



# Tamaya Wellness Center

*A partner in your wellness journey.*

ISSUE 66

MAY

2025

## Sports & Events Program



March was an action-packed month for the Tamaya Elite program! We continued our weekly sports training sessions, recreational field trips, and hosted the Tamaya Elite "Kids Cooking Class." This month's class focused on teaching kids how to make healthy gummy snacks quick, no-bake, 10-minute recipe with no artificial ingredients, no sugar, and fewer than 10 calories per serving!

Our Tamaya Elite High School (HS) and Middle School (MS) students took a well-deserved break from training with a fun field trip to Urban Air Indoor Jump Park. They spent the afternoon enjoying physical activities, team-building games, and, of course, pizza!

March also saw the launch of our first-ever "Bases Loaded" Softball & Baseball Camp, alongside our ongoing sports performance training classes.

Community activities were in full swing with our open gym Tuesdays for volleyball and Friday night basketball games. These open gym nights are available to the public. We encourage everyone to bring a friend and join in on the fun!

To welcome spring, we hosted the TWC Spring Market Craft Fair, featuring over 60 vendors selling arts and crafts. It was wonderful to see the community come together to shop, eat, and enjoy time with family.

### Looking Ahead to April

As we step into April, Tamaya Elite will continue weekly sports training classes and sport-specific clinics held on Saturdays.

We also invite the community to visit the TWC front desk to learn more about the Community Recreation Fund available for Santa Ana Tribal Members. Stop by and find out about upcoming recreation activities for all community members!

**We look forward to another exciting month ahead—see you at the Tamaya Wellness Center!**



## Meet Our New Sports & Events Coordinator - Khristian Leon



My name is Khristian Leon, I am a member of Santa Ana Pueblo and I'm currently in the role of Sports and Events Coordinator at the Tamaya Wellness Center. I have worked for the pueblo for about 2 and a half years now but have a wide variety of experience from customer service to hospitality to retail to law enforcement and now helping shape and promote the physical and mental wellness of the community. I have a colorful background with outdoor activities that I enjoy doing and hope to bring that fun to all ages of the community. Some of my hobbies include mountain biking, snowboarding, rock climbing, baseball, kickball, hiking, softball or playing a round of golf on a nice day! You can't go wrong with being outdoors! Unless its windy! Kind of blows away all the fun..... well unless your hobby includes flying kites! I am excited to start this next chapter and see where this takes me!

If you have any questions, feel free to reach out!

**Khristian Leon**  
**Sports & Events Coordinator**

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**Cell: (505) 607-2255**

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## Aquatics Program



March was packed with exciting events from our Aquatics Program! During Spring Break, we kicked things off with our Teen Splash Pool Party, filled with fun games, laughter, and good times. The very next day, we hosted our Parent and Toddler Time Event giving parents the chance to introduce their little ones to the water and

create lasting memories together.

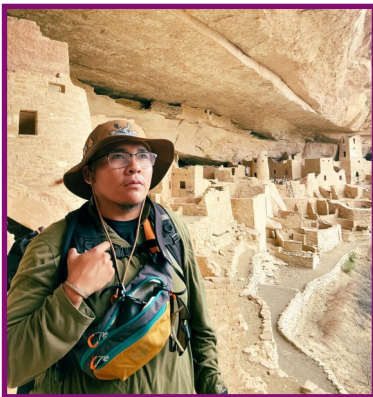
To wrap up the month, we held a thrilling Water Polo Night, featuring friendly competition and a positive atmosphere. Additionally, we launched our first session of Spring Swim Lessons, which continued throughout April. With the weather warming up, we're excited to host even more fun events for the community!

**Join us on May 3rd as we host Summer Bash 2025!**





## Meet Our New Sports & Events Lead - Joseph E. Tenorio, Jr.



Hello, my name is Joseph Tenorio Jr, and I am the Sports and Events Lead here at the Tamaya Wellness Center. I come from both Santo Domingo Pueblo and Jemez Pueblo. With nine years of diverse work experience I have had the opportunity to grow through roles in customer service, automotive tech, and also education and student support while working at the Santa Fe Indian School as a Residential Advisor. Along the way, my passion for sports has always been constant and has played a huge role in my life.



I have played baseball throughout the entirety of my life, from t-ball to current day playing for the Tamaya Orioles, and have had the opportunity to coach middle school baseball at SFIS and there's nowhere I'd rather be than at the ballpark whether it's catching a game in our men's pueblo league, Isotopes Park, or at a major league stadium. I also enjoy the game of football and have a deep appreciation for the overall sports network and the way it brings people together.

In my new role as the Sports and Events Lead, I'm excited to help build a stronger, healthier community through physical activity, teamwork, and positive experiences. I believe that true wellness comes from caring for the mind, body, and soul, and I am committed to creating opportunities where all

three can thrive through our Sports and Events Program. Outside of work, I enjoy staying active by going to the gym and hitting the trails for a good hike. I also enjoy spending time with my son doing a wide range of fun activities together like playing with legos and monster trucks at the house, going on walks to the park, and even bringing him here to the Tamaya Wellness Center to enjoy the pool.

I have a creative side that involves taking photos and videos whenever I'm out and about, especially during my hikes. Editing and bringing those moments to life through visuals is something I find both fun and fulfilling. At the end of the day, my goal is to inspire others to move, connect, and find joy in the little things, whether it's on the field, on a trail, or simply sharing a moment together. I'm grateful for the opportunity to lead with purpose and heart, and I look forward to making a positive impact through every event, game, and shared experience.

I also want to take this time to say thank you to my dearest friend Nathan Abeyta who gave me the privilege to coach the SFIS middle school baseball team. He will forever be remembered throughout the SFIS and native communities with his kindness and overwhelming joy. He served his purpose of being an upstanding role model for every student he crossed paths with and touched the lives of many. Nathan Abeyta and Jason Abeyta were the true embodiment of what it meant to be role models and supportive men in our native communities. Their smiles and laughter will surely be missed throughout the SFIS campus, households, and their respected villages. It was truly a blessing to work along side you both and pray for nothing but peace and harmony on your journey back home.

**Joseph E. Tenorio Jr. - Sports & Events Lead**  
**Work phone: 505-785-4792**  
**[Joseph.Tenorio@santaana-nsn.gov](mailto:Joseph.Tenorio@santaana-nsn.gov)**



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WELLNESS  
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## Fitness Program

## March 14<sup>th</sup> Shamrock Protein Shake Food Demo

In the spirit of St. Patrick's Day, the food demo was making Shamrock Protein Shakes. They had all the flavor of a traditional shamrock shake but without the crazy amounts of sugars and made with healthier ingredients. Plus, it had lots of protein! Six participants in total came out to enjoy these delicious shakes and Tamaya Tribal members were able to make their own with an individual blender and take it home with them.

## March 22<sup>nd</sup> Golf Lessons and Lunch

It was a beautiful day for golf lessons, aside from some wind in the early morning. PGA certified Golf Coach Jason Montoya had the two- and half-hour golf lesson all laid out with the help of another Coach, Jonathan and two of Jason's students, Olicia and Devion. Participants started out learning the technique of putting, more importantly, how to work on distance and speed when trying to get the ball into the hole once on the green. Next, they went over the art of chipping. This is a short distance shot, typically played from close to the green. After playing a game to see who could chip the golf ball within a designated area, everyone lined up along the driving range. Here, Coach Jason talked about the importance of a good stance, backswing, downswing and follow-through. Each participant was able to spend a good amount of time working on their full swing while Jason walked

around giving each person some help and cues to make their swing better. After the lesson, all enjoyed lunch at Wind Dancer Bar & Grill. It was a beautiful afternoon to sit out on the patio and relax after a great morning of learning from Coach Jason Montoya.



## March 20<sup>th</sup> Spring has Sprung Evening Walk/Run

The first day of Spring marks the official start of the transition to warmer weather and longer days, symbolizing renewal with the blossoming of nature. Participants enjoyed a warm sun and a slight breeze as they walked or ran on any one of the six different paths that took them around the Tamaya Wellness Center. It was a good way to start off the new season with nature and exercise. There are more outdoor activities planned...coming soon!

## March 29<sup>th</sup> Run Workshop

Coach Magdalena started the runners off in the morning with some great warm up movements before going out on a short run at Saturday's Running Workshop. She shared a lot of helpful tips to stay injury free and what to do if injury occurs. After the run, she took participants through a cool down routine to help with recovery and was able to answer any other questions participants had about running and mobility.



### Shelley Rael, RDN Presentation on February 12, 2025

On February 12th, a presentation was held discussing why and how to build a balanced meal, meal prepping ideas, and tips. This was especially helpful for the community members that were participating in the 21 Day Nutrition Challenge and for people with diabetes.

Shelley spoke about understanding what a balanced meal looks like, provided simple meal planning and prepping strategies and discussed how to make meal prep more manageable and enjoyable.

Participants shared and discussed challenges with meal planning and Shelley was able to help them feel more confident when planning meals at home. They were provided with a handout of quick and easy meal prep ideas for breakfast, dinner and snacks.

**Join us for our next  
Nutrition Presentation  
May 7th from 5-6pm  
in Conference Room #120**

### Food Demo- No Bake Energy Bites

In February, we held two food demos which allowed participants to make their own No Bake Energy Bites. These bites are quick, easy and nutritious and can be put together in under 15 minutes. They are great for a quick bite or a pre/post workout snack. Through this hands-on demo, each person was able to make bites to take home that had all their favorite ingredients. The hardest part for everyone was not eating them all at once!

#### No Bake Energy Bites Recipe

##### Ingredients:

- 1/2 cup old fashion oats
- 1/4 cup creamy peanut butter  
(can sub other nut butters)
- 2 tablespoons honey

##### Instructions:

Stir all ingredients together in a large mixing bowl

Chill. Cover the mixing bowl and chill for any time between 30 minutes to two hours. This will help the mixture thicken together more easily

Roll into 1 inch balls. Serve & Enjoy!

##### Optional Ingredients:

- 1/2 teaspoon vanilla extract
- 2/3 cup unsweetened shredded coconut
- 2 tablespoons ground flax seed or hemp seed
- 1/4 cup chocolate chips or white chocolate chips
- 1 tablespoon chia seeds
- 1/4 teaspoon cinnamon
- 3 tablespoons of chopped peanuts or pumpkin seeds or almonds
- 1/4 cup dried cranberries or fruit or raisins

**Storage:** Can be stored in a sealed container in the refrigerator for up to 1 week or freeze for up to 3 months.

**Substitute:** If allergy to peanuts, can use sunflower seed butter Sticky liquid sweetener: can sub the honey with maple syrup.



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# Broccoli Cauliflower Raisin Salad

TAMAYA WELLNESS PROGRAM

### •Ingredients:

- 6 C Broccoli Florets
- 3 C Cauliflower Florets
- 1/2 C Golden Raisins
- 1/3 C Walnut Pieces, toasted (or sunflower seeds)
- 1/4 C Olive Oil
- 1/4 C Cider Vinegar
- 1 Tsp Honey or Sugar
- 1 Tsp Salt
- 1/2 Tsp Dried Basil, crushed
- 1/2 Tsp Ground Black Pepper

### •Directions:

1. Bring 2 inches of water to a boil in a large saucepan.
2. Add broccoli and steam for 2 minutes or until broccoli is crisp-tender and bright green. Drain from water.
3. Rinse broccoli with cold water and drain well. Set aside. Repeat this same process with cauliflower.
4. In large salad bowl, layer half of the broccoli, cauliflower, raisins, and walnuts. Repeat layer. Cover and chill.
5. Combine oil, vinegar, honey, salt, basil, black pepper in a small screw top jar. Cover and shake well.
6. Add dressing just before serving, toss to coat. ENJOY!





**TAMAYA WELLNESS CENTER**

# SUMMER BASH

Get ready for our 2nd Annual Summer Bash! It's going to be a day packed with excitement for everyone with something for all ages to enjoy. Bring your family and friends for an unforgettable day of fun and community!

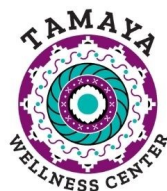
**Activities Include:**

- program booths showcasing exciting events for Summer 2025
- a fun-filled kickball tournament
- thrilling water slides
- dunk tank
- bounce house
- face painting



**MAY 3, 2025**  
**11am - 3pm**  
**SANTA ANA BASEBALL FIELDS**  
 Lunch: 12pm - 2pm

Call TWC Front Desk for more info: (505) 771-6370



## Shelley Rael, MS RDN

Protein does a lot of jobs; it helps build muscle, maintain body weight and supports a healthy heart. Learn more about why protein is **important**, how much you need and when, as well as learning different food sources without relying on protein powder.



**Where:** TWC Conference Room 120  
**When:** Wednesday, May 7th  
**Time:** 5-6pm

Contact Laura Nava for more info & questions  
 cell: (505) 980-1066 email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)



## Announcements

### Food Demo: Homemade Salsa

Let's make some salsa! Join us in the TWC Food Demo Kitchen to blend together some nutritious ingredients to make your own homemade salsa

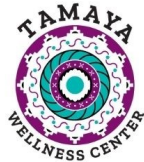


Where: Tamaya Wellness Center - Food Demo Kitchen

When: May 2nd, 2025

Time: 12:15pm-12:45pm

**EVERYONE IS  
WELCOME!**



A RECIPE KIT WITH ALL THE INGREDIENTS FOR SALSA WILL BE GIVEN TO TAMAYA TRIBAL MEMBERS, 16 YRS OLD AND UP

contact Laura for more info (505)980-1066

email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)

### NATIONAL WOMEN'S HEALTH WEEK

Tamaya Wellness Center encourages woman of all ages to prioritize their health and well-being. To kick off the celebration of this week, come by on Monday, May 12th and pick up a bouquet of flowers



### National Women's Health Week: May 12 - 18, 2025

*Join us in celebrating women's health and well-being this week!*

Monday: Come by the TWC and pick up a bouquet of flowers  
Yoga class 5-6pm

Tuesday: Painting Class 5-7pm

Wednesday: Kettlebell Workshop 6-7pm

Thursday: Golden Warriors 50+ Fitness Class 9-10am

Friday: TBD



Empowering women to  
prioritize their health



**TAMAYA WELLNESS CENTER**

### YOGA CLASS

Join us for a yoga class to enhance your physical fitness, mental clarity, and overall well-being.

Monday, May 12, 2025  
05:00 - 07:00 PM



### NATIONAL WOMEN'S HEALTH WEEK

For Tamaya Tribal Community ages 16 yrs old and up

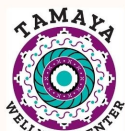
More information or to sign up, contact Laura:

Cell 505-980-1066 Email [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)



## Announcements

### NATIONAL WOMEN'S HEALTH WEEK



JOIN US FOR AN EVENING OF  
CREATIVITY AND IMAGINATION WITH  
PAINT THE TOWN, PAINTING CLASS

**When:** May 13, 2025

**Time:** 5-7pm

**Where:** TWC

**Multi-Purpose  
Room**

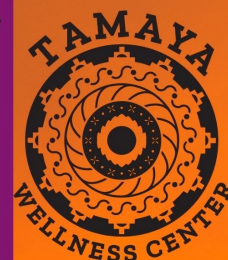


For Tamaya Tribal Women ages 16 yrs old and up

More information or to sign up, contact Laura:  
Cell 505-980-1066 Email [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)

## GOLDEN WARRIORS

We've created a class for the warriors 50 years and older. Improve your physical health, boost your overall quality of life while also helping to maintain your independence and reduce the risk of age-related decline.



**When:** Thursday,  
May 15, 2025  
**Time:** 9-10am  
**Where:** TWC  
Fitness Room

For more information or to sign up, contact Laura:  
Cell 505-980-1066 Email [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)

### Food Demo: Homemade Trail Mix

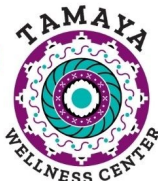
Do you love trail mix but can't find the combination you like? Come by the Tamaya Wellness Center to make some and learn why trail mix is full of nutrient dense goodness for snacking



**Where:** Tamaya  
Wellness Center -  
Lobby

**When:** May 20, 2025  
**Time:** 3-5pm

**EVERYONE IS  
WELCOME!**



contact Laura for more info (505)980-1066  
email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)

## MURPH CHALLENGE

### MURPH

1-Mile Run  
100 Pull-Ups  
200 Push-Ups  
300 Squats  
1-Mile Run



**When:** Friday, May 23rd  
**Where:** TWC Cardio  
Weight Room  
**Time:** 6-8am, 11am-  
1pm, 5-7pm

Murph is a CrossFit Hero workout that stands as a testament to the enduring legacy of U.S. Navy SEAL Lt. Michael Murphy, who died heroically in the line of duty in Afghanistan on June 28, 2005.

All levels of fitness are welcome, there are modified versions of the workout to meet everyone's fitness goals.



T-Shirts will be handed out to all participants  
For more information or to answer any questions, contact Laura  
Cell: 505-980-1066 Email: [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)