



Tamaya Wellness Center

A partner in your wellness journey.

ISSUE 69

AUGUST

2025

Sports & Events Activities

Cross Country Clinic – ES, MS, HS

Back in June, we had a cross-country clinic held for our Tamaya Elite students. We had Victoria Collins, the assistant cross-country and track coach from Rio Rancho High School, come down to help our students excel in the sport of cross-country. She taught our TEP students how to stretch, sprint, and do long distance running. Sounds easy enough, right? It's a lot more complicated than that. Cross-country running requires more than just endurance and being physically fit. Anyone can run for distance if you put your heart, mind, and soul into it. Stretching helps your body from cramping up and leg injuries. It also helps you relieve tension you have from your body whether it's stress or anything dwelling on your mind. Sprinting does help you with endurance, but it also activates your short muscle fibers to help with your short distance running. Meaning, if you're coming down to the last few feet and you need to beat your opponents for first place, those short muscle fibers will activate when you start to sprint and take you home to victory! Your long muscle fibers are what help you with your long-distance running. So as long as you can keep those fibers activated, whether it's the short or long muscle fibers, you are ready to conquer your run!

TEP Playday

With the help of Brandon from TAP, we took our TEP participants to Jungle Jam to enjoy a fun filled day of excitement. The kids got to jump around, play in the jungle gym area, and then finished the day off with some delicious pizza!

Sizzlin' 6 Tournament

The Sports & Events team held the Sizzlin' 6 tournament June 20th & 21st. The Valkyries, Wildcats, Nationals, and Hot Mess battled it out to get the title, with the Nationals coming out on top to take home the gold. It was a fun filled tournament with many fans showing support for their teams. Concessions were rollin' and people were getting their grub on. Nothing better than action packed games throughout the day and into the evening. We thank the teams, fans, umpires, and everyone for making this tournament one of the best we've had.



Fitness Program Activities

Beyond 50 Fitness

We started a new fitness class on June 3rd, Beyond 50 Fitness. This class is designed for those 50 years old and older that want to get moving and work on everyday balance, coordination and strength, no matter the fitness level. Regular exercise is proven to manage and prevent different chronic diseases, can help make everyday tasks less difficult, reduce the risks of falls and enhance mental health along with many more benefits! Join us on Tuesday & Thursday from 9am - 9:45am in the Tamaya Wellness Center Fitness Studio, classes will go until August 28th.

National Men's Health Week

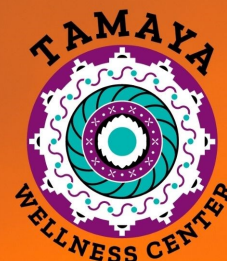
In June we celebrated National Men's Health Week, June 9th-15th. That week leading up to Father's Day focused on raising awareness about men's health and encouraging exercise, eating right and taking care of their health. It started out with giving Tamaya community men chef aprons to help unleash their inner chef, whether they were seasoned cooks or beginners. Next, participants enjoyed indoor rock climbing at Stone Age Climbing Gym. There were beginners to avid rock climbers that took to the walls assessing different routes and tackling the boulder like pros. As the week continued, next there was a bit of competition with a Three Point Basketball Contest. Participants attempted to make as many three-point baskets as possible out of 25 shots, from five positions behind the three-point line. 20 community members took on this challenge, the top three were Derek with 11 shots, Leandro with 9 and Xavier with 6 shots. A Saturday early morning hike in Placitas on the Mustang Alley, Bootleg, Bobsled and Fence Line Trail Loop rounded out the week. Community members met up to take on the beautiful 3-mile hike, that took a little over an hour along the base of the Sandia Mountain.

Santa Ana Crossroads - Superheroes Save The Day!

The Pueblo Crossroads is an annual run/walk held every year in Santa Ana Pueblo and the neighboring pueblos who wish to participate. The event is to promote health and wellness fun and safely for all participants. On June 16, 2025, we held our first Santa Ana Pueblo Crossroads event since 2019. We had just over 160 people who participated in the 5k run and 1mile walk. This was an all-ages event open to the public with a superhero theme for adults and kids to enjoy and an awesome shirt to go with it. There has not been a Pueblo Crossroads in Santa Ana Pueblo since 2019. This year was our first year back since then. With help from our Governors and collaboration with Tamaya Ventures, we were able to have a successful event. We hope this event grows bigger in the years to come. Thank you to all who came out to show support. Stay active, stay motivated, and most of all stay consistent.

BEYOND 50 FITNESS

We've created a class for the warriors 50 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.



June 3rd - August 28th
Tuesday/Thursday
9am-9:45am
TWC Fitness Room

For more information, contact Laura:
Cell 505-980-1066 Email laura.nava@santaana-nsn.gov



Santa Ana Pueblo Crossroads 2025 - SUPERHERO RUN/WALK PHOTOS



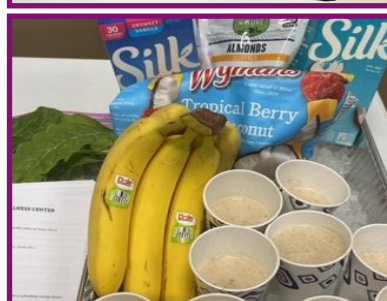
Gardening & Trellis Workshop - TPWIC

Our gardening season is in full swing and our Tamaya Wellness Center community garden beds are beginning to show signs of produce! We have cucumbers, squash, rainbow chard, mint, radishes, and even a couple watermelons growing. Soon there will be some chile and tomatoes. With the help of Mike Halverson from the Santa Ana Native Plants Nursery, we were able to reconstruct a trellis and other supports to help the growing cucumbers and tomatoes. The evening was a hot one but fun, laughter, and cool watermelon made the evening heat bearable. We even got to pick some cucumbers to take and enjoy at home. We hope your Summer gardens are growing well and are eager to see some of your garden photos. If you would like to share pictures of your home garden or any produce that you've grown, please send to Kevin @ (505) 525-1242 or Tina (505) 525-1240.



Tamaya Wellness Center 10 Year Celebration - THANK YOU!

Thank You Santa Ana Community for coming out and spending the day with us to celebrate 10 years of wellness and activities. The day was well spent with our center's program offerings. The morning started off with a Sunrise Stretch & Smoothie activity. The day also included Beyond 50 Fitness, Community Food Pantry, Glow Zumba, Total Body Conditioning, and open swim and gym sessions. There was even some fresh fruit, cupcakes, and ice cream for everyone to enjoy. We hope the community continues to come and enjoy this beautiful facility and continues to participate in the activities each program here in the Tamaya Wellness Center has to offer. We look forward to celebrating another 10 years. Stay Active and Stay Well Tamaya, and Thank You once again for letting us be *A Partner In Your Wellness Journey!*



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

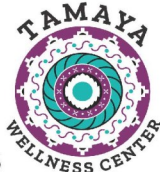
Where: TWC Demo Kitchen

When: August 7, 2025

Time: 5:15-5:45pm



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



**Date: Saturday
August 9, 2025**

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

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

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@santaana-nsn.gov or 505-980-1066



**AUGUST 16TH
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

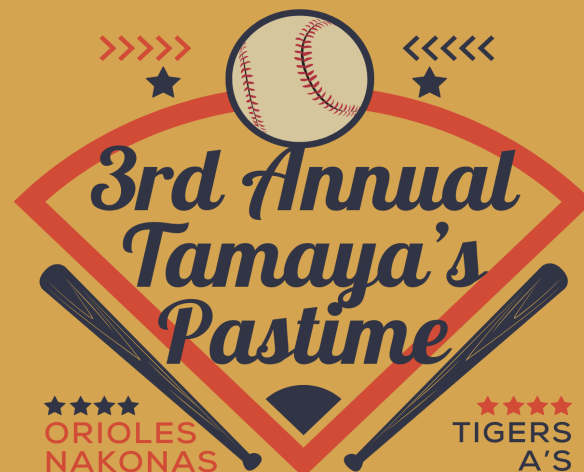
SESSION 2: 4PM-7:30PM



**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 WENDESDBAYS

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 2ND - SEP 11TH
SESSION 2: SEP 16TH - SEP 25TH

SESSION 3: SEP 30TH - OCT 19TH
SESSION 4: OCT 14TH - OCT 23RD

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

