



Tamaya Wellness Center

A partner in your wellness journey.

ISSUE 72

November
2025

Pumpkin Swim, Water Aerobics, & Adult Swim Lessons - Aquatics Program

Our annual Pumpkin Swim took place on Saturday - October 25th, and it was a splash! We hosted two fun swim sessions where families enjoyed swimming among floating pumpkins and taking one home for Halloween. The first session welcomed 15 Santa Ana tribal members, and the second was filled with 20 community swimmers. It was a great day of festive Halloween fun, laughter, and recreational swimming for all, see everyone next year!



Water Aerobics Tuesdays & Thursdays

Looking for a low-impact, fun workout? Our water aerobics classes are the perfect way to stay active and cool!

Morning & afternoon classes available
Great for all fitness levels (ages 16+)

Join for a full month and receive a special gift card! Our community loves it - come see why so many are making water aerobics part of their fitness journey!

Adult Swim Lessons – Dive In This November!

Ready to make a splash? We're now offering **One-on-One Adult Swim Lessons** this November! Whether you're learning to swim for the first time or just want to build confidence in the water, our instructors are here to help.



ADULT LEARN- TO-SWIM \$20/DAILY



Dive into Fall with Adult Swim Lessons!
Ready to make a splash this season? Whether you're just starting out or want to boost your swim skills, our Adult Swim Lessons are the perfect way to dive in! Only \$20 per class - flexible scheduling available during the week! Want even more value? Grab our Skill-Building Package - just \$80 for 6 classes over 2 weeks!

SCHEDULE AVAILABILITY DAILY:

Morning Sessions: (Choose up to 4)

- 6:30am-7:00am
- 7:00am-7:30am
- 9:00am-9:30am

TUESDAY, THURSDAY, FRIDAY

Enroll in a day pass
swim lesson session
for ONLY \$20

Afternoon Sessions (Choose up to 2):

- 6:00pm-6:30pm
- 7:00pm-7:30pm

PACKAGE OPTION:

\$80 for 6 total classes over 2 weeks

Morning session: (Choose up to 3)

- 7:00am-7:30am
- 9:00am-9:30am
- 12:00pm-12:30pm



Afternoon Sessions (Choose up to 3):

- 3:00pm-3:30pm
- 5:00pm-5:30pm
- 6:00pm-6:30pm

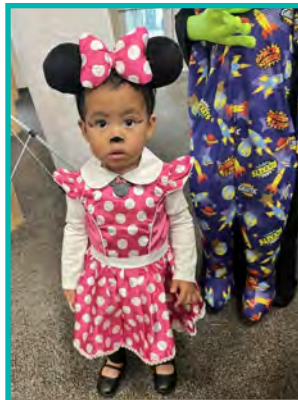
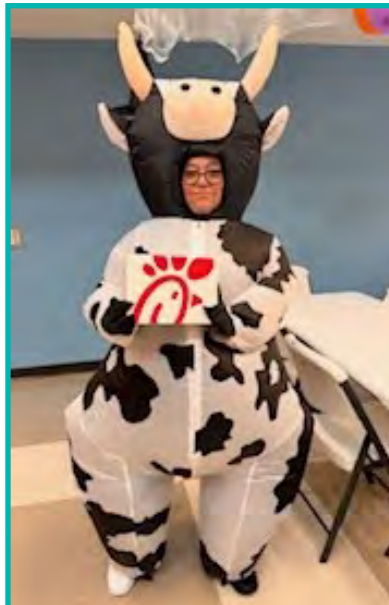
Please contact Aquatics for more information at: (505) 771-6372



For more info, call Aquatics at (505) 771-6372

Fall Fest 2025 - Recreation Program

We would like to take this opportunity to express our deepest gratitude to everyone that attended and contributed to Fall Fest 2025. Close to 600 people came out and celebrated this year. Your active participation played a significant role in the event's success, and we trust that you enjoyed it. Congrats to this year's costume contest winners, and a big shout out to everyone that came dressed up. We appreciate your ongoing support and look forward to seeing you at our future events, Thank You!



Kids Costume Winners

Most Original:

- 1st Place: Andre Kee
- 2nd Place: Myla Madalena
- 3rd Place: Kai Jackson

Most Scariest:

- 1st Place: Augustine Elias
- 2nd Place: Lori Williams
- 3rd Place: Joseph Paglian

Most Funniest:

- 1st Place: Emil/Greyson Sanchez
- 2nd Place: Lucia Salazar-Garcia
- 3rd Place: Kristian Naranjo

Most Cutest:

- 1st Place: Lucas Lasilon-Nehn
- 2nd Place: Nyla Raton
- 3rd Place: Paisley Montoya

Group Costume Winners:

1st Place: Public Works

2nd Place: Esquibel/Lujan Family

3rd Place: Naranjo Family

Adult Costume Winners:

Most Original:

- 1st Place: Colleen Garcia
- 2nd Place: Mary E. Gallegos
- 3rd Place: Alexis Garcia

Most Scariest:

- 1st Place: Christina Baca
- 2nd Place: Robert Cano Ortiz

Most Funniest:

- 1st Place: Emanuel Medina
- 2nd Place: Roberta Aguilar

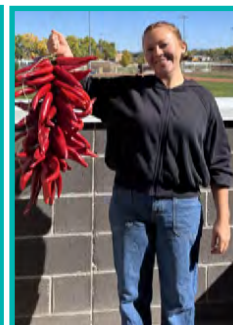
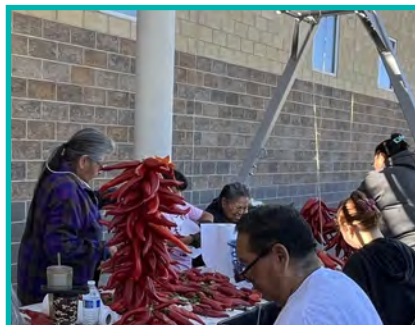
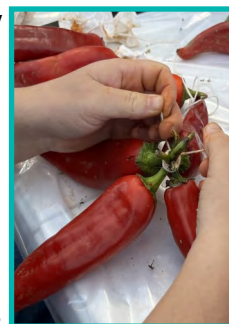


Fall Fest 2025 Photos



Ristra-Rama! - Sports & Events Program & TPWIC

In October, we held a hands-on ristra stringing activity for our Santa Ana community members. Participants included those who were already experts in making ristras, some who had never strung a ristra before, and others that just needed a little refresher course on how to string a ristra. The event was filled with an abundance of laughter, smiles, and reminiscing of old times with plenty of stories to go around. Participants were able to take home their own ristras. The purpose of this activity is to reconnect our community with traditional practices of preserving our crops to use throughout the year. As the cold winter months start to roll in, the red chile ristras will begin to dry, take shape, and will be ready to use in numerous ways. We appreciate all the community members that came out to join us here at the Tamaya Wellness Center for our Ristra-Rama event. Enjoy your ristras and we look forward to offering this fun and resourceful food preservation activity again next year!



Living Well Series - Fitness Program

The Fitness Program offers monthly Living Well presentations that provide information about Blood Pressure, Eye Care, Stress Management, and Protecting your Kidneys. Presentations are provided by Certified Diabetes Care and Education Specialists Eulalia Darwin and Bill and are open to anyone with or without diabetes.

This month's topic focused on eye care and the importance of regular eye exams to help detect or delay diabetes-related eye disease and vision loss; four common diabetes related eye diseases include Cataracts, Glaucoma, Diabetes-Related Macular Edema and Retinopathy. Getting your yearly eye exam will allow your eye doctor to keep track of the health of your eyes and help prevent complications.

Join us for the next Living Well session on Thursday, Nov 20 @ 12:15pm-12:45pm in the TWC Multipurpose Room. All attendees will be entered into a drawing for a \$30 gift card.

For information on these sessions, please contact JoAnna at (505) 259-7028 or to schedule an individual appointment with Eulalia Darwin, RN, CDCES, please contact the Santa Ana Clinic at (505) 867-1216.



LIVING WELLSERIES

Open to community members wanting to learn ways to help manage diabetes, reduce risk for complications, & improve one's quality of life.

	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

Community Members who attend will be entered into a \$30 Gift Card Drawing!

Sessions provided by
Eulalia Darwin and Bill Adams

Lunch/Dinner Provided!

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



Duke City Crew 2025: A Community on the Move - Fitness Program

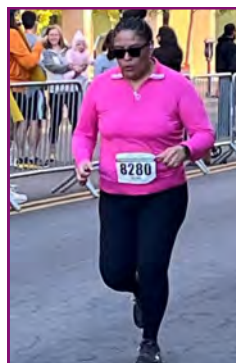
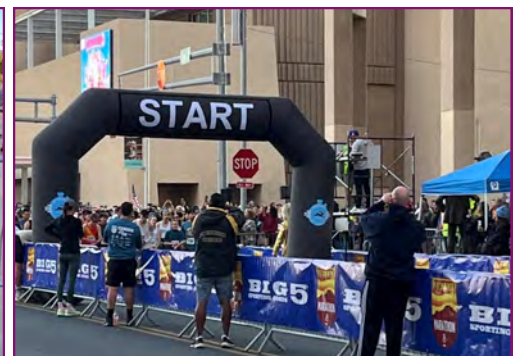
The 2025 Duke City Marathon brought together an incredible group of 50 participants from the Tamaya Community, all representing the Tamaya Wellness Center's Duke City Crew. Runners and walkers took part in a variety of events from the 5K walk to the half marathon.

Race day brought perfect weather and an incredible atmosphere of energy and support. Events kicked off at 7:15 a.m., and the Civic Plaza was buzzing with excitement. Our TWC fitness team hosted its own setup in the plaza, cheering on participants and providing a home base for family, friends, and supporters. Many runners and walkers achieved personal goals, whether it was finishing their first race, beating a goal time, or simply crossing the finish line.

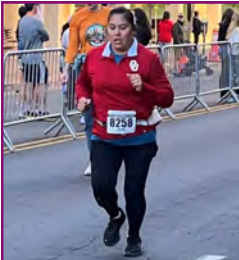
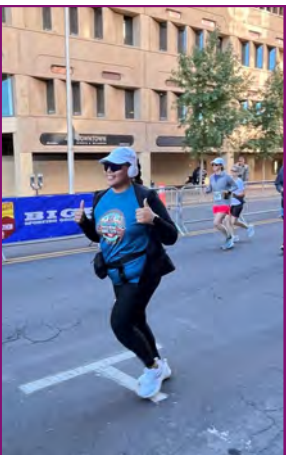
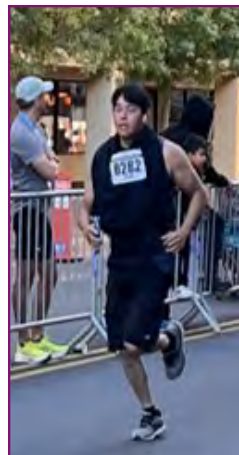
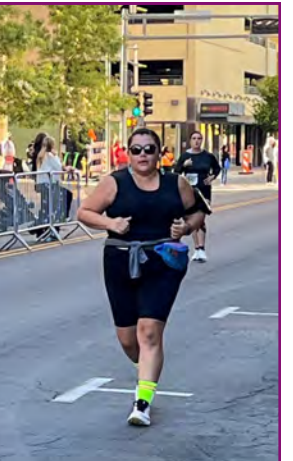
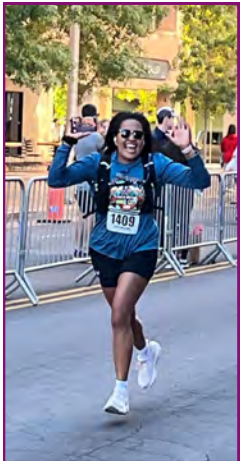
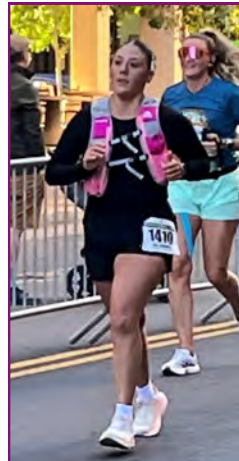
This year marked the first time the TWC fitness program organized a training effort leading up to the race. Four running workshops were offered, covering stretching and warm-ups, the history of Native running, mental mindset preparation, and nutrition. These sessions helped build knowledge, confidence, and community among runners and walkers of all levels.

On Tuesday, October 21st, participants gathered once again for a post-race celebration dinner. The evening was filled with race day stories, laughter, and photos. As one participant shared, "As my first time doing Duke City, I had so much fun!" Another added, "We should have a year-round running crew!" and "It was fun. Loved having community, family, and friends there."

With such an enthusiastic response, the TWC fitness program plans to continue these efforts next year and explore other race events to keep the momentum going. The Duke City Crew truly showed what community, support, and movement can accomplish together.



Duke City Crew 2025: A Community on the Move - Fitness Program



Tree Trimming & Tree Planting: A 2-Day Hands-On Workshop - TPWIC

On October 15th & October 16th, participants were taught useful techniques for trimming and planting trees, both led by Mike Halverson, Agriculture Manager. On one day of our hands-on workshop, community members met at the Santa Ana Native Plant Nursery to learn about trees trimming. Mike went over the basics of necessary tools, the optimal time to cut and trim trees, how to shape them, and how to keep them healthy. Recommended tools included hand pruners for small branches, loppers for larger branches, and a curved blade saw for both large and small branches.

The second day of the workshop took place on the east side of the Tamaya Wellness Center. Mike demonstrated how to prepare and dig a hole to plant a new fruit tree. He discussed the importance of digging the hole large enough to accommodate most of the roots of the tree and planting the tree no deeper than it grew at the nursery.

The hands-on experience allowed community members to gain practical knowledge in tree care and planted two apricot trees. They were also given a tree to take home and plant.

Special thanks to Mike Halverson for sharing his continued time and knowledge of plants and gardening.

For more information on TPWIC Activities, contact Kevin @ (505) 525-1242 or Tina @ (505)525-1240.



Welcome Patricia Bahe, Fitness Assistant - Fitness Program



Yá'át'ééh, shik'éeí dóó shidine'ée. Shí éí Patricia Bahe yinishyé Kiinyáanii nishítí, Áshjìhí bashishchiin, Tsi'naajinii dashicheii, Tábaqahí dashinalí. Ákót'éego diné asdzáán nishítí. Be'eldíídashinil kééhasht'í, Tó Hahadleeah déé' naashá. Ahéhee'!

Hello everyone! I am Patricia Bahe. I am Towering House Clan born for Salt Clan, my maternal grandfather is Black Streak Wood People Clan, my paternal grandfather is Water's Edge Clan. In this way, I am a Navajo woman. I reside at Albuquerque, At the Place where the Bell Peals. From Indian Wells, Dipping Water, I walk around. Thank you!



I am currently a full-time student at the Southwestern Indian Polytechnical Institute, pursuing an associate's degree in environmental science. My goal is to achieve excellence in my academic field to pursue opportunities in conservation. However, I am passionate about connecting with Indigenous communities to learn and retain the knowledge of Indigenous perspectives when understanding what it means to be a community. I'd like to continue to help and connect with others in all aspects of life, even in health and wellness. These are the goals I am looking forward to when working at the Tamaya Wellness Center.



Roasted Vegetable Blend

TAMAYA WELLNESS PROGRAM

•Ingredients:

1/2 Cup Vegetables of choice, washed, rinsed and peeled (optional)
2 Tbsp Olive Oil

Optional & Add To Taste:
Fresh Garlic or Garlic Powder
Salt, Red Pepper Flakes, Thyme, Sage, White or Black Pepper



•Directions:

1. Preheat oven to 350°.
2. Take rinsed veggies and cut into desired sizes (cubed, slices, diced) trying to keep all about the same size.
3. Place veggies in mixing bowl and add oil and spices (if using). Toss and coat evenly.
4. Place veggies on sheet tray and roast in oven for about 60 minutes or until tender to the touch.
5. Remove from oven.
6. Serve and ENJOY!



Apple Cranberry Sauce

TAMAYA WELLNESS CENTER

•Ingredients:

3 C Fresh Cranberries
1 Med Apple (peeled & diced)
1/3 C Maple Syrup (sub with Honey or Sugar)
3/4 C Water
1/2 Tsp Cinnamon
1 Tsp Fresh Orange Zest

•Directions:

1. Combine the ingredients in a pot set over medium heat and stir.
2. Bring to a simmer until the cranberries start to pop. Continue to simmer and stir for about 8-10 minutes to allow the liquid to reduce and the bulk of the cranberries to pop.
3. Remove from heat and set aside to cool. Serve chilled and ENJOY!



Dried cranberries work well in baked goods; but note there is a ¼ cup difference in measurement. If a recipe calls for one cup of fresh or frozen cranberries, use ¾ cup of sweetened dried cranberries. Rehydrate dried cranberries using water or cranberry juice for a more plump texture. Sweeteners may need to be reduced if using sweetened dried cranberries.

Announcements & Upcoming Activities



**SHELLEY RAE L. RDN
PRESENTATION**
TWC CONFERENCE ROOM

NOV
12

ALL ABOUT SUGAR!

Sugar is one of the most talked-about topics in nutrition, but what's fact and what's hype? Join Registered Dietitian Shelley Rael for a clear, practical look at sugar in our foods and our bodies. Learn the difference between natural and added sugars, how to read labels, and what "moderation" really means. Shelley will also address common myths about sugar, diabetes, and artificial sweeteners, and share tips on enjoying your favorite foods while maintaining balanced health.



**WED
5:30PM**

Gift cards will be given to Tamaya community members 16 yrs and older who attend the presentation

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



every 3rd Tuesday of the month

COMMUNITY FOOD PANTRY

**Nov. 18th, 2025
3pm - 6pm
Tamaya Wellness Center**



food provided by
**ROADRUNNER
FOOD BANK**



**TAMAYA
WELLNESS
CENTER**



Save the Date!

- Please bring your reusable bags.
- All Community & Employees are welcome.

questions, information, or assistance,
please contact: Perdita Wexler at
(505) 771-6770 or Perdita.Wexler@santaana-nsn.gov



Feast Mode FITNESS CLASSES

SPECIAL 1-HOUR THANKSGIVING HOLIDAY CLASSES




**TWC Gymnasium
Wednesday 11/26 @ 6:30am**

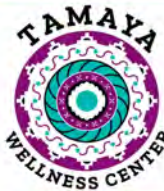
Power up before the holiday! A high-energy workout designed to build strength and stamina so you can head into Thanksgiving feeling your best.

**TWC Gymnasium
Saturday 11/29 @ 8am**

Refocus and recharge after the holiday. This session combines cardio and strength to reset your body and mind.



For more info, please contact the fitness office (505) 771-6745



PERSONAL TRAINING

Let us help you reach your goals with:

- 30-minute or 1-hour sessions
- 4 to 8 week programs
- weight & cardio training



ISAAC LEON
NASM CPT
Isaac.Leon@santaana-nsn.gov
(505) 549-8231



BOBBY THARPE
ISSA CPT
Bobby.Tharpe@santaana-nsn.gov
(505) 706-3299

sign up for PT and receive a \$30 Gift Card!
*must complete at least 4 30-min sessions to receive gift card

CONTACT FOR MORE INFO OR TO SCHEDULE YOUR FIRST SESSION!

Announcements & Upcoming Activities

TAMAYA WELLNESS CENTER



MISTLETOE MADNESS
WOMEN'S BASKETBALL TOURNAMENT

DECEMBER 5TH - 7TH 2025
TEAM REGISTRATION NOV 1ST - NOV 28TH

\$250 TEAM ENTRY FEE
8 TEAMS
12 PLAYER ROSTER MAXIMUM
3 GAME GUARANTEE
1ST PLACE INCENTIVE
AGES 16+
OPEN TO THE PUBLIC!

CLICK HERE OR SCAN QR CODE TO REGISTER TEAM



FOR MORE INFORMATION, PLEASE CONTACT SPORTS & EVENTS @505-771-6381
JOSEPH @505-785-4792 OR KHRISTIAN @505-607-2255

Winter Bazaar

📍 Tamaya Wellness Center
★ 225 Ranchitos Rd, Santa Ana Pueblo 87004

December 13th, 2025

9am-3pm

Open to the public!

- Local artists
- Homemade baked goods

Scan QR code or register with link.

<https://forms.office.com/g/qUQUxw2k8c>



Santa Ana tribal members free-limited booths available.
Outside public vendor fee \$50
For more information, please contact Sports & Events
@ 505-771-6381 or Joseph @ 505-785-4792 for more
details and booth availability.

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



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