

## Announcements & Upcoming Activities

### SANTA ANA BALLFIELD CONSESSIONS ARE OPEN!



**TAMAYA  
WELLNESS  
CENTER**

#### ATTENTION SANTA ANA COMMUNITY

The Tamaya Wellness Center is now accepting concession stand applications for the Santa Ana Ballfields.

**Ready to Reserve?**

Call the Tamaya Wellness Center at 505-771-6370 for all the details and to request an application.



**TAMAYA  
WELLNESS  
CENTER**

**LUNCH  
HOUR  
SPORTS  
ACTIVITIES**

#### Activities Include:

- Dodgeball
- Handball
- Volleyball
- Indoor Hockey
- Indoor Wiffleball
- Pickleball
- Badminton
- Tetherball
- Darts
- and more!

OPEN to Santa Ana Community,  
Santa Ana Employees, & Public  
(\$7 admission for Public)

**WEDNESDAYS & FRIDAYS  
11:30 am - 2:00 pm**

FOR MORE INFORMATION PLEASE CONTACT SPORTS & EVENTS  
AT 505-771-6381 OR FRONT DESK AT 505-771-6370

# SUMMER

## 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 four Summer sessions to choose from:

**SESSION 1:  
JUNE 9TH - JUNE 19TH**

**SESSION 2:  
JUNE 23RD - JULY 3RD**

**SESSION 3:  
JULY 7TH - JULY 17TH**

**SESSION 4:  
AUGUST 4TH - AUG 14TH**



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

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



## Kidcare Summer Schedule

Hi parents!  
As summer approaches rapidly, the Tamaya Wellness Center Kidcare will now be

**APPOINTMENTS ONLY  
STARTING ON JUNE 2ND 2025**

Hours of operation: 4:00pm-7:30pm

Days of operation: Monday-Thursday

You will need to contact Kelly (via email [kelly.raton@santaana-nsn.gov](mailto:kelly.raton@santaana-nsn.gov)) to make an appointment for our kidcare services! Appointments must be made a **WEEK** in advance.

Our regular hours will resume August 11th, 2025. Thank you for your understanding!



## Announcements & Upcoming Activities



TAMAYA  
WELLNESS  
CENTER



# MEN'S HEALTH WEEK

June 9-15, 2025

Join us this week in celebrating  
Men's Health and Well-Being!

MONDAY - MEN'S HEALTH INCENTIVE

TUESDAY - INDOOR ROCK CLIMBING

WEDNESDAY - 3 POINT BASKETBALL CONTEST

THURSDAY - FOOD DEMO/BBQ SEASONING  
BASICS FOR MAKING CUSTOM RUBS THE EASY  
WAY

SATURDAY - HIKING

The Tamaya Wellness Center  
continues to support & encourage  
men of all ages to prioritize their  
health and well-being.

Help us celebrate  
Men's Health Week by  
stopping by for a Chef's Apron

**Monday, June 9th  
from 11:30am-2pm**



TAMAYA  
WELLNESS  
CENTER

TAMAYA WELLNESS CENTER

## CLIMBING GYM COMMUNITY FITNESS ACTIVITY

**TUESDAY  
JUNE 10  
1PM - 3PM**

OPEN TO  
COMMUNITY  
MEMBERS ONLY  
(16 YRS OR OLDER)

LIMITED  
SPOTS  
AVAILABLE

REGISTER NOW!

Rock climbing can be a great  
alternative fitness lifestyle.  
"It can be intimidating to walk  
into a climbing gym for the  
first time. But at Stone Age  
we create a friendly and  
relaxed atmosphere for every  
level of climber to enjoy  
themselves and have fun!"  
- Stone Age



**STONE AGE  
CLIMBING GYM**

6200 Alameda Blvd NE, Albuquerque, NM 87113  
www.climbstoneage.com

TRANSPORTATION NOT PROVIDED

for more info, or to register, contact Laura:

Laura.Nava@santaana-nsn.gov  
(505)980-1066

## 3 POINT BASKETBALL CONTEST



**Wednesday  
June 11  
5pm-7pm  
TWC Gym**

GIFT CARDS GIVEN TOP 3  
COMMUNITY MEMBERS  
(16YRS OR OLDER)

For more info, contact Laura:

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





## Announcements & Upcoming Activities



**TAMAYA WELLNESS CENTER**

# SUMMER PROGRAM

**June 16 – July 11, 2025**

**GRADES K - 12**

Must have completed Kindergarten to attend.  
**Santa Ana Pueblo Community Only**  
 Meals and transportation home provided.  
 Registration open **MAY 19th – 30, 2025**

**8am - 4pm**

<https://forms.office.com/g/d67mAPQDXK>

For Questions contact Tanya or Kelly.  
 505.549.8701  
 505.607.1178




# 30 DAY FEAST DAY CHALLENGE

A Fitness Challenge for all levels

To sign up contact, Laura at 505-980-1066 or [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)


**JOIN NOW**

- STARTS JUNE 16, 2025
- WEEKLY CHALLENGES
- NUTRITION GUIDE
- MOVE, STRETCH AND RECOVER
- INCENTIVES FOR TAMAYA COMMUNITY MEMBERS 16 YRS OLD AND OLDER

**TAMAYA WELLNESS CENTER**

**TAMAYA WELLNESS CENTER**

## LIVING WELL WITH DIABETES: A 4-PART SERIES



Open to community members wanting to learn ways to help manage diabetes, reduce risk for complications, & improve one's quality of life.

Attendees will receive a diabetes support kit

**Lunch/Dinner Provided!**

**TWC Multipurpose Room**

- Wed, April 30 12:15pm-12:45pm: Blood Sugar Monitoring/CGM
- Thurs, May 22 5pm-6pm: Healthy Blood Pressure
- Tues, June 17 12:15pm-12:45pm: Footcare
- Thurs, July 10 5pm-6pm: Heat Safety & Hydration

Sessions provided by Certified Diabetes Care and Education Specialists: Eulalia Darwin, RN, CDCES and Bill Adams, MSN, RN, CDCES

For information, please contact JoAnna at 505-259-7028.

every 3rd Tuesday of the month

# COMMUNITY FOOD PANTRY

**June 17, 2025**  
**3pm - 6pm**  
**Tamaya Wellness Center**



food provided by **ROADRUNNER FOOD BANK**

**TAMAYA WELLNESS CENTER**

## Save the Date!

- Please bring your reusable bags.
- All Community & Employees are welcome.

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



## Announcements & Upcoming Activities

### 30-MINUTE FOOD DEMO

 TAMAYA WELLNESS CENTER

THURSDAY  
JUNE 12TH  
7PM

TWC DEMO  
KITCHEN

BBQ  
SEASONING  
BASICS FOR  
MAKING  
CUSTOM RUBS  
THE EASY WAY

Tribal members 16 yrs & older will  
make their own BBQ seasoning  
to take home with them.



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

 TAMAYA WELLNESS CENTER



### SANDIA HIKE

Trail  
Saturday, June 14th  
8AM

- about a 2 hour hike
- easy - moderate
- 4 miles total

Meet at parking lot  
Transportation not provided



Contact Laura to sign up

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



### Aloha Summer LUAU

- SHAVED ICED • GAMES •
- LIGHT SNACKS • RAFFLES •

SATURDAY  
JUNE 14TH

10AM TO 3:30PM



COME DRESSED IN  
YOUR BEST  
HAWAIIAN LUAU  
OUTFIT AND ENTER  
TO WIN A PRIZE



OPEN TO THE PUBLIC WITH  
PAID ADMISSION: \$15

CONTACT AQUATICS FOR  
INFO (505) 771-6370



**Attention Parents!**

The Tamaya Wellness Center is  
back with our summer meal  
program!

**Nutritious Meals!**

When: June 16-July 18 2025  
Breakfast: 8am-9am  
Lunch: 12pm-1pm  
Location: Tamaya Wellness  
center  
Open to: Ages 1-18 years old!

**Let's Eat!!!**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202 720 2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800 877 8339. Additionally, program information may be made available in languages other than English.

**Any Questions you may have contact Kelly (505) 269-1190 or Tanya (505) 269-5701**



# Announcements & Upcoming Activities



**TAMAYA WELLNESS CENTER**  
*Presents*

## SIZZLIN' 6 WOMEN'S FASTPITCH Tournament



**JUNE 20-22 | TAMAYA BALL FIELDS**





### SCAN QR CODE TO REGISTER TEAM

Triple elimination. Three game guarantee.  
6 teams. Min 9 players. Max 14 players. \$350 Team entry fee.  
Registration deadline June 9, 2025.

*Call Sports and Events at 505-771-6381 for more details*  
**225 Ranchitos Rd, Santa Ana Pueblo**



**TAMAYA WELLNESS CENTER**

## FRIDAY DOLLAR NIGHT SWIM

**JUNE 27<sup>TH</sup> 4PM TO 7:30PM**

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



**OPEN TO THE PUBLIC WITH PAID ADMISSION OF \$1**

*Contact Aquatics for more info at (505) 771-6370*






**TAMAYA WELLNESS CENTER**


## Ballfield Hours




**SANTA ANA BALLFIELD COMPLEX**


FIELD USAGE SUMMER HOURS (MAY-SEP)	BATTING CAGE SUMMER HOURS (MAY-SEP)
<b>MON-FRI:</b> 3:00pm - 8:00pm <b>SAT-SUN:</b> Sunrise to Sunset	<b>MON-FRI:</b> 8:00am - 7:30pm <b>SAT-SUN:</b> 8:00 - 3:30pm

For more information, please contact Sports & Events at 505-771-6381 or front desk at 505-771-6370




## THE BAT CAVE


**Saturday Mornings  
9:00am - 11:00am**



**FUNDAMENTAL HITTING SKILLS**



**BASEBALL KNOWLEDGE AND IQ**



Improve your hitting skills at the Santa Ana Ballfield batting cages.

**OPEN TO SANTA ANA COMMUNITY MEMBERS**

\*schedule may change without notice

**For more information, please contact Sports and Events at 505-771-6381**

