



Tamaya Wellness Center

A partner in your wellness journey.

ISSUE 68

July

2025

Sports & Events May Activities

Open Gym Volleyball and Basketball Ongoing

This May, we had our ongoing open gym basketball and volleyball. We have seen an increase in numbers since the start of May. It continues to be a success and a staple in our Sports and Events program.

Lunch Hour Sports Activities in Gym

We began our Lunch Hour Sports Activities. We started this so people could come into the Tamaya Wellness Center and get active during their lunch hour. We have definitely seen the most activity when it comes to our indoor wiffleball activity with our second largest crowd coming from our handball activity. We really hope to see more people come out.

Off-Site Transportation to TAP

In May, we began taking our TAPletes to the TAP site in Albuquerque where our students train with the TAP coaches, Chris, Jason, or Brandon. Our TAPletes train in cardio, agility, strength training and many more physical activities.

TAP Baseball and Softball Clinics

TAP coach Jason came to the Tamaya Ballfields to coach up our young TAPletes who want to be proficient in either baseball or softball. First, they started out with infield drills and going over basic mechanics on how to field a ball. Next, they ran the bases and learned how to make their turns rounding first, second, and third. They finished off the clinic with hitting drills inside the batting cage.

TAP Weekly Sports Performance Training Ongoing

We are continuing our TAP program in May where we have the TAP coaches come down to the Tamaya Wellness Center and train our TAPletes inside the gym. TAP coach, Cat, has led our young TAPletes and coached them in volleyball where each student becomes more familiarized with the sport. TAP coach Jason and Brandon have also come to help with agility and strength training.



April & May Activities - Fitness Program

April 2025

Albuquerque Coffee & Tea Bike Tour

It was a beautiful Sunday for a bike ride. Van and Esther, our guides, made sure everyone got to enjoy different coffee and teas along with some delicious pastries. The participants got a tour of Old Town, with some history of Albuquerque. They toured everyone through old neighborhoods, hitting some great hot spots to grab a refreshing drink. If you are interested in joining the next Bike Tour, keep an eye out for another one this summer!



Trail Mix Food Demo

Everyone loves a great trail mix, but sometimes it is hard to find the right combination. At the food demo in April, participants were able to put together a small bag of nuts, seeds, dried fruit and even a bit of sugar candy (for the energy) in just the right combination. The demo was set up in the lobby, catching community members and employees coming into the Tamaya Wellness Center. Everyone that participated took home a baggy of healthy ingredients to take with them for a good snack.

Spring Into Motion Challenge

21 participants took on this Spring challenge of who can get the most steps in during the month of April. Participants logged their exercise into the program which automatically converted their minutes to steps. With delicious recipes, inspiring articles, and daily emails, Spring Into Motion helped to keep all the participants motivated and moving!

May 2025

Shelley Rael, RDN Presentation; The Truth About Protein; How Much, When and What Kind

Shelley's presentation was about teaching what protein actual is, explaining why protein matters for overall health, energy and muscle. Participants learned how much protein each person needs and what affects that result. Listeners learned when it was best to eat protein and Shelley identified real food sources for meals and snacks (no powders required!). Everyone received a handout of real food protein ideas for meals and snacks. If you would like to attend the next presentation, it will be in August. Keep a look out for the flyer!



National Women's Health Week

In celebration of women's health and well-being during the week of May 12-18th, there were fun activities and workshops scheduled throughout the week. Monday, a yoga instructor came in and helped everyone relax and stretch. On Tuesday, participants painted a beautiful landscape. At the kettlebell workshop on Wednesday, participants were moving and learning beginner kettlebell magic. Thursday morning, the Golden Warriors Fitness Class for participants over 55 came into the fitness studio and worked on their balance, coordination and gained some strength. The TRX class was introduced on Friday and had participants feeling the burn but also having fun with fitness.



April & May Activities - Fitness Program

Tamaya Wellness Center Hosts the MURPH Challenge in Honor of Lt. Michael P. Murphy

On May 23, the Tamaya Wellness Center hosted the **MURPH Challenge**, a powerful fitness event held annually throughout the fitness industry in honor of fallen Navy SEAL Lt. Michael P. Murphy. This was the 3rd year the Tamaya Wellness Center held the event. The workout includes a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats, and another 1-mile run.

With nearly 30 participants joining throughout the day, the event welcomed individuals of all fitness levels. Many scaled or modified the workout to meet their abilities, while still embracing the challenge and its deeper meaning.

Despite the heat, participants showed determination and grit, pushing through the demanding workout in the spirit of resilience and remembrance. Each participant received a commemorative shirt to mark the day and honor their commitment to the challenge and the hero it represents.



Living Well with Diabetes: A 4-Part Series

Since April 2025, the Fitness Program has sponsored monthly Diabetes Self-Management presentations by Certified Diabetes Care and Education Specialists Eulalia Darwin and Bill Adams. Topics have included: Blood Sugar Monitoring/Continuous Glucose Monitoring, Healthy Blood Pressure, and Footcare.

The goal of these presentations is to educate community members on ways to help manage diabetes, reduce risk for complications, & improve one's quality of life. The presentations are open to anyone with or without diabetes and provide an opportunity to ask questions and learn about something new.

Participants have learned vital information to help care for themselves and their family members such as the importance of regular doctor visits, high and low blood sugar symptoms, options for continuous glucose monitoring, and encouragement to practice daily foot care including foot checks, proper shoe fit, and early prevention to avoid complications.

With the summer months and feast upon us, the next presentation will focus on another very important topic of Heat Safety & Hydration for People with Diabetes and will be held on July 10, from 5-6pm at the Tamaya Wellness Center.

For information on these sessions, please contact JoAnna at (505) 259-7028 or to schedule an individual appointment with Eulalia Darwin, RN, CDCES, please contact the Santa Ana Clinic at (505) 867-1216.



Native Plants Around Us Walk - TPWIC

On Thursday, June 19th, 10 community plant enthusiasts joined us for a walk identifying native plants and sharing information for each about their amazing uses. The plant walk was led by Dara Saville, an accomplished herbalist and the founder of Albuquerque Herbalism and the Yerba Mansa Project. We met by the Tamaya Wellness Center community garden beds and an introduction of everyone to the group started the activity.

Participants were encouraged to ask questions about the many different plants that were seen along our walk. We stopped and learned about wolfberries and the benefits of eating them, and lucky for us there were some on this plant to sample! Another common plant to our community is the globemallow plant grown around our area. Everyone appreciated the shared information, took notes, and enjoyed the nice evening walk around the community. Stay tuned for more of our activities!



Recipe of the Month



Melon Mint Salad

TAMAYA WELLNESS PROGRAM

•Ingredients:

- 6 C Melon, cubed
- 1/4 C Fresh Mint, chopped
- 1 Tbsp Fresh Squeezed Lemon Juice (pre-squeezed is fine)
- 1 Tbsp Honey (optional)

•Directions:

1. Cut and cube melons. One type of melon or variety of melons can be used if desired. Keep melon cubes fairly large but cube to your liking. Place in large bowl.
 2. If using honey to lightly sweeten, mix together with lemon juice. Taste melons for sweetness before adding honey, if need be.
 3. Wash and chop fresh mint. Toss melon together with lemon juice and mint to coat. Serve and ENJOY!
- Melon salad can be kept in the refrigerator for up to 3 days, but mint will wilt if already mixed. Add fresh mint and drain off excess water before serving again, or keep all ingredients separate until serving.

