



Tamaya Wellness Center

A partner in your wellness journey.

ISSUE 71

October

2025

Sports & Events Activities

Isotopes Family Night

In August we had our Isotopes Family Night. Sports and Events gave tribal members the opportunity to catch an Isotopes game for Mariachi Night down at RGCU Field.

3rd Annual Tamaya's Pastime

On August 30th we had our 3rd Annual Tamaya's Pastime game at the Santa Ana Ballfield Complex. The event included two teams consisting of Tamaya ball players playing an exhibition game for the love of baseball. Hot dogs, pickles, and popcorn were given to the fans who were enjoying the game. Pictures and video were displayed to showcase the history, and players who all took part in the culture of baseball in Tamaya.

The game was filled with fun and enjoyment from all the ballplayers who showcased their talent in the game of baseball. Mini games were also played in the middle 3rd and 6th innings for fans in attendance. The game ended in the top of the 7th

as the third base side team defeated the first base side team, with the final score being 9 to 7.

We never really came up with a name for both teams. Any fan or player suggestions? We would like to extend our gratitude to the families, friends, and fans who all came to watch our 3rd Annual Tamaya's Pastime. A big thank you to our umpires, Alden Tenorio and Dave Natseway, for calling this year's Pastime game.

A final huge thank you to our ballplayers young, middle, and veterans of the game, for coming to play in this year's Tamaya's Pastime game. It's always a pleasure to see our community come together for one final game before the snow sets on the infield dirt and outfield grass.



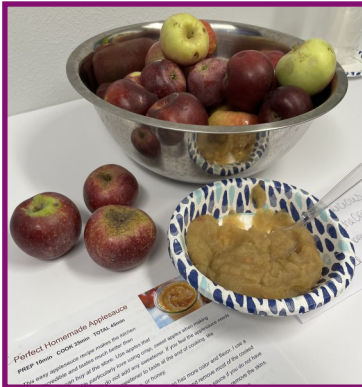
Fitness Program Activities

Apple Picking at the Tamaya Orchard

It was a beautiful cool evening, it definitely felt like the first day of autumn! Many community members from all ages came out on Monday, September 22nd to pick some apples off the orchard trees. It was the perfect time of year to pick too! With a variety of different types of apple trees from Granny Smith to Gala and Fiji apples, there were more than enough for everyone to take home a few buckets full. Some people said they were going to make pies, others are going to make apple sauce and apple butter. Everyone said they would share with their family and friends. And most snacked on at least one while they were there!

Homemade Apple Sauce Food Demo

Participants learned hands on how to make homemade apple sauce. Each participant did their part in peeling the apple, then corer and slicing. Others added ingredients like lemon, cinnamon and water. No sugar of any kind was added. The apples we used for this recipe came from the Tamaya Orchard. Everyone walked away with a sample of the recipe. Join us next month on November 6th at 5:30pm at the TWC Demo Kitchen for our next food demo!



Fitness Program — Welcome New Fitness Trainer Bobby Tharpe



Hello! My name is Bobby Tharpe, I am a certified personal trainer, nutritionist, as well as a strength and conditioning specialist. I love being outdoors near water or somewhere camping on a mountain! My fitness background and interest in helping people began in high school but now I have the privilege to expand and help people from different communities and fitness levels. I am grateful for the opportunity to be a part of the team here at the Tamaya Wellness Center and I look forward to working for the people of Santa Ana! I'm hoping to help increase one on one training, group classes and hopefully help some of you achieve your fitness goals. I am excited to meet the community and get to work so come see us!

***For more information on scheduling a training session,
please don't hesitate to reach out.***

Work number : (505) 706-3299

Or by email: bobby.tharpe@santaana-nsn.gov

Recreation Program

Schools back in full session and were excited to have all the kids back for our Afterschool Program! It's been fun, energetic, and sometimes crazy but we're getting back into the groove with homework help, outdoor play, gym activities, crafts, and swimming on Fridays!

This summer, we had the pleasure of welcoming 7 incredible Tamaya teens to help for our Tamaya Summer Program. Over the past few weeks, they played a huge role in overseeing the kids, leading group activities, and of course, bringing tons of positive energy to our program! While they have returned to school for the new year, we're excited to share that we had the opportunity to have 3 of those incredible interns come back to continue their internship with us for our Afterschool Program! Their help makes a big difference in our program, and all their hard work does not go unnoticed. We want to thank all our interns for their enthusiasm, curiosity, and dedication. As we always say, it takes a strong and patient person to work with our kids day in and day out – and we're so grateful that our interns continue to bring their best every single day!

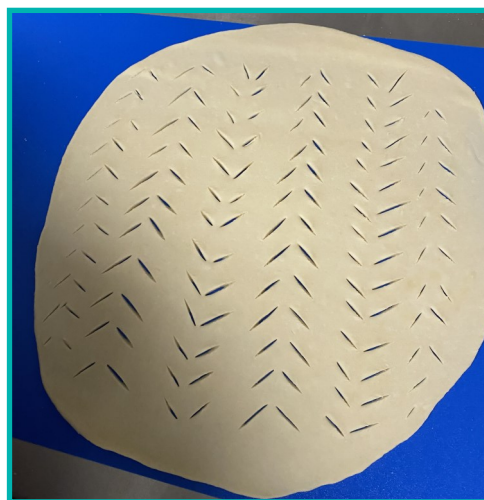
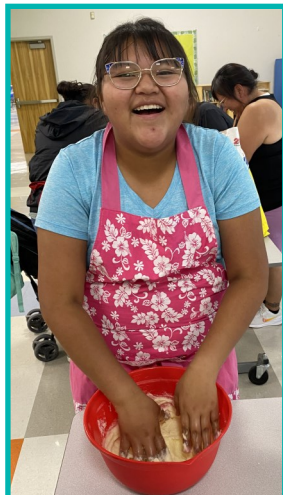
Let's take a moment to celebrate:

**Wyatt Armijo,
Maliya Tenorio &
Kaiden Martinez!**



Let's Make Cookies & Pies — TPWIC Activity

Fun and learning was much appreciated during our hands-on cookies and pies baking activities that were held here at the Tamaya Wellness Center. Community participants had the opportunity to come and learn or refresh their skills of making traditional cookies and fruit pies. Both classes were full of happy bakers helping one another throughout the classes. The best part was of course pulling out the fresh baked goodies straight from the oven and trying them right on the spot. Thank you to all those who participated in these wonderful activities. Look out for more of TPWIC activities and events coming up soon! For more information about TPWIC activities, please contact Kevin by email at kevin.l.montoya@santaana-nsn.gov or by phone at (505)771-6383.



Tamaya Wellness Center Community Market — TPWIC Activity

The TWC Community Market has been happening every Thursday evening here at the Tamaya Wellness Center. The fall evenings have been pleasant and it has been really nice to see our community come out to browse, buy, and just enjoy the market walking about and chatting with everyone who is in the area. Vendors from our own community as well as neighboring pueblos and communities have come out to set-up and sell. Fresh chile, corn, eggplants, melons, tomatoes, baked good, tamales, blue corn cookies, woodwork, aprons, dresses, picture frames, salsa, roasted green chile, frybread, lemonades, frito pies, and both fresh blue corn and flour tortillas have all been sold at the TWC Community Market. The community has been sharing positive feedback of enjoying the Thursday evening market so much that it will continue for the month of October as well. For more information about the TWC Community Market, please contact, Kevin by email at kevin.l.montoya@santaana-nsn.gov or by phone at (505)771-6383 or (505)525-1242.

 **TAMAYA WELLNESS CENTER**
COMMUNITY MARKET

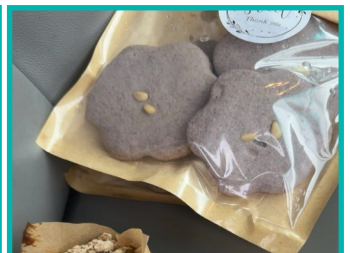
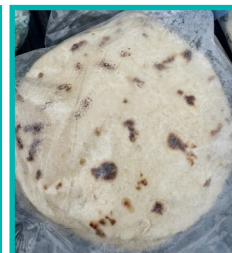
Attention Farmers, Gardeners, Bakers, Crafters,
Makers & Community - Come Join Us At
The Market: A Place To Buy, Sell, & Connect!



• SUPPORT LOCAL • OPEN TO THE PUBLIC •



Every Thursday Evening 4:30pm - 7:30pm
October 2nd, 9th, 16th, 23rd, 30th
vendor set-up begins at 4:30p, for details & more info
please contact: Kevin (505) 771-6383 or (505) 525-1242



Hiking & Biking — Sports & Events

In September we introduced Hiking & Biking as a way to get the community active and to enjoy the morning views in Placitas. With help from the library, we were able to check out their mountain bikes for community members to enjoy a fun filled thrill ride up in Placitas. Although biking uphill is tough and challenging, the reward is flying downhill on the trails while making sharp turns, steep drops, and getting some airtime. The hiking aspect brings a sense of comfort while enjoying the outside air. While hiking may seem easy, there's a certain mental aspect of constantly asking yourself "Can I do this or not?" Once you truly believe that you can surpass your own physical limitations and finally reaching your peak destination, the reward is often the views and the views are beautiful, but also a self reward of overcoming your own physical limits and being able to say, "I did it." Whether if it's an 8-mile bike ride, or a 4-mile hike, Placitas always offers great views and a great experience. Just watch out for the cactus!

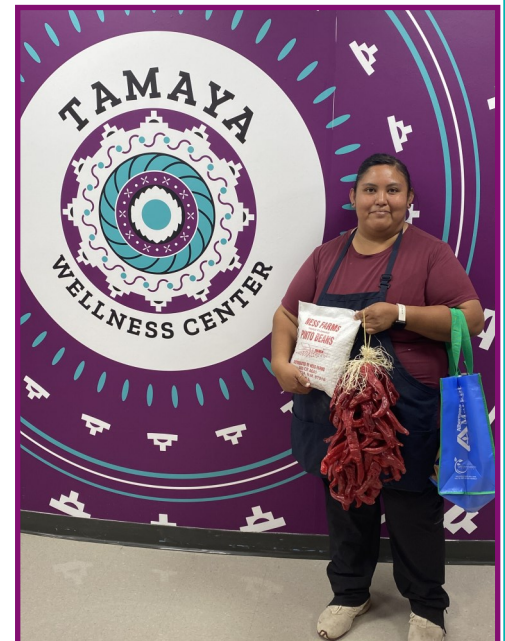


TWC Community Market September Winners — TPWIC

Attention! Congratulations to our TWC Community Market winners for the month of September.

Pearl Blackbear
Marian Gaisthia

Both took home a small ristra and a 5lb bag of pinto beans. We look forward to Thursday evenings and appreciate the continued interest in the Community Market. We will also be having another drawing for the month of October, so be on the look out on how you can be entered. Thanks and see you at the market!



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.****



Mint Infused Water — Fitness Program

A simple and delicious way to enjoy mint is by making mint-infused water. This refreshing drink is perfect for summer, keeps you hydrated, and adds a natural burst of flavor—without the added sugars of store-bought flavored waters.

Place 1 sprig of mint into a glass. Gently muddle the mint with the back of a spoon to release its natural oils and flavors. Fill the glass with cold water, add ice cubes and enjoy!

Flavor Variations:

- Berry Blast: Add fresh strawberries for a fruity twist.
- Citrus Mint Cooler: Combine lemon, lime, or orange slices.
- Cucumber Mint Refresh: Add cucumber slices for a spa-like drink.



Beyond its refreshing taste, mint has some additional benefits:

- Aids Digestion – Peppermint and spearmint can help relieve bloating, nausea, and indigestion.
- Boosts Hydration – Infusing water with mint makes drinking water more enjoyable, encouraging better hydration.
- Natural Stress Reliever – The aroma of mint has calming effects, making it great for relaxation.

Announcements



TAMAYA WELLNESS CENTER

LIVING WELL: 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.

	Thur Sept 4	Self Blood Pressure Monitoring 12:15pm - 12:45pm TWC Multipurpose Room
	Thur Oct 23	Eye Care 5:30pm - 6:30pm TWC Multipurpose Room
	Thur Nov 20	Stress Management/Coping with DM 12:15pm - 12:45pm TWC Multipurpose Room
	Tues Dec 9	Protecting Your Kidneys 5:30pm - 6:30pm TWC Multipurpose Room

Sessions provided by
Eulalia Darwin and Bill Adams

Lunch/Dinner Provided!

For information, please contact JoAnna at 505-259-7028.



TAMAYA WELLNESS CENTER

Indigenous Peoples' Day Celebration

*Respecting, Honoring and
Keeping Traditions Alive*

SUNDAY – OCTOBER 12TH, 2025

TAMAYA WELLNESS CENTER

10AM – 3PM

10am-12p: Dances
12pm-1pm: Lunch
1pm-3pm: Dances & Throw

OPEN TO THE PUBLIC



*Traditional clothing is encouraged!
Bring your own chairs and umbrellas*

*Throw donations are appreciated, please call for info
Vendors are allowed to set-up, please call for info*

for more information about vendors, please call Kevin at (505)525-1242



every 3rd Tuesday of the month COMMUNITY FOOD PANTRY

Oct. 21, 2025
3pm - 6pm
Tamaya Wellness Center

Please bring your reusable bags.
All Community & Employees are welcome.
Items are subject to change and may be limited.

food
provided by

**ROADRUNNER
FOOD BANK**
OF NEW MEXICO



**TAMAYA
WELLNESS
CENTER**

**SAVE THE
DATE!**

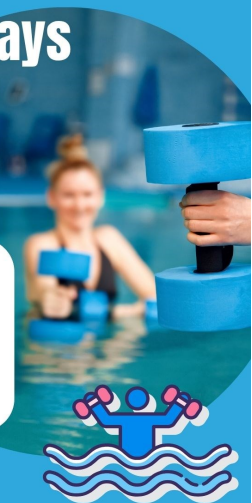
questions, information, or assistance,
contact TWC Front Desk (505) 771-6370

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

Announcements

BALLOON FIESTA BIKE TOUR



5:30 AM - 10:30 AM
10 MILE ROUND-TRIP

BALLOON FIESTA PARK

BREAKFAST INCLUDED

EVENT DATES:

- Saturday, October 4th
- Sunday, October 5th
- Wednesday, October 8th
- Thursday, October 9th
- Friday, October 10th

2 packs are available

LIMITED AVAILABILITY
TRIBAL/COMMUNITY MEMBERS ONLY
16YRS OR OLDER
ONLY ONE DATE PER PERSON



TAMAYA WELLNESS CENTER



TO SIGN UP CONTACT LAURA: 505-980-1066 LAURA.NAVA@SANTAANA-NSN.GOV

Fitness Class Halloween Theme Week

Come to fitness classes all week and show off your best Halloween apparel.

Monday
10/27

SPOOKY SOCKS
Show off your wildest
Halloween socks



Tuesday
10/28

CREEPY CLASSICS
Rep a classic horror movie tee



Wednesday
10/29

BLACK OUT WEDNESDAY
Wear all black — channel your
inner bat, witch, or shadow



Thursday
10/30

SUPERNATURAL HERO
Rock your favorite superhero
shirt or even a cape



Friday
10/31

HALLOWEEN FINALE
Close the week in your best
Halloween tee or costume



WALKT*BER

OCTOBER 2025

It's that time of year again,
the Walktober 2025 fall
fitness challenge begins!



Scan the QR
code to sign up



Important Dates;

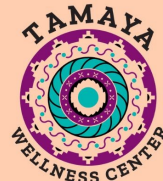
**Registration
opens:** September
22, 2025

**First day to log
activity:**
October 1,
2025



This year's challenge has all
new features and benefits
that will make stepping up to
better health even more fun
and rewarding!

For information contact Laura at
505-980-1066 or laura.nava@santaana-nsn.gov



Food Demo: Seasoned Pumpkin Seeds

Want to learn what to do with the pumpkin seeds after carving your pumpkins? We can show you a healthy and delicious way to enjoy them! Come by the demo kitchen and learn how to make some different seasoned baked pumpkin seeds that you'll be able to take home with you. Quick and easy to make, everyone will love them!

When: October 15, 2025

Where: TWC Demo Kitchen

Time: 5:30pm-6:00pm

Contact Laura for more info:
cell 505-980-1066 or email
laura.nava@santaana-nsn.gov

Announcements & Upcoming Activities



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



TAMAYA WELLNESS CENTER

ALL AGES HALLOWEEN EVENT

PUMPKIN SWIM

PUMPKINS!!

MUSIC!!

SATURDAY, OCT. 25TH

JOIN US AT OUR FLOATING PUMPKIN
PATCH, WHERE EVERYONE CAN PICK
A PUMPKIN TO TAKE HOME AND
DECORATE!

WATER POLO!!

SNACK BAGS!!

OPEN TO THE PUBLIC WITH \$15 PAID
ADMISSION

FIRST SESSION:
10AM- 12:45PM

SECOND SESSION:
1PM-3:30PM

FOR MORE INFORMATION CALL (505) 771-6372



LIFEGUARDS WANTED

TO LEAD, SERVE AND
BE A PART OF OUR TEAM!

NOW HIRING LIFEGUARDS

- Applicants must pass the Red Cross Certification Course (call for available class)
- Applicants must be 16 years or older
- Positions start at \$15.40 - \$18.48 per hour
- See job posting for more details



Apply online at:

<https://santaana-nsn.gov/humanresources/>

In-Person at:

02 Dove Road
Santa Ana Pueblo, NM 87004

FOR MORE INFORMATION CALL: (505) 771-6372



TAMAYA WELLNESS CENTER

LIFEGUARD TRAINING COURSE

OPEN TO THE PUBLIC

Join our Certified Lifeguard Training Course and learn CPR, first aid, water rescue techniques, and essential lifesaving skills. This Lifeguard Training Course is Open To Everyone!

All participants will need to be able to complete

3 prerequisite skills:

- 300 yard swim
- 2 minutes of treading water without hands
- Retrieving a 10 pound brick from the bottom of the pool

Cost: \$120.00 per person
FREE for Santa Ana Tribal Members

Ages 15 & Up • Spaces are Limited, Sign Up Today!
for class date, time, and schedule, please call:

Call (505)-645-4265 or (505) 771-6372
trevor.thuma@santaana-nsn.gov