



# Tamaya Wellness Center

*A partner in your wellness journey.*

ISSUE 67

June

2025

## Tribal Practices for Wellness in Indian Country - TPWIC

Tribal Practices for Wellness in Indian Country (TPWIC) has continued to provide activities to the community that promote and support wellness in a holistic way that we as a community are familiar with. These activities can include all aspects of a person's overall health including their physical, mental, emotional, social, and spiritual well-being. Approaches in holistic wellness can encourage self-awareness by creating an overall balance where individuals feel fulfilled and connected. Our activities focus on both individuals and the community coming together in a shared space to learn and share knowledge. Over the past couple of months, we've had activities that included starting seed for the upcoming summer growing season, resources and support for home gardening, making blue corn tortillas, planting seedlings and seed in the community garden beds, learning about pollinators and their importance, and partnering with Five Sandoval Indian Pueblos to provide materials for traditional pouch making. Enjoy this snapshot of our most current activities and as always, we invite you to come and participate in any of our activities. For more information about TPWIC and activities that we offer or can possibly provide, please contact Perdita Wexler at (505) 771-6770 or Kevin L. Montoya at (505) 771-6383.



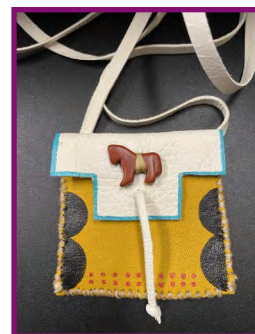


## Tribal Practices for Wellness in Indian Country - TPWIC (cont.) Snap Shot



**For more info about  
TPWIC contact:**

**Perdita Wexler  
(505) 771-6770  
or  
Kevin L Montoya  
(505) 771-6383**





## Sports & Events Program

April & May were both active and exciting months for the Tamaya Elite Program! We continued our weekly training sessions, conducted youth strength and conditioning assessments, and held clinics to support skill development and physical wellness for our Tamaya Elite "TAPletes". We also welcomed two new team members, Khristian Leon and Joseph Tenorio (Jr.) who bring great energy and experience. You can meet them at our weekly **Volleyball Nights (Tuesdays)** and **Basketball Nights (Fridays)**!

### What's Coming in June

We're gearing up for a fun and impactful summer!

Tamaya Elite Program activities for June include:

- Fun Day activities at the ballfields
- Field trips for all age groups
- Tamaya Elite Summer Sports Camps to prep for fall sports
- Youth Leadership & Teamwork Workshop with the UNM Recreation Department



We're also excited to host the **Sizzlin 6 Women's Fastpitch Softball Tournament**, happening **June 20-22**.

To register a team or get more information, please contact the **TWC Sports & Events Office at (505)771-6381**.

### Community Reminder

Don't forget - the **Community Recreation Fund** supports planned, supervised recreation activities for tribal members. These programs promote health, build confidence and teamwork, improve academic and social skills, and encourage family participation - benefiting both individuals and the community. Let's make this summer memorable!



## Open Gym Volleyball & Basketball Nights - For info call (505) 771- 6370

**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**



# Thank You,

to all the parents who signed their children up for our 2025 Spring Break Program! Your support made it possible for our young participants to engage in a variety of exciting activities in growth, friendship, and unforgettable memories.

Throughout the program, children enjoyed a range of fun experiences, including their first ride on the Rail Runner, which many found to be a delightful adventure. A wonderful hike up in the beautiful trails in the Sandia Mountains. The trip to Santa Fe was a highlight, where they savored delicious pizza and indulged in some of the best ice cream around. These moments not only provided them with enjoyment but also helped them bond and form closer friendships with one another.

We are incredibly grateful to everyone who collaborated with our Recreation team and supported this initiative. Your contributions made a significant impact, and we look forward to welcoming all the children back for our 2025 Summer Program. Thank you once again for being a part of this amazing journey!

With care and love,  
Tamaya Recreation Program staff







### Avocado Salad with Tomatoes & Mozzarella

**TAMAYA WELLNESS PROGRAM**

#### •Ingredients:

1/2 lb Red Cherry or Grape Tomatoes, halved  
1/2 lb Yellow Cherry or Grape Tomatoes, halved  
2 Avocados, diced  
1 Cucumber, sliced  
1/3 C Red Onion, diced  
8 oz Fresh Mozzarella Cheese Balls, small

#### •Directions:

1. In large bowl, combine tomatoes, avocado, cucumber, red onion and mozzarella cheese balls.
2. Make Basil Pesto Dressing. (See recipe) Drizzle dressing over salad and coat well.
3. ENJOY!



### Basil Pesto Dressing

**TAMAYA WELLNESS PROGRAM**

#### •Ingredients:

1/4 C Basil, fresh  
1/4 C Olive Oil  
1 Tbsp Lemon Juice  
Add to Taste: Salt & Pepper

#### •Directions:

1. Add basil, olive oil and lemon juice to food processor.
2. Process until smooth. Use more basil, if desired.
3. Season with salt and pepper, optional.
4. ENJOY!





## 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

### 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

Meet at parking lot  
Transportation not provided

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



Contact Laura to sign up

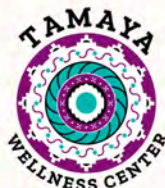
505-980-1066 or [laura.nava@santaana-nsn.gov](mailto:laura.nava@santaana-nsn.gov)

### 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) 669-1190 or Tanya (505) 669-8701**



## Announcements & Upcoming Activities



**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**

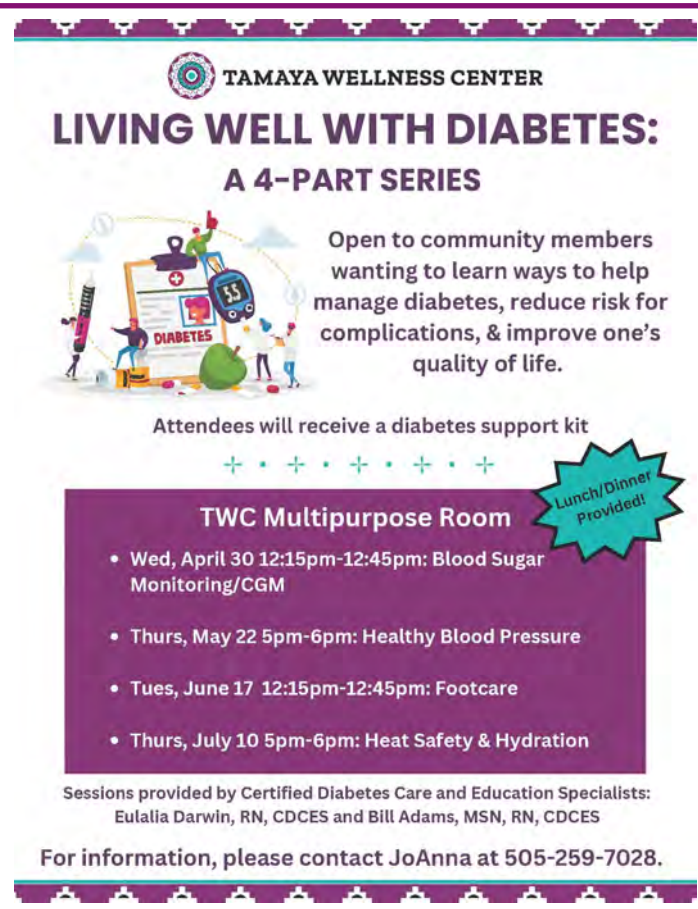
A Fitness Challenge for all levels


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

**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.

**Lunch/Dinner Provided!**



every 3rd Tuesday of the month

**COMMUNITY FOOD PANTRY**

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

food provided by 

 **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



**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

