



# Tamaya Wellness Center

*"A partner in your wellness journey"*

ISSUE 74

February

2026

## Tamaya Elite Program Spotlight



The Santa Ana youth are working hard to remove barriers to access, excel in athletics, and thrive in their personal growth. Our young athletes are proving every week that success is not just about winning games; it's about building character, resilience, and confidence that will carry them far beyond the field.

Over the past month, our Tamaya Elite athletes have shown tremendous dedication. Training twice a week, they've been making measurable gains in strength, skill development, and overall sports performance. Their consistency and discipline are paying off as they push themselves to new heights as they complete our computer coding 12-week

bootcamp.

This month wasn't all sweat, we also took time to celebrate their hard work. Athletes enjoyed a fun, team-building laser tag day, offering a lighthearted break from conditioning and strength training. In addition, our youth participated in a nutrition education session, complete with a hands-on healthy lunch prep demonstration to reinforce lifelong wellness habits.

At Tamaya Elite, we believe that strength means more than muscle. Strength is courage. Strength is resilience. Strength is showing up as your best self – even when it's tough.

We are proud to support our next generation of leaders as they continue to grow stronger physically, mentally, and culturally.



## Tamaya Elite Ambassadors Coding Camp



### Building Leaders. Expanding Opportunity. Creating the Future.

The Tamaya Wellness Center is proud to announce the successful completion of the Tamaya Elite Ambassadors Computer Coding Boot Camp (Code Crush Crew)—a groundbreaking 12-week pilot program designed to introduce Pueblo youth to leadership, technology, and career-ready skills.

This first-of-its-kind initiative brought together students from the Tamaya Elite Sports, Education & Leadership Program and our partners at Cultivating Coders, giving our

ambassadors hands-on experience in computer programming, digital problem-solving, and real-world application development.

## December Activities - Sports & Events

**Mistletoe Madness**-In December, we held our Mistletoe Madness Women's Basketball Tournament where five teams faced off against each other to crown themselves as champions.

The HoopDeDoos, Auntie Ballerz, Disaster Control, Lady Rebels, and the Lakers all balled it out in fun and energetic tournament. The undefeated Disaster Control faced off against the undefeated Lakers in the championship game with Disaster Control coming out on top over the Lakers with a final score of 60-55.

**Winter Bazaar**-Back in December we opened our doors for our winter bazaar held here at the Center. We had over 60+ vendors to browse and shop from. We even had a visit from the Jolly old man himself and took pictures with the community. Thank you to the Albuquerque Holiday Slide Society for volunteering their time to play live music for us here at the Center during the bazaar.



## Recreation Program - Winter Break Camp



As 2025 came to an end, the Tamaya Recreation Program had their Winter Break Camp for the students of the Pueblo. It was three days of fun, field trips, and activities. Students played kickball in the gym and talked about what gifts they got for Christmas. Students were excited about the field trip to Tesla and Dions.



The visit to Tesla was fun and exciting. This was the first visit to the Tesla Dealership for the Recreation Program. Students were curious what the cars would be like. Most were interested in the Cyber Truck. Students were encouraged to sit in the car and experience how the vehicle worked. Many sat in the driver's seat and pretended to drive with their friends. They had fun in the vehicles discovering the dashboard computer and listening to music. The staff at Tesla put on a show for students showing how the cars can drive on their own, connect to each other, and play music together. All the students and staff loved the pizza and salad for lunch! It was a nice atmosphere where students enjoyed the food and being with their friends.

On the last day of Winter Break Camp, the students made their own brunch for the whole group. Students did different tasks to prepare the food. Some were peeling potatoes, others were making tortillas, and some were cooking the bacon. As we all sat down to eat our yummy food. We asked the students for their New Years Resolutions. Most are going to do their best in school. Others wanted to try sports. Most of all they were excited for the New Year with family and friends.





# Cheesecake Stuffed Strawberries

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### •Ingredients:

- 1 lb Strawberries, large
- 8 oz Cream Cheese (softened), use 1/3 less fat option
- 1/4 C Powdered Sugar, more may be needed to taste
- 1 Tsp Vanilla Extract
- Graham Cracker Crumbs
- Chocolate for Drizzle (optional)

### •Directions:

1. Rinse strawberries and hollow out the tops of strawberries with a pairing knife.
2. Beat together cream cheese, powdered sugar, and vanilla until creamy.
3. Transfer mixture to a piping bag or Ziploc bag with corner cut off. If filling is too soft, refrigerate an hour.
4. Fill strawberries with cheesecake mixture and sprinkle graham cracker crumbs on top.
5. If desired, drizzle melted chocolate on top of strawberries.
6. Refrigerate until serving. ENJOY!



# Roasted Beet & Avocado Salad

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### •Ingredients:

- 4 Beets
  - 4 Avocados
  - 2 Tbsp Olive Oil
  - 1/2 C Water
- Add To Taste:  
Salt & Pepper

### •Directions:

1. Preheat oven to 350°. Scrub beets and trim tips. Rub beets with oil.
2. Place beets in a pan with 1/2 c water and cover with water. Roast in oven for 2.5 hours, until tender.
3. Cool beets before peeling. Once peeled, slice into 1/2" thick slices, then dice into cubes. Set aside.
4. Take avocados and cut in half. Discard skin and seed pit. Cut into 1/4" chunks.
5. Gently fold beets and avocados with dressing. (See salad dressing recipe)
6. Chill and ENJOY!



# Announcements



Starts February 6, 2026

## GO GOLD 2026 CHALLENGE



GO GOLD IS MORE THAN A PHYSICAL ACTIVITY CHALLENGE – IT'S A HIGH-ENERGY, WINTER-THEMED EXPERIENCE ALONG SIDE THE WINTER OLYMPICS! LOG IN YOUR MOVEMENTS AND UNLOCK OLYMPIC-INSPIRED IMAGES/HIGHLIGHTS AND EARN MEDALS AS YOU PROGRESS THROUGH AN EASY-TO-USE WEBSITE AND MOBILE APP FILLED WITH INVIGORATING FEATURES.

<https://twc.gogold2026.com/welcome>

REGISTRATION STARTS JANUARY 26TH. TO REGISTER, SCAN THE QR CODE OR CLICK ON THE LINK ABOVE



For more information, please contact Laura at 505-980-1066 or [laura.navaesantaana-nsn.gov](mailto:laura.navaesantaana-nsn.gov)



*You and long runs have one thing in common...  
You both take my breath away*

## JOIN THE TAMAYA WELLNESS CENTER FOR OUR 11<sup>TH</sup> ANNUAL SWEET HEART RUN

Saturday February 7th, 2026

9am-12pm

5k Run/Walk

1 mile walk option!

*Bring your sweetheart(s)*

*Your pace or mine*

Registration/sign in will open at 8:30am!

Any Questions you may have please contact Tanya (505)-549-8701 or Kelly (505)-607-1178



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## 4V4 ROUND ROBIN TOURNAMENT NIGHTS

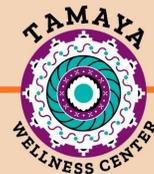
- FEBRUARY 24<sup>TH</sup> AND MARCH 24<sup>TH</sup>
- 5 PLAYERS PER TEAM
- CO-ED HIGHLY ENCOURAGED
- ALL SKILL LEVELS ENCOURAGED

TEAM REGISTRATION IS REQUIRED FOR THIS EVENT. BRING A TEAM OF 5 TO PLAY THOROUGHOUT THE NIGHT. MAXIMUM NUMBER OF TEAMS IS 6. OPEN TO THE PUBLIC WITH \$7 PAID ADMISSION.



FOR MORE INFORMATION OR TO SIGN UP A TEAM, CONTACT SPORTS AND EVENTS @ 505-771-6381 OR JOSEPH @ 505-785-4792

## 3V3 ROUND ROBIN TOURNAMENT NIGHTS



- FEBRUARY 27<sup>TH</sup> AND MARCH 27<sup>TH</sup>
- 5 PLAYERS PER TEAM
- CO-ED HIGHLY ENCOURAGED
- ALL SKILL LEVELS ENCOURAGED

TEAM REGISTRATION IS REQUIRED FOR THIS EVENT. BRING A TEAM OF 5 TO PLAY THOROUGHOUT THE NIGHT. MAXIMUM NUMBER OF TEAMS IS 8. OPEN TO THE PUBLIC WITH \$7 PAID ADMISSION.

FOR MORE INFORMATION OR TO SIGN UP A TEAM, CONTACT SPORTS AND EVENTS @ 505-771-6381 OR JOSEPH @ 505-785-4792