



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

July 2025

Vol. 44

ISSUE 7

WWW.TICENTER.ORG

In observance of
Independence Day,
TIC will be closed
Friday, July 4th

Office is open
8:00am to 5:00pm,
Monday-Friday



Welcome to the Tucson Indian Center Newsletter!

July has arrived, which is a month of warmth, celebration, and reflection. Bringing people together for celebrations, gatherings, cultural events, and moments of connection. It is also a time of independence—both in historical and personal ways—as people embrace renewal, adventure, and self-determination. Taking care of our well-being is vital and your support makes a difference. Whether through attending our events, volunteering, or advocacy, we invite you to be part of the Tucson Indian Center's journey.

The month of July also has several important awarenesses such as National Minority Mental Health Awareness Month, Disability Pride Month, French American Heritage Month, Good Care Month, and Juvenile Arthritis Awareness Month

As summer is in full swing, we continue to celebrate the resilience and strength of our communities. This is a time for reflection, growth, and coming together in support of one another. We highlight the following upcoming events and invite you, your family, and friends to the following events that are right around the corner:

- Basketball Camp with Analyss Benally
 - Back to School Bash
 - Elders Monthly Luncheon
- (See page 6 for further information.)

Together, we honor our past, support our present, and build a brighter future for all generations. Thank you for being a valued part of our community and for taking the time to read our newsletter. Your engagement helps drive the Tucson Indian Center's mission forward.

Please remember to stay connected with us through our website (<https://www.ticenter.org>) and like and follow us on social media to keep up and stay informed of upcoming community events, announcements, and other important information.

Tik Tok:
<https://www.tiktok.com/@tucson.indian.center>

Facebook:
<https://www.facebook.com/tucsonindiancenter/>

Instagram:
<https://www.instagram.com/tucson.indian.center/>

Jacob Bernal/Executive Director

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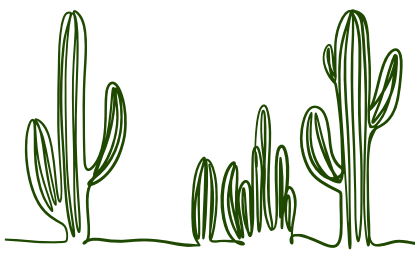
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Updates & Uplifts

We hope this message finds you—and those you care about—happy, healthy, and blessed.

We're excited to share that the Wellness Department has launched a fantastic lineup of Saturday programs designed to educate, energize, and inspire! Whether you're interested in Beading, Reiki, Strength Training, or the always-popular Line Dancing, there's something for everyone to enjoy. These events will take place right here at TIC throughout the summer, and we'd love for you to join us.

A quick heads-up: the City of Tucson now charges for weekend parking. If you plan to drive, be sure to feed the meter for street parking or consider using one of the nearby paid garages. We know this isn't ideal, and we're actively exploring alternative parking options.

While we can't promise a solution just yet, please know that we're doing our best—and we'll keep you updated with any changes.

In the meantime, don't let parking stop the fun! Sun Tran buses are free and conveniently stop right across the street from TIC on Alameda.

We hope you'll mark your calendars and make the most of these engaging Saturday sessions. Bring your friends, bring your family, and most importantly—bring your good energy!

Until next time, have a safe, joyful, and blessed summer!

Warmly,
Michael Mulligan
Operations Director
Tucson Indian Center



SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 Write about your top 3 goals for the second half of the year	2 Draw with some chalk with family	3 Go to the gym and do an arm workout	4 TIC Closed	5 Hike Tumamoc Hill
6 Read 2 chapters	7 Go to the gym and do a full body workout	8 Ice Cream Sundae Night	9 Take the kiddos to a splash pad	10 Write about what inspires you everyday to keep going	11 TIC Youth Basketball Camp	12 TIC Youth Basketball Camp
13 Go to Badges & Backpacks at TCC	14 Write about how you are finding joy within yourself?	15 Walk the turquoise trail	16 Go to the gym with a friend	17 Do a family picnic for dinner	18 Read 2 chapters	19 Go to Sabino Canyon to see the waterfall
20 Do a zumba class	21 Visit Southern AZ Transportation Museum	22 Family Story Time at Joel Valdez Library	23 Write down three things you love about yourself and would never, ever change.	24 Take a tour of the UofA Campus	25 Write about your top 3 goals for the second half of the year	26 Go to the gym and do a full body workout
27 Go to a museum in town	28 Read 2 chapters	29 Do an ab workout for 15 minutes	30 Star gaze w/ a friend	31 Take a trip up north to Flagstaff	1	2

Created by Suicide Prevention, Intervention & Postvention Program
520-602-5402



Rodney W. Palimo, Sr. Clinic

We are dedicated to providing accessible patient-centered care. Empowering our community to achieve the highest quality health and well-being.

Pediatric Care

Tucson Indian Center
Rodney W. Palimo, Sr. Clinic

SICK/URGENT VISITS FOR KIDS OF ALL AGES WELCOME
WELL CHILD VISITS OFFERED FOR KIDS OF ALL AGES

160 N STONE AVE

WALK INS AND SAME DAY APPTS ACCEPTED

CALL (520) 506-7131 TO SCHEDULE NOW

FREE SPORTS PHYSICALS FOR CHILDREN 5-17

The Tucson Indian Center now offers sick and urgent visits for kids of all ages — **no need to wait!**

Walk-ins and same-day appointments are welcome.

We also offer **well-child visits for children of all ages.**

Bring your kids in — we're here to help them feel better fast!

FREE SPORTS PHYSICAL FOR CHILDREN 5-17

Vaccines

Don't forget! We offer a variety of vaccines to help keep you and your loved ones protected. From routine childhood immunizations to flu and COVID-19 shots, we've got you covered. Stop by or call us to learn more about what's available!

Extreme Heat Warning Safety Tips from the National Weather Service:

Stay Cool

1. Limit your outdoor activity to when it's coolest, like morning and evening hours
2. Find your nearest heat relief site (cooling center, respite center, hydration station) for free access to air conditioning and water
3. Do not leave children or pets alone in a parked car. The temperature inside can rise quickly and become deadly

Stay Hydrated

1. Drink plenty of water throughout the day
2. Avoid alcohol and drinks with high caffeine or sugar

Stay Informed

1. Look out for signs and symptoms of heat-related illnesses: dizziness, muscle cramps, nausea, headache, and confusion
2. Check the weather forecast for temperature, air quality, and UV index
3. Learn more about today's NWS HeatRisk map - <https://shorturl.at/IAeGu>

Stay Connected

1. Check on your family, friends, pets, and neighbors, especially those who are sensitive to heat, such as individuals over 65, those with chronic medical conditions, people living alone, and those who are unhoused
2. Share your location with friends and loved ones before taking a road trip, hiking, or camping and use Arizona 511 for road conditions and traffic information

Be SunWise

1. Limit sun exposure with sunglasses, hats, and lightweight clothing
2. Use SPF 30+ sunscreen to protect your skin from UV rays

Heat exhaustion	Heat stroke
Dizziness	Confusion
Heavy Sweating	Headache
Nausea	Vomiting
Weakness	Becoming Unresponsive
Heat Cramps	Seizures

Heat exhaustion can lead to a heat stroke if not treated.

Act Fast! Save a life

Stop and cool down Call 911



Highlights

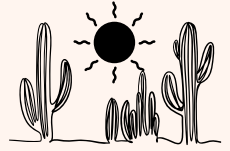


Tucson Indian Center Presents:

GONA

Friday, August 8th &
Saturday August 9th
2025. From 9 a.m. to
4:00 p.m.

Location: Ramada by
Wyndham
777 W Cushing St.



What is GONA? Gathering of Native Americans. A GONA is a community healing process to address challenges like addiction, violence, chronic negativity and other lasting impacts identified by the community. GONA is a process that helps participants connect the dots between trauma, behavior, healing and living in balance. The process follows four powerful phases: **Belonging, Mastery, Interdependence, and Generosity.**

Each offering a path towards healing.

The Tucson Indian Center has started a podcast. Our first episode is out on Spotify. You will also find it on YouTube and Apple soon. Check it out and subscribe!

<https://tinyurl.com/TICpodcast>



The Tucson Indian Center
PRESENTS

TIC TALKS PODCAST

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OUT NOW!



FREE SUMMER WORKSHOPS



Saturday, July 5th

Encanto Movie and Popcorn 8:30-10:00 AM
Arts & Crafts 10:15-11:15 AM
Line Dancing 11:30am-12:30PM



Saturday, July 12th

Moccasin Making 8:30-10:00 AM
Yoga 10:15-11:15 AM
Line Dancing 11:30-12:30 PM



Saturday, July 19th

Moccasin Making 8:30-10:00 AM
Pot Painting 10:15-11:15 AM
Line Dancing 11:30-12:30
Reflexology will be offered

Saturday, July 26th

Moccasin Making 8:30-10:00 AM
Sculpt Dance 10:15-11:15 AM
Line Dancing 11:30-12:30 PM
Reflexology will be offered



Saturday, August 2nd

Moccasin Making 8:30-10:00 AM
Arts & Crafts 10:15-11:15 AM
Line Dancing 11:30-12:30
Reflexology will be offered

bc beyond cycle



For more information contact The Wellness Department
ticwd@ticenter.org
or call (520)884-7131 ext: 2249



Let's take a look
at what's
happened in the
last month!



Ribbon Skirt Class

In June, we launched our Ribbon Skirt Workshop led by Alice Guzman. Alice began by sharing the cultural significance and history behind ribbon skirt making, along with the various styles and techniques used to create them. Participants are learning the fundamentals of sewing, gaining hands-on experience with sewing machines, and expressing their individuality through personalized skirt designs.

Throughout the workshop, important conversations are held around Missing and Murdered Indigenous Women/Peoples (MMIW/P) and domestic violence awareness, weaving awareness and empowerment into the fabric of the class. Beyond learning from Alice, participants are also supporting one another by sharing tips, discovering their own creativity, and finding joy in the process of learning together.



Traditional Food Workshop

Throughout the spring and into summer, we've had the privilege of hosting Traditional Food Workshops led by Rainbow Lopez. Rainbow shares her deep knowledge of Indigenous foods native to Southern Arizona, offering insights into their cultural significance, historical roots, and nutritional value within local tribal communities.

Each session highlights a different traditional food, sparking rich conversations around its role in Indigenous lifeways and healthy living. So far, we've explored a diverse array of native foods including squash, corn, nopal, cholla buds, wildflowers, tepary beans, prickly pear, mesquite beans, and saguaro fruit. These workshops are not only educational, but they're also a celebration of heritage, health, and the enduring relationship between land and culture.



Youth Summer Camp

This summer, we hosted an engaging and enriching camp designed to empower students with essential life skills while sparking their creativity. Throughout the week, students explored important topics including mental health awareness, emotional expression, substance abuse prevention, resiliency, and helmet and bike safety. They also learned about healthy eating habits and participated in a variety of fun, movement-based activities, and exercise practices. Every day, the students had the unique opportunity to craft their own gourds, where they learned about every step and their importance throughout the process. The camp was a vibrant mix of learning, creativity, and physical wellness, to continue encouraging young minds to grow strong, inside and out while increasing their cultural knowledge.



Upcoming Events

YOUTH BASKETBALL CAMP W/ ANALYSS BENALLY

Building skills, resilience, and community through basketball.

Pre-Registration is required. SPACE IS LIMITED, up to 35 participants for the first and second session.



Participants and family can join us Friday, July 11th for Dinner and a movie. We will be showing Rez Ball!

GUEST COACH

Analyss Benally

Professional Basketball Player & actor in Rez Ball Netflix Movie



More Information and registration

Call 520-884-7131 or email hshirley@ticenter.org

**July
11th & 12th**

**El Pueblo Activity Center
101 W Irvington Rd Building 1,
Tucson, AZ 85714**

3RD-6TH GRADE

Boys & Girls
8:30 AM - 12:00 PM

7TH-12TH GRADE

Boys & Girls
12:30 PM - 4:00 PM

TUCSON INDIAN CENTER

BACK TO SCHOOL BASH

SATURDAY, JULY 26TH, 2025



**BACKPACKS &
SCHOOL SUPPLIES**

**LIMITED TO THE
FIRST
200 STUDENTS**

**LOCATION: DONNA R. LIGGINGS CENTER
2160 N 6TH AVE, TUCSON, 85705**

TIME: 1:00-3:00PM

For more information contact: Angela Reyes
(520)-884-7131 or Email: ticwd@ticenter.org

**ITEMS PROVIDED
WILL BE FOR
ELEMENTARY,
MIDDLE SCHOOL, AND
HIGH SCHOOL
STUDENTS**

TIC Series to Attend!

You're Invited! Elder Monthly Luncheon (Native American 55+)

Come enjoy a delicious meal, great company, and an opportunity to socialize with fellow elders. This is a wonderful chance to share stories, spread positivity, embrace our culture, and, most importantly, have a blast together!

*Luncheons are held the last Wednesday of every month
Time: 12:00pm - 3:00 pm*

*To Register call Marlene F. Jose
520-884-7131 x2238*

Let's gather, share laughs, and continue to strengthen our beautiful Native American community. We look forward to seeing you there!



DATES:

- JULY 30, 2025
- AUGUST 27, 2025
- SEPTEMBER 24, 2025
- OCTOBER 29, 2025

***NO ELDER
LUNCHEON*
NOVEMBER 2025
DECEMBER 2025**



Sobriety Support Groups

Join us at the Tucson Indian Center for weekly Sobriety Support Groups rooted in healing, sisterhood, and community.

SOBRIETY SUPPORT GROUPS

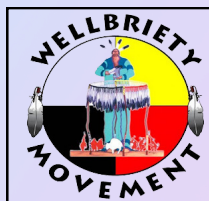
**PLEASE JOIN US IN PERSON AT
THE TUCSON INDIAN CENTER**

AA Meetings:
Every Friday Mornings
8:30-9:30AM

White Bison:
Every Thursday
5:30-6:30pm

Native Sisters in Recovery:
Every Thursday
4:15-5:15pm

Call or email Christina Luna with any questions or concerns 520-884-7131 or cluna@ticenter.org



Whether you're just beginning your journey or continuing the path, these groups offer a safe, welcoming space for Native relatives to connect and grow together.



FOOD CLUB

DELICIOUS FOOD DEMONSTRATION CLASS

COME JOIN US FOR A FRESH WAY
TO PREPARE FOOD AND ENJOY
WHAT YOU CREATED

Wednesday's at 10:30am at Tucson Indian Center 160 N Stone Ave Tucson 85701, 2nd Floor

M E N U

- ☐ July 2nd: Ahuacatl/Sauwo
- ☐ July 9th: Strawberry Delight Salad
- ☐ July 16th: Meat me at TIC
- ☐ July 23rd : Special Chef Presents
- ☐ July 30 : Easy Workout Snack

TIC Services Updates

Pima C.A.R.E.S. Health Promotion Specialist


Our Core Services

- Assist individuals with a substance use issue to connect with treatment services.
- Assist individuals with locating treatment services for a person with a substance use issue.
- Assist individuals with connecting to support groups.
- Provide Narcan and Fentanyl Testing Kits to the community.

Contact Us
www.ticenter.org
(520)884-7131 Ext. 2301

Our Health Promotion Specialists are here to assist individuals and families impacted by substance use.

Let us help you take the next step toward healing and wellness.



Pick Up Schedule

Monday: 11am - 4pm
 Tuesday: 9am - 4pm
 Wednesday: 9am - 4pm
 Thursday: 9am - 4pm
 Friday: 9am - 4pm



Documents Required for Food Box:

- State ID or Tribal ID
- One Food Box Per Month Per Family**

Documents Required for Diapers:

- State ID or Tribal ID
- Child Birth Certificate or Proof of Guardianship
- Proof of Income or SNAP/AHCCCS Card



Location:

160 N Stone Ave
 Tucson, AZ 85701

Questions:
 Please Call Us At
 (520) 884-7131

LOOKING FOR A JOB? WE CAN HELP!

Our **WIOA Program** (Workforce Innovation & Opportunity Act) is designed to assist adult Native Americans living off-reservation and within the Tucson Metropolitan Area.

Job Clubs are every **Thursday, from 10:00am to 11:00am.**

New Client Orientation is every **Monday, from 11:00am to 12:00pm.**



Veterans Arizona@works James A. Bautista July 3, 2025 Time: 10:00 AM-11:00 AM	Canyon Building & Design LLC Ramos-Hernandez July 10, 2025 Time: 10:00 AM-11:00 AM
NESCO Tasha Flores July 17, 2025 Time: 10:00 AM-11:00 AM	Pasque Yaqui Tribe Danielle Obregon HR July 24, 2024 Time: 10:00 AM-11:00 AM
Pima County Thomas Bartkowski Human Resources Coordinator July 31, 2025 Time: 10:00 AM-11:00 AM	

TUCSON INDIAN CENTER

160 N. Stone Ave. Tucson, AZ 85701
 (520) 884-7131

www.ticenter.org

Please Contact:

Starin@ticenter.org

Or

Iromero@ticenter.org

rurbina@ticenter.org

Enrollment Includes:

Job referrals, resume workshops, job readiness training

TIC Activities Update

★ Join Our Amazing Walking Club! ★

Are you ready to get moving and boost your health and well-being? Come join Jose and friends of our Walking Club, where you'll create social connections and friendships, promote healthy mental-wellbeing, and learn about healthy eating choices.

Walking is a fun, easy way to stay fit, reduce stress, and improve your mood, all while making new friends and strengthening your sense of community. Whether you're looking to get active, unwind, or simply enjoy nature, our Walking Club is the perfect opportunity to do so!

Wednesday's Walking Club
at the Tucson Indian Center from
8:30am-10:30am.



Squash Enchiladas Recipe

Ingredients:

- 2 cups baked, mashed hal or butternut squash
- 2 tablespoons olive oil
- ¼ cup onion
- 1 tablespoon minced garlic
- ½ cup canned corn
- 12 6-inch corn tortillas of choice
- 4 cups grated cheese
- Salsa Verde Picante

Instructions:

- Heat oil in a large skillet, sauté onion, and garlic for 3 minutes. Mix in squash and corn. Season with salt and pepper.
- Warm tortillas (microwave, fry or heat over direct flame)
- Place 1 heaping Tbl of squash mixture down center of tortilla. Top with 1Tbl of cheese. Roll up tortillas. Arrange seam side down in 13x9x2" baking dish
- Spoon salsa and remaining cheese over enchiladas. Bake until heated through, about 20-30 minutes.



Recipe courtesy of Southern Arizona Guide

COFFEE AND BINGO

Looking for a fun way to spend your Friday mornings?
Join the Tucson Indian Center for Bingo every Friday, 2nd Floor!

10:00AM - 12:00PM

EVERY FRIDAY

160 N STONE AVE - 2ND FLOOR

CANCELLATION:
NO BINGO: July 4th

Sculpt Dancing!

Every
Wednesday

TUCSON INDIAN CENTER
ON THE 2ND FLOOR

12:30 PM - 1:30 PM

7/2, 7/9, 7/16, 7/23, 7/30





Welcome Summer 2025

WORDS OF IMPACT

Thank you for reading!

Hey Youth — Summer is Here! ☀️

What can you do besides staying indoors glued to your phone or TV?

✨ Try this:

Take a walk and enjoy the sunshine ☀️

Call up a friend and catch up 📞

Shoot some hoops at the park 🏀

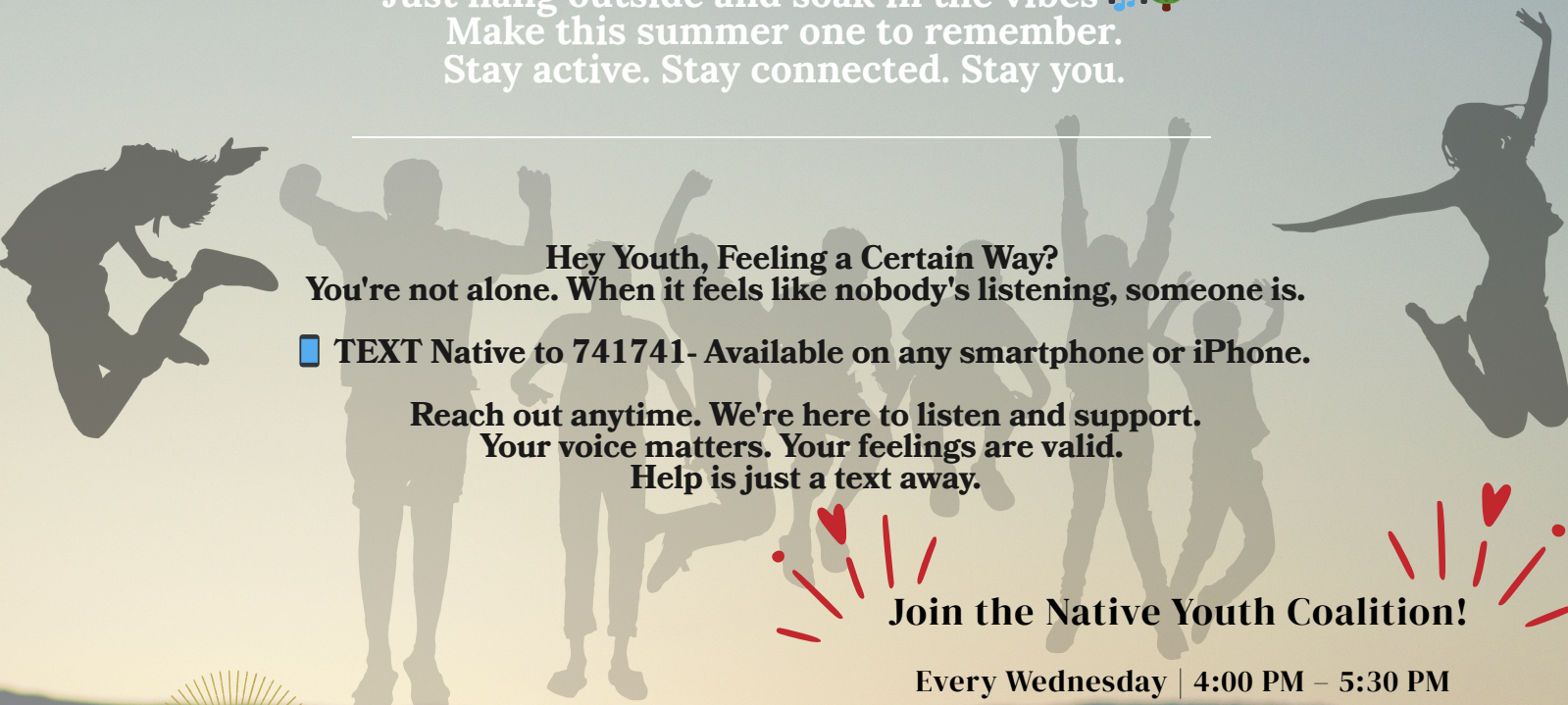
Go swimming and cool off 💧

Spend time with an elder — you'd be surprised what you can learn 🧠❤️

Just hang outside and soak in the vibes 🎧🌳

Make this summer one to remember.

Stay active. Stay connected. Stay you.



Hey Youth, Feeling a Certain Way?

You're not alone. When it feels like nobody's listening, someone is.

📱 TEXT Native to 741741- Available on any smartphone or iPhone.

Reach out anytime. We're here to listen and support.

Your voice matters. Your feelings are valid.

Help is just a text away.

Join the Native Youth Coalition!

Every Wednesday | 4:00 PM – 5:30 PM

Looking for a safe, fun, and empowering space?

Come connect with other Native youth, share ideas, and explore the harms of commercial tobacco use, while also honoring and learning about tobacco's sacred, traditional role in our communities.

What to Expect:

- Group discussions
- Culturally rooted education
- Creative activities
- Peer support



All Native youth are welcome!

Hosted at the Tucson Indian Center

I DARE
YOU TO
BE GREAT

TUCSON INDIAN
CENTER

520-884-7131

www.ticenter.org

160 N. Stone Ave
Tucson, AZ 85701

Tucson Indian Center Staff

Executive Director
Jacob Bernal
Chemehuevi

Executive Assistant
Yolanda Valenzuela
Pascua Yaqui

Client Service Support Specialist
Monique Ugaitafa
Tohono O'odham

Operations Director
Michael Mulligan
Human Resource Generalist
Jorge Molina

Building Maintenance Safety Officer
Jackie Shemesh

Client Service Support Specialist
Rosa Duarte - Espinoza

Finance Director
Michael E. Spotted Wolf
Seminole Nation of Oklahoma
Finance Operations Manager
Rajiv Ranjan

Staff Accountant
Honey Ignacio
Tohono O'odham
Accountant Clerk
Claudia Oldman
Navajo

Wellness Department

Wellness Director
Veronica Boone
Laguna Pueblo/Navajo

Health Promotion Specialist
Marlene F. Jose
Tohono O'odham

Transportation Specialist
Vacant

Community Health Representative
Marcella Delgado
Tohono O'odham

Health Promotion Specialist
Autumn Begay
Tohono O'odham

Health Promotion Specialist
Vashti Solis

Grants & Services Manager
Susan Mulligan

Wellness Case Manager
Christina Luna

Wellness Case Manager
Vacant

Prevention & Education Specialist
Alyssa Dreiling

Prevention & Education Specialist
Halia Shirley
Navajo

Domestic Violence Advocate
Tanya Rios
Tohono O'odham

Administrative Assistant
Angela Reyes
Native Connections Project Coordinator
Misty Castro

SAMHSA Youth Specialist
Vacant
Youth & Community Health Educator
Vacant

Diabetes Prevention Specialist
Jose Duran

Wellness Family Health Advocate
Andres Epaloose
Navajo/Hopi/Zuni

Health Department

Health Services Director
Phoebe Cager
Yup'ik

Medical Business Office Manager
Katrina Rodriguez

Grants & Services Manager
Adam Fernandez
Rarámuri & Guachichil

Admin Assistant
Jaden Hale
Navajo

Medical Director
Peter Ziegler MD

Family Physician
Dr. Paul Weintraub

Family Physicians Assistant, PA-C
Juniper Dery-Chaffin

Family Physician
Dr. Joan MacEachen

Pediatrician/Pediatric Consultant
Dr. Marisa Werner

Behavioral Health Therapist
Aurora Ramirez

Family Health Advocate & Community Health Rep
Carolyn Tapia

Medical Billing & Coding Specialist
Vonda Talawepi
Hopi

Medical Record Clerk
Angie Estrella

Medical Assistant
Andi Morgan

COVID - 19 CHR
Rosemary Corella

Social Services Department

Social Services Director
Dylan Baysa
Choctaw

Community Engagement Coordinator
Tasha Labahe
Navajo

Native Voice is Published by the American Indian Association of Tucson D.B.A Tucson Indian Center

Intake & Support Services Case Manager
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Tohono O'odham

Employment & Training Case Manager
Renee Urbina

Employment Case Manager
Estella Tarin

Community Engagement Coordinator & Data Specialist
Natalia Cachora

Tucson Indian Center Board of Directors

Chairman
Alexander Lewis
Tohono O'odham

Vice Chairman
Mark Bahti

Treasurer
Melisa Cota
Tohono O'odham

Board of Directors Secretary
Amalia Reyes
Pascua Yaqui

Board of Directors Member
Yolanda Molina
Pascua Yaqui

Tucson Indian Center Advisory Council

Olivia Villegas - Liston
Tohono O'odham

Christine Nelson
Navajo



**American Indian Association
of Tucson, Inc.
Tucson Indian Center
160 North Stone
Tucson, AZ 85701
Phone: 520-884-7131
Fax: 520-884-0240**

www.ticenter.org

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To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with emphasis on the Urban Native American Community.

Reminder and Announcements

- **New Client Orientation - Every Monday 11:00am-12:00pm** Contact: Tucson Indian Center
- **Job Club - Every Thursday 10:00am-11:00am** Contact: Tucson Indian Center
- **2 Spirit of Tucson - July 14th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (07/02, 07/10, 07/17, 07/24, 07/31) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **White Bison Recovery Group - Thursdays (07/02, 07/10, 07/17, 07/24, 07/31) @5:30 pm—6:30pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (07/03, 07/11, 07/18, 07/25)
@ 8:30 am - 9:30 am,** Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **Native Youth Coalition - 4PM - 6PM, Wednesdays (07/02, 07/09, 07/16, 07/23, 07/30)**
Contact: Wellness Department
- **Coffee & Bingo - Every Friday, 10:00am-12:00pm - NO BINGO JULY 4TH**
Contact: Tucson Indian Center **Location: Tucson Indian Center**
- **Walking Club - Wednesdays (07/02, 07/09, 07/16, 07/23, 07/30) @8:30am-10:30am**
Contact: Jose Duran
- **Chair Zumba/Yoga- Tuesdays & Thursdays 12pm -1pm**
Contact: Jose Duran **Location: Tucson Indian Center**
- **Elder Monthly Luncheon: July 30, 2025, 12pm-3pm** RSVP with Marlene F. Jose

**PLEASE REFER TO OUR WEBSITE & SOCIAL MEDIA FOR ALL FLYERS AND ANNOUNCEMENTS.
(REFER TO PAGE 1 FOR SOCIAL MEDIA)**

We are happy to share the monthly Native Wellness Voice with you. If you would like to receive an electronic copy or if you experience any problem related to this mailing, such as receiving more than one copy or the wrong name, please contact Susan Mulligan at (520) 884-7131 ext. 2232 or vboone@ticenter.org.