C Vegetables of Choice, sliced thinly

### •Directions:

1. Spread the hummus and/or cream cheese evenly over tortillas.
2. Layer each with vegetable slices of choice.
3. Starting at one end, tightly roll up the tortilla to form a log. Then, roll up tightly in plastic wrap.
4. Place in refrigerator and let set for 2 hours.
5. When ready to serve, slice into 1" thick pinwheels.
6. ENJOY!

