

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**



**SAVE THE
DATE!**



**TAMAYA
WELLNESS
CENTER**

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;

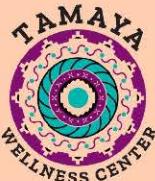
**Registration
opens;** September
22, 2025

**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

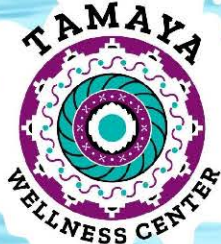
FALL LESSONS WILL BEGIN IN EVENING TIMES

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



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

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



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



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*



TAMAYA WELLNESS CENTER



TREE TRIMMING & TREE PLANTING A 2 PART HANDS-ON WORKSHOP

Come along and learn some useful techniques for trimming and planting trees. We will be learning:

- How to cut and shape trees to keep them healthy and provide preventative maintenance with tree trimming
- How to determine which branches can be safely removed
- How to maintain the tree and enhance fruit production
- How to prepare an area for planting a tree
- How to care for a newly planted tree

Tree Trimming
Santa Ana
Native Plants Nursery
Oct. 15, 2025
5pm-7pm

Tree Planting
Tamaya
Wellness Center
Oct. 16, 2025
5pm-7pm

**contact Tina (505)525-1240 or Kevin (505)525-1242
with any questions or for more info**



TAMAYA WELLNESS CENTER

FALL FEST

COSTUME CONTEST- JUMPERS- MUSIC- FOOD- FUN

BOOTHS: TRIBAL ADMIN DEPTS, TRIBAL ENTITIES, TRIBAL MEMBERS

**24 | Tamaya Wellness | 4pm
OCT | Center | 8pm**

**Register your booth using
QR code or Link:**

<https://forms.office.com/g/h2XT9yaNYT>



Questions? Contact Tanya 505-549-8701 or Kelly 505-607-1178



TAMAYA WELLNESS CENTER

BOOTHS WANTED!

OCT. 24



LIMITED SPOTS ONLY

COMMUNITY BOOTHS



PASS OUT CANDY OR PRE PACKAGED GOODS

HAVE A GAME OR AN ACTIVITY

DECORATE FOR THE SPOOKY SEASON

MANDATORY MEETING OCT 15TH 6PM - AT TWC!

REGISTER YOUR BOOTH USING QR CODE OR LINK:

<https://forms.office.com/g/h2XT9yaNYT>



**Questions? Contact Tanya 505-549-8701 or
kelly 505-607-1178**