



Tamaya Wellness Center

A partner in your wellness journey.

ISSUE 70

September

2025

Aquatics August Recap



Summer Swim Lessons - Our summer swim lessons were a blast! We had an amazing turnout, and it was wonderful to see so many kids having fun while learning valuable swimming skills. Over the two weeks of lessons, each participant made great progress and gained more confidence in the water. We're excited to see everyone back in the pool this fall—be sure to check out the Aquatics flyer for details on our upcoming Fall Swim Lessons starting in September!

Back-to-School Swim – August 16th - We wrapped up summer in style with our Back-to-School Swim on August 16th! It was a day full of fun, featuring snow cones, popcorn, and plenty of pool time.

Tribal members also received movie gift cards to enjoy one last summer treat. Thank you to everyone who joined us for this special event!

Dollar Swim Day – August 24th - Our very first Dollar Swim Day was a huge success! For just \$1, guests enjoyed a fun-filled day at the TWC Pool. We welcomed over 30 swimmers, including a large group that helped make the day feel like a pool party! We're so glad to see the community come out and enjoy the water together.



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 9TH
SESSION 4: OCT 14TH – OCT 23RD

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

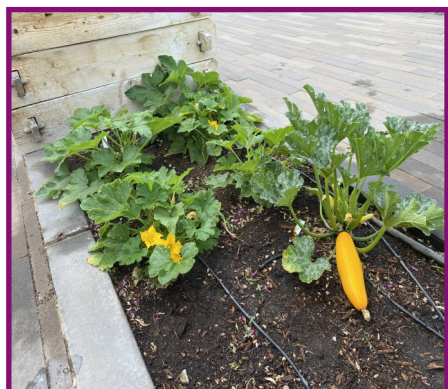


Homemade Popsicle Food Demo - Fitness Program

It's summertime and it is hot! For the food demo this month we decided to cool things down with healthy homemade popsicles. Participants learned two different recipes to make some quick and easy popsicles. There are so many options and different ways to create delicious and healthy popsicles with less ingredients and sugar than the store-bought ones. Participants were able to taste test the popsicles and take home a recipe kit with the ingredients and popsicle molds to make their own refreshing treats at home.



WHAT! Squash Bugs! - TPWIC Summer Gardening



Just imagine, one morning you look at the beautiful sight of your garden in full bloom of those delicious vegetables growing. Your squash plants are looking healthy and you're thinking, it's almost to pick them and create a delish meal out of them. You're thinking I could make squash soup, maybe sauté them, or make calabacitas!

And then BAM! You notice your squash plants drooping, wilting and looking as if they need more water. Then you investigate, you notice those horrible creatures, the infamous squash bugs. If you haven't had a chance to see these, they are about 5/8 inch long, usually dark gray to dark brown in color, their abdomens have alternate orange and brown strips and are

flattened, large insects. They lay their eggs beneath the leaves of your squash plant between the veins where they form a V. Eggs are an orange-brownish color.

Squash bugs generally attack your squash, pumpkins and cucumbers. Don't let these bugs discourage you, You can help manage these creatures:

- By removing plant debris during the growing season to reduce sites where they can hide.
- Crush eggs that are attached to the underside of stems of leaves.
- Remove and kill squash bugs by dropping them in a pail of soapy water.
- Trap them by laying out boards or pieces of newspaper. They will group under the boards at night: you can then collect and destroy them in the morning.



Recipes of the Month – Yummy Pumpkins!



Pumpkin Butter

TAMAYA WELLNESS PROGRAM

•Ingredients:

- 15 oz 100% Pure Pumpkin (not pie filling that has added sugars)
- 1/2 C Apple Cider or Apple Juice
- 2/3 C Light Brown Sugar, packed
- 1/2 Tsp Ground Cinnamon
- 1/8 Tsp Ground Cloves
- 1/8 Tsp Ground Ginger
- 1/8 Tsp Salt

Note: If doubling the recipe, the cook time will be a bit longer, like 30 mins.

•Directions:

1. Combine the pumpkin, apple cider (or juice), brown sugar, cinnamon, cloves, ginger, and salt in medium, heavy saucepan.
2. Bring to boil over medium-high heat (because the mixture is thick, it will be more like an active sputter). Reduce the heat to low.
3. Simmer the mixture covered with the lid slightly ajar, stirring occasionally so the pumpkin butter does not stick to the bottom. Simmer until thickened, about 20 minutes.
4. Let cool completely then transfer to a jar and refrigerate until ready to serve. Pumpkin butter will keep in a covered container in the fridge for up to 2 weeks, or frozen for up to 3 months.



Pumpkin Spice Smoothie

TAMAYA WELLNESS PROGRAM

•Ingredients:

- 1/2 C Canned 100% Pumpkin (not pie filling that has added sugars)
- 1/3 C Fat-Free Plain Yogurt (use Greek Yogurt for more protein)
- 1/3 C Fat-Free Milk (or non-dairy milk alternative)
- 2 Tbsp Rolled Oats
- 2 Tsp Honey
- 1/2 Tsp Pumpkin Pie Spice
- 3-4 Cubes Ice Cubes

•Directions:

1. In a food processor or blender, process all the ingredients for one minute, or until smooth and frothy.
2. Pour into a glass and serve immediately. ENJOY!



Smoothie Tip: Keeping the can of pumpkin in the refrigerator before using is not necessary, but helps make a colder smoothie.

This taste of pumpkin pie in a glass smoothie recipe, with fewer calories, is shared from the American Heart Association.

Announcements

Food Demo: Homemade Applesauce

Join us in the demo kitchen and learn how to make homemade applesauce.

A Recipe kit with all the ingredients for the applesauce will be given to Tamaya Tribal members, 16 yrs old and up



Where: TWC Demo Kitchen

When: September 11, 2025

Time: 5:30-6:00pm



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

TAMAYA WELLNESS CENTER

Apple Picking

September 22, 2025
5:30pm-7:30pm
Tamaya Orchard

A wooden basket to put your apples in will be given to Tamaya Tribal members, 16 yrs old and older

For more info, contact Laura at cell/505-980-1066 or email/laura.nava@santaana-nsn.gov

TAMAYA WELLNESS CENTER

SANDIA CAVE TRAIL & THE SPIRAL STAIRCASE

SEPTEMBER 27, AT 8AM

This is a medium level hike. The road leading up to the trailhead is pretty rough. There is a parking lot near the trailhead, we will be meeting at the Wellness Center and carpooling to the mountain. Please let us know you will be joining us, so we don't leave anyone behind!

Use the QR code to get more information about the trail

To sign up or for more information, contact Laura at
☎ 505-980-1066 ✉ laura.nava@santaana-nsn.gov

TAMAYA WELLNESS CENTER

COMMUNITY MARKET

Attention Farmers, Gardeners, Bakers, Crafters, Makers & Community - Come Join Us At The Market: A Place To Buy, Sell, & Connect!

• SUPPORT LOCAL • OPEN TO THE PUBLIC •

Every Thursday Evening from 5pm - 8pm
Beginning September 4th

attention all sellers, for details & more info please contact: Kevin (505) 771-6383

Announcements

WATER POLO WENDESAYS

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



Wednesdays at
6pm-7:30pm

Runs until
September!



OPEN TO THE PUBLIC with
\$7 paid admission

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



AQUA BASKETBALL THURSDAYS

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



Thursdays at
6pm-7:30pm

Runs until
September!



OPEN TO THE PUBLIC with
\$7 paid admission

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



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



ADVENTURE AWAITS



SATURDAY MORNING HIKES & MOUNTAIN BIKING IN SEPTEMBER

WHO? TRIBAL MEMBERS 18+
WHAT? HIKING AND BIKING
WHERE? PLACITAS
WHEN? SATURDAY MORNINGS 8AM-10AM

SCAN QR CODE
TO SIGN UP



FOR MORE INFORMATION, PLEASE CONTACT SPORTS AND EVENTS
AT 505-771-6381

TAMAYA WELLNESS CENTER AQUATICS

(Winter Hours)

Operational Hours Monday - Friday

Lap Swim:

6:00am - 12:00pm

Open Swim:

12:00pm - 7:30pm



Saturday - Sunday

Lap Swim: 8:00am- 10:00am

**Open Swim First
Session:**

10:00am-12:45pm

**Open Swim Second
Session:**

1:00pm-3:30pm

**Hot Tub, Sauna,
Cold Plunge:**

Mon-Fri: 6AM-7:30PM

Sat-Sun: 8am-3:30PM

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

