

## Recipe of the Month



### Fresh Green Chile & Summer Squash

TAMAYA WELLNESS PROGRAM

#### •Ingredients:

- 1 lb Fresh Green Chile, washed, deseeded and chopped
- 2-3 Yellow Summer Squash, washed and sliced
- 2-3 Zucchini, washed and sliced
- 1/2 Onion, chopped
- 1 Tsp Garlic, minced
- 1 Tbsp Olive Oil
- 1 lb Ground Meat of Choice, optional (beef, turkey, pork)

#### •Directions:

1. Heat oil in large pot or pan over medium heat on stove top.
2. Add in onion, garlic, green chile, and squash and cover with lid.
3. Allow to cook and steam until tender and to preferred liking.
4. If using meat, brown meat first then drain excess oil. When meat is cooked, continue to step one.
5. Serve and ENJOY!

**\*\*Note: Corn and other vegetables can be added if preferred.\*\***



## Announcements & Upcoming Activities

### Food Demo: Homemade Granola Bars

Do you love granola bars, but can't find the combination you like?

Stop by the Tamaya Wellness Center and learn a recipe to make your own at home

Where: TWC Demo Kitchen


When: August 7, 2025

Time: 5:15-5:45pm



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





# ISOTOPES FAMILY NIGHT




**Date: Saturday  
August 9, 2025**

**Gametime: 6:35pm  
Mariachi Night and  
postgame  
fireworks!**

**Limited tickets  
available. First  
come, first serve  
basis. Must be  
present to pick up  
individual ticket.  
TRIBAL MEMBERS  
ONLY.**

**Tickets will be  
given out at  
Health Fair  
August 9th.**

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



## TAMAYA WELLNESS CENTER



## Announcements & Upcoming Activities

**Shelley Rael, Registered Dietician**

**Presenting**

### **Defending Your Wellness: Protecting Your Health in Stressful Times**

Life gets busy, stress piles up, and our health often takes a backseat. But what if you could defend your wellness, no matter what life throws your way?



**When: August 13, 2025**

**When: 5:30p - 6:30p**

**Where: TWC  
Conference Room**

This is an interactive and engaging session where we'll explore practical strategies to nourish your body, support your energy, and build resilience during demanding times. Whether you're balancing a career, school, or personal responsibilities, this session will give you realistic, science-backed ways to prioritize your well-being, without adding more to your plate!

This presentation is offered in person and on zoom. If you can't make it in person, you can still join in  
Contact Laura at [laura.nava@santana-nsn.gov](mailto:laura.nava@santana-nsn.gov) or 505-980-1066



**AUGUST 16<sup>TH</sup>  
10am-3:30pm**

#### **ACTIVITIES:**

- Open Rec Swim
- Water Polo
- Water Pong
- Snow Cones
- Snack Bag

**Santa Ana Community  
Members, bring up to  
2 guests for FREE!**

**OPEN TO THE PUBLIC with  
paid admission of \$15**

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



**TAMAYA WELLNESS CENTER**

## **DOLLAR SWIM FRIDAY**

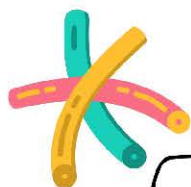


**TAMAYA  
WELLNESS  
CENTER**

**AUGUST 22nd**

**SESSION 1: 12PM-3:30PM**

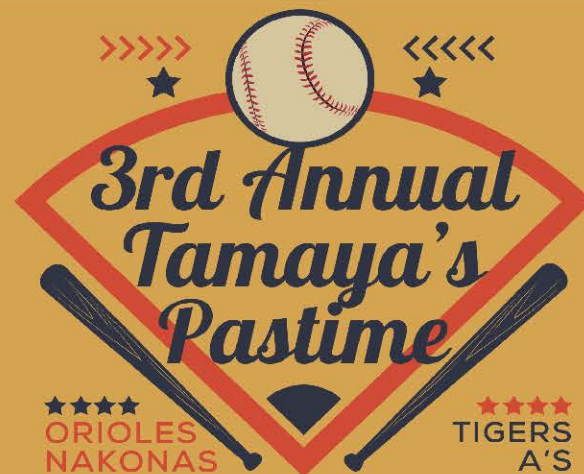
**SESSION 2: 4PM-7:30PM**



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

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

**FOR MORE INFO CONTACT AQUATICS AT (505) 771-6372**



★★★★  
**ORIOLES  
NAKONAS  
CUBS**

★★★★  
**TIGERS  
A'S**

**SATURDAY, AUGUST 30 2025  
5:00PM TO 9:00PM | FREE ENTRY**

**SANTA ANA BALLFIELDS**



• COMMUNITY  
GATHERING &  
CELEBRATION

• HONORARY  
CEREMONY  
RECOGNIZING PAST  
AND PRESENT  
PLAYERS.

• FREE HOT DOGS,  
PICKLES & POPCORN

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



## Announcements & Upcoming Activities

### WATER POLO WENDESAYS

Bring your family and friends to  
play a friendly fun game of  
water polo every Wednesday!



Wednesdays at  
6pm-7:30pm



OPEN TO THE PUBLIC with  
\$7 paid admission

Runs until  
September!

Santa Ana Community  
Members, bring up to  
2 guests for FREE!



For more information contact us at (505)771-6372

### AQUA BASKETBALL THURSDAYS

Bring your family and friends to  
play a friendly fun game of water  
basketball every Thursday!



Thursdays at  
6pm-7:30pm



OPEN TO THE PUBLIC with  
\$7 paid admission

Runs until  
September!

Santa Ana Community  
Members, bring up to  
2 guests for FREE!



For more information contact us at (505)771-6372

### AQUA AEROBICS

Tuesdays & Thursdays  
4:00pm-4:30pm

Looking for an efficient and fun way to  
stay fit and healthy? Look no further  
than water aerobic exercise!

- For all fitness levels
- Build muscle, endurance & strength



Santa Ana Community Members,  
bring up to 2 guests for FREE

OPEN TO THE PUBLIC  
with paid admission of \$5

For more information  
contact us at (505)771-6372



### FALL GROUP SWIM LESSONS

OPEN TO THE PUBLIC \$80 PER SESSION  
SANTA ANA TRIBAL/COMMUNITY FREE

\*FALL LESSONS WILL BEGIN IN EVENING TIMES\*  
2-WEEK SESSIONS ARE DESIGNED FOR ALL AGES AND  
ARE SCHEDULED FOR TUESDAY-THURSDAY WITH  
FOUR FALL SESSIONS TO CHOOSE FROM:

SESSION 1: SEP 2<sup>ND</sup> - SEP 11<sup>TH</sup>  
SESSION 2: SEP 16<sup>TH</sup> - SEP 25<sup>TH</sup>

SESSION 3: SEP 30<sup>TH</sup> - OCT 19<sup>TH</sup>  
SESSION 4: OCT 14<sup>TH</sup> - OCT 23<sup>RD</sup>

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