



**TAMAYA
WELLNESS
CENTER**

SPORTS AND EVENTS PRESENTS

2025 OPEN GYM VOLLEYBALL

**EVERY TUESDAY IN
2025 5:30pm - 8:00pm
PARTICIPANT AND
SPECTATOR FEE: \$7**



**FOR MORE INFORMATION PLEASE CONTACT SPORTS AND
EVENTS AT 505-771-6381 OR 505-771-6370**



**TAMAYA
WELLNESS
CENTER**

SPORTS AND EVENTS PRESENTS

2025 MEN'S AND WOMEN'S OPEN GYM BASKETBALL

**EVERY FRIDAY IN 2025
5:30pm - 8:00pm
PARTICIPANT AND SPECTATOR
FEE: \$7**

**FOR MORE INFORMATION PLEASE CONTACT SPORTS AND
EVENTS AT 505-771-6381 OR 505-771-6370**





TAMAYA WELLNESS CENTER

GARDENING *Workshop*

MONDAY, MAY 12TH AT 6PM
MEET AT THE TWC GARDEN BEDS



Let's Kick Off The Summer Growing Season!

Come plant some seeds & seedlings in the community garden beds.

We will also have a limited amount of seeds & seedlings available on a first come, first serve basis to take home & plant in your home gardens.

For more info, contact Kevin (505) 525-1242
or Tina (505) 525-1240

NATIONAL WOMEN'S HEALTH WEEK May 12-18

Tamaya Wellness Center continues to support and encourages woman of all ages to prioritize their health and well-being. Help us celebrate Women's Health Week by stopping by for a bouquet of flowers on Monday from

11:30am-2pm



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**



Limited spots, sign up a.s.a.p! 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



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 - 06:00 PM

TWC Fitness Room



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

GOLDEN WARRIORS

We've created a class for the warriors 55 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

**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

Limited Spots Available

<https://forms.office.com/g/A6VJxWRv6e>

For Questions
contact Tanya or
Kelly.
505.549.8701
505.607.1178





every 3rd Tuesday of the month

COMMUNITY FOOD PANTRY

May 20, 2025

3pm - 6pm

Tamaya Wellness Center



food
provided by



Save the Date!

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



**TAMAYA
WELLNESS
CENTER**

questions, information, or assistance,
please contact: Perdita Wexler at

(505) 771-6770 or Perdita.Wexler@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



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



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

Lunch/Dinner
Provided!

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.



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