



Tamaya Wellness Center

"A partner in your wellness journey"

ISSUE 75

March

2026

Garden Ollas 2-Day Workshop - TPWIC



On January 28th and 30th, we hosted a hands-on workshop with ten community members here at the Tamaya Wellness Center as part of our TPWIC grant initiatives. The workshop focused on creating garden ollas, and was led by Margarita Paz-Pedro of ALMA, who provided all the clay and tools to build and work on the ollas.

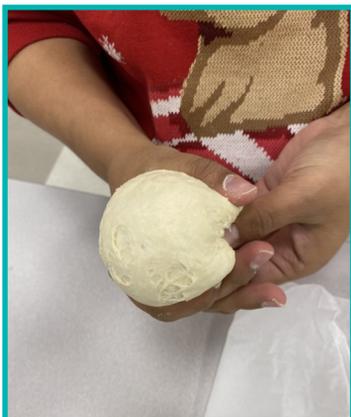
Garden ollas are useful for harvesting and distributing water to plants. These unglazed ollas are fired at low temperatures, making them naturally porous and ideal for efficient water distribution. On the first day, we reviewed examples of garden ollas and participants used hand-building techniques to create half of their forms. On the second day, participants completed their forms and experimented with surface textures. The works will be bisque fired after the workshop and then returned to participants to take home in a few weeks.

Overall, the workshop provided a valuable learning experience and practical skills in creating garden ollas, contributing to sustainable gardening practices within the community.



Let's Make Series - TPWIC

With provided support for intergenerational learnings and connectedness to traditional foods and ingredients, Tribal Practices for Wellness in Indian Country has allowed us to host some fun and useful, hands-on cooking activities here at the Tamaya Wellness Center. Back in December we made Oven Bread Rolls. These delicious rolls were a hit fresh and hot right out the oven. We even had some warm vegetable stew, butter, and jam ready to go to sample with our fresh baked rolls. Most recent in February, we made Blue Corn Cookies and Blue Corn Crepes. The cookies passed the coffee dunk test and were delicious. Participants talked about the many different cookie recipes they know, or have tried, and even shared what they might do different with this recipe to make it their own. The crepes were a tasty treat as well. Most participants had never had crepes and thought making them required a lot but in actual were simple to make. These crepes could be filled with many different ingredients as well, making them either a sweet or savory crepe. We made a breakfast crepe that included scrambled eggs, turkey sausage, spinach, cheese, and red chile sauce and a basic strawberry and Nutella crepe. We even had a community member share a delicious recipe for a honey whipped cream that we made and got to try. All 3 of these activities filled quickly once the registration opened and luckily we were able to offer more times slots and days to accommodate. We appreciate every one who took the time to sign-up and participate in these activities and look forward to offering more soon! For info about TPWIC activities, please call Perdita Wexler at (505)771-6770 or Kevin L. Montoya at (505)771-6383.



January Activities - Sports & Events



Tamaya Elite Youth Runners Hit the Track!

Tamaya Elite athletes and Youth Runners recently took an exciting trip to the Albuquerque Indoor Track for a night of speed training alongside some of New Mexico's elite runners. Our youth pushed themselves, learned new techniques, and brought great energy to the track. Most importantly, they worked hard and had fun doing the sport they love, an inspiring night of growth, motivation, and community through athletics.

Code Crush Crew Demo Presentation - Code Crush Crew you crushed it!

Tamaya Elite Ambassadors

"Rooted in tradition, Rising in innovation"

The Tamaya Elite Ambassadors Program is proud and excited to celebrate our first-ever cohort of youth who successfully completed a 12-week computer coding boot camp!

Our Code Crush Crew dove into the fundamentals and foundations of computer coding, showing up with focus, curiosity, and determination every step of the way. Through hard work and dedication, each participant earned a Certificate of Completion, marking a major milestone in their learning journey and future-ready skill development.

Congratulations to our Code Crush Crew graduates:

Maliya Tenorio	Douglas Tenorio	Kaylea Garcia
Lance Pino	Lauryn Tenorio	Isabella Montoya
Sofia Garcia	Kaiden Martinez	Vicente Baca
Ian Naranjo	Avielle Carlisle	Jerrell Gallegos-Luceo

Digital Media Camp - TEP

Have you ever wanted to get into photography or videography but don't know where to start? Or have you ever wondered how to create social media content to get those likes on your page? Look no further as the Tamaya Elite Program and Vivo Creative have teamed up to bring the Santa Ana youth an interactive digital media camp. This camp will begin in March and wrap up in April, with classes taking place on Tuesday and Thursday nights from 4:30pm to 6:30pm. This camp will be mentored by a professional instructor who will show you the ins and outs of digital media. If you or anyone you know would be interested in this program, please contact Prince Robertson at 505-410-5040 for more information and details.



Activities - Sports & Events

Open Gym Volleyball & Basketball

After a long holiday break, we finally opened the doors back up for our weekly open gym volleyball and basketball sessions. The first night we opened back up for basketball we had many participants ready and eager to play on the court again. We are slowly gaining traction back on our volleyball nights which have been super fun! We encourage all community members to come to the Center for volleyball. It's a great way to stay active and interact with other players and community members alike.

3v3 Round Robin Basketball Tournament Nights

In continuation of our 3v3 tournament nights starting in February, we will have another tournament on March 27th. This won't be a regular Friday night of open gym basketball; it will be more structured and balanced. The team with the most wins at the end of the night will be declared as the champions of the night. To sign up a team scan the QR code or call the number listed on the flyer.

4v4 Round Robin Volleyball Tournament Nights

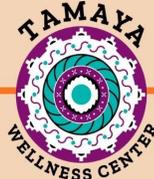
Just like with our basketball tournaments, we will continue our volleyball 4v4 tournaments into March. Although taking place on Tuesday night it won't be a regular open gym night. The night will consist of teams facing off against each other to be crowned champions of the night. To sign up a team scan the QR code or call the number listed on the flyer.

Baseball & Softball Spring Training

Saturday Spring Training Series is a fun, high-energy baseball and softball program running every Saturday in March for players ages 5-17. Athletes train in age-based groups, build strong fundamentals, and get game-ready with skill work, competition, and plenty of fun along the way.



3V3 ROUND ROBIN TOURNAMENT NIGHTS



- FEBRUARY 27TH AND MARCH 27TH
- 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



4V4 ROUND ROBIN TOURNAMENT NIGHTS

- FEBRUARY 24TH AND MARCH 24TH
- 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



Sports & Events Announcements



x



DIGITAL MEDIA CAMP

"FIND YOUR STRENGTH.
FIND YOUR PURPOSE.
LEVEL UP YOUR SKILLS."

About This Opportunity

- INTRO TO DIGITAL MEDIA
- PHOTOGRAPHY & VIDEOGRAPHY BASICS
- GRAPHIC DESIGN FUNDAMENTALS
- CREATIVE STORYTELLING & CONTENT CREATION
- SOCIAL MEDIA CREATION
- MENTORSHIP FROM A PROFESSIONAL INSTRUCTOR

Program

- MARCH 2026 - APRIL 2026
- TUES & THURS 4:30PM - 6:30PM
- SANTA ANA YOUTH AGES 13 - 18
- LIMITED SPOTS AVAILABLE



FOR MORE INFORMATION CONTACT
PRINCE ROBERTSON @
505-410-5040

TAMAYA WELLNESS CENTER



TAMAYA WELLNESS CENTER

BASEBALL & SOFTBALL DEVELOPMENT PROGRAM

SATURDAY SPRING TRAINING SERIES

MARCH 7TH, 14TH, 21ST, 28TH

PROGRAM FOCUS

- FUNDAMENTALS & SKILL DEVELOPMENT
- HITTING, THROWING, FIELDING & BASE RUNNING
- GAME AWARENESS & CONFIDENCE
- AGE-APPROPRIATE DRILLS & INSTRUCTION

WHAT TO EXPECT

- ORGANIZED PRACTICES
- SKILL STATIONS & COMPETITIONS
- TEAMWORK & SPORTSMANSHIP



SANTA ANA & EMPLOYEE YOUTH
AGES 5-9: 9:00AM-10:00AM
AGES 10-17: 10:30AM-12:00PM

To register a player please scan the QR code.

For more information please call Joseph @505-785-4792



TAMAYA WELLNESS CENTER

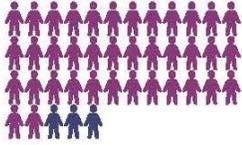
Sandia Mountain Snowshoe Tour - Fitness

It was a beautiful Saturday to be up on the mountain when Tamaya community members embarked on their journey to the snowy trails to snowshoe. After taking the tram up the mountain to 10,300 feet, there were blue skies and sunshine when participants trekked through the forest and up to the vista. The unbeatable views of New Mexico's stunning landscape were worth the climb! After a light snack, some rest and taking in the breathtaking views, the guides led everyone back down the mountain through a different snowy path in the forest, back to the tram. It was a great way to spend a Saturday afternoon out in nature!



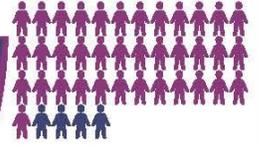
Duke City Marathon - Fitness Program

Some participants (3) challenged themselves by participating in events they had not originally signed up for!



Most of us (92%) completed our goal events!

After participating in Duke City Crew a quarter of us (25%) reported an improvement in how we rate our overall health!

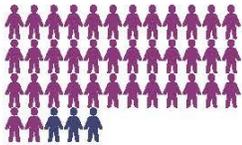


Most of us (90%) rate our health as: "Good," "Very Good," or "Excellent!"

*We Participated
Duke City Marathon*

*We Became
Healthier*

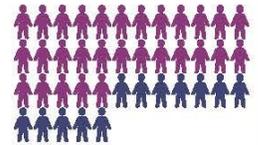
After participating in Duke City Crew most of us (92%) can participate in moderate or intense physical activities!



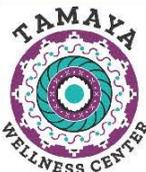
We Became Fit

*We Walked
& Ran More*

After participating in Duke City Crew 70% of us walk or run regularly! Between 3 to 7 days each week!



***Celebrating
Duke City
Crew 2025***



- Increased running & walking durations
- Increased overall physical activity & stretching
- Gained Muscle & Physical Strength
- Body felt sore & tired
- Encountered & overcame (physical) limits

Physical

- Felt more confident & accomplished
- Increased overall positive feelings
- Belongingness & Team Membership

Emotional

- Mood & Stress Regulation

- Mental Clarity
- Overcame challenges & limits
- Set and accomplished goals

Mental

Spiritual

- Connected with the land/nature/ancestors/ self
 - Drew upon inner strength
 - Time for prayer

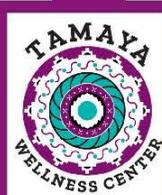


Impacts of Participating Duke City Crew



Personal Goals

"I completed the race with very minimal injury. I feel really proud of myself getting back into running post babies."



Gratitude

"Very grateful for our TWC staff and community. I would not have done this without the help. I hope we can continue this next year and so on. Good job everyone!"



Blue Corn Cookies

TAMAYA WELLNESS PROGRAM

•Ingredients:

1/2 C	Unsalted Cold Butter (sub with Refined Coconut Oil)
1	Egg
3/4 C	Sugar (less sugar option 1/2 C)
1 Tsp	Vanilla Extract
1/2 Tsp	Baking Soda
1/4 Tsp	Salt
1 1/4 C	Blue Cornmeal
1 C	Flour

•Directions:

1. Preheat oven to 350°. Line baking pans with parchment paper.
2. In a large mixing bowl cream butter and sugar together until smooth.
3. Add in egg and vanilla until fully combined. Then add in baking soda and salt until fully combined.
4. Add in Blue Cornmeal and flour a little at a time until fully combined.
5. Roll uninformed balls of dough with hands and slightly press flat or roll out dough to about 1/4" thickness and cut out. Place cookies on baking pans with space in
6. Bake for 8-9 minutes just until the edges begin to turn lightly brown. Do not over bake. Let cool before removing from baking pans. ENJOY!



Blue Corn Crepes

TAMAYA WELLNESS PROGRAM

•Ingredients:

2	Eggs, large
3/4 C	Milk
1/2 C	Water
3/4 C	Flour
1/4 C	Blue Cornmeal
3 Tbsp	Butter (unsalted and melted) and more butter for coating the pan

•Directions:

1. Using a blender, combine all ingredients and pulse for 10 seconds. Place crepe batter in the refrigerator for 1 hour to allow the bubbles to subside. This will help prevent tears during cooking. Batter can last in the refrigerator for up to 48 hours before using.
 2. Heat a small non-stick pan. Add butter to coat and pour 1/8 cup into pan and swirl to spread evenly. Cook for 30 seconds then flip and cook another 10 seconds.
 3. Continue making crepes as instructed in step 3 until batter is gone. Lay flat on cooling pan to cool. Once cooled, fill with favorite sweet or savory filling and follow any and all cooking instructions. ENJOY!
- To store: Once crepes are cooled, stack and store in a sealable plastic bag. Keep in the refrigerator for several days or in the freezer for up to 2 months, thaw before using.

