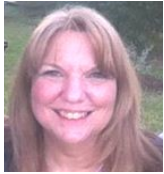


# HERBY HAM ACTIVITY CENTER

January

[www.herbyhamactivitycenter.org](http://www.herbyhamactivitycenter.org) (830)591-2711 248 FM 3447 Uvalde, TX



What a year 2019 has been! People have come out HHAC to learn everything from ballroom dancing to bread making, learning the ukulele and more. We have honored our volun-

teers and celebrated Herby's birthday. We have given away everything from hunting rifles to a mink coat. Danced countless hours to a number of different bands and entertainers and of course much opportunity to exercise.

Project Grace turned a year old in where over 450 children in the Uvalde area have been given quilts, wooden cars and crochet items as objects of comfort during times of trauma, being removed from their homes or during illnesses. What a blessing this project has been, not only for those who have received it but for those who volunteered.

HHAC had it first annual Arts & Craft Fair where over 35 vendors were present selling only hand-made items. Plans are in the works to make this event huge in Uvalde. Give us a call if you would like to serve on an Arts & Craft Fair Committee.

We were able to have a much needed stage built where our first annual Praise Fest performed. The official dedication of the stage will be Saturday, January 18 during our 2020 Gospel Nite Out.

Hours and hours of work has gone into bringing Charitable Bingo to HHAC and Uvalde. For those who passed out cards encouraging Uvalde residents to vote and for those who helped at during election day; Thank You! We could not have done it without you. Be looking for the official announcement for our Charitable BINGO kick-off. (I can't officially advertise until we get our license).

Great things are being planned for 2020! We are bringing back our Learning Series offering classes in financial planning, cooking, health issues and more. If you have an area of expertise that you would like to volunteer to share with others in your community please give us a call.

Please help us to continue to get the word out about HHAC. See you in 2020!

Love one another....

*Herby Ham Activity Center*  
*Presents*  
**A Gospel Nite Out**  
**With Toni Hull and Friends**  
**Saturday, January 18, 2020**  
**6:30 pm**  
**Admission: Adults - \$10.00**  
**Children 12 and under: \$5.00**

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## KICK OFF THE NEW YEAR WITH GOSPEL NITE OUT

Gospel Nite Out promises to be another evening of Gospel Music performed by individuals and choirs from Uvalde and surrounding areas.

Put on by Uvalde's own Toni Hull, Gospel Nite Out has always been a popular event which helps raise support for HHAC.

Many who have attended in the past have commented that HHAC needed a stage. It is appropriate that we will be dedicating our new stage that evening. Proceeds will help in the completion.

Tickets are \$10 for adults and \$5 for children 12 and under. Make plans now to attend this delightful evening.

**Country Dance**  
with **WAYNE EVERETT**



**Friday,  
January  
24th  
\$8.00**



**HERBY HAM ACTIVITY CENTER**  
**248 FM 3447, UVALDE 830-591-2711**

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*Herby Ham Sunday Jam  
meets every 3rd Sunday  
at 2:00 pm*

*Join us Sunday,  
January 19th for a great  
afternoon of Country and Gospel  
Music.*



**weight  
watchers**

Start the New Year off  
Right!  
WW meets at HHAC every  
Tuesday at 5 pm.  
Call Jan Burchfield at 830-279-2719 for  
more information.

**Herby Ham Activity Center**  
**Circuit Gym**




**\$20/month  
or \$10 with pool**

*Open*  
**Mon. thru Thurs  
8 am- 7 pm  
Friday  
8 am- 4:30 pm**

**WOOD WORKING  
INSTRUCTION WITH**

**LES BRIEDEN**  
**TUESDAYS FROM**  
**9:30—11:30 am &  
6:00-9:00 pm**



**To set a time with Jackie  
Thomas, call 830-591-4707**

**\$5 a session or \$30 a month**

**Two or more must be in the woodshop with a  
Center representative being one of them.**

**HHAC WILL BE CLOSED  
WEDNESDAY, JANUARY 1  
FOR NEW YEARS DAY.**



**TOYS OF GRACE DONATES TO UVALDE POLICE DEPARTMENT**



Volunteers from HHAC's Toys of Grace gladly donated 50 toy cars to the Uvalde Police Department. Officers will carry the toy cars with them on patrol and give them to children in crisis, when dealing with law enforcement or to help with public relations.

HHAC is thrilled to support our law enforcement any way we can and we appreciate all they do for the community.

Pictured above are Officer Jessica Zamora, Gary Gilbertson, Cindy Routhier, Chief Daniel Rodriguez, Les Brieden, Jackie Thomas, Sue Rankin and Lt. Javier Martinez. Not pictured but volunteers with Toys of Grace is Odie Trevino, Joyce Galloway, Bill and Peggy Prince and Louis Beltran.

If you are interested in helping cut out and/or paint cars with Toys of Grace or participate in Quilts of Grace or Yarns of Grace, please give us a call at 830-591-2711. We would love for you to be a part of Project Grace.



**ARTHRITIS WATER AEROBIC CLASS TO BEGIN IN JANUARY**

It has been some time since we have had water aerobic classes for arthritis sufferers. Beginning Monday, January 6th we will be having classes on Monday, Tuesday and Thursdays at 10:00 am. Led by Brenda Carter, this class will deal with specific routines for those suffering from arthritis. The class must have a minimum attendance of 5 participants. If you are interested in attending please call 830-591-2711 to register. Monthly fee will be \$60.

**Herby Ham Activity Center**

**Quilts of Grace**



Meets Every Monday  
From 9:00 am to 1:00 pm  
With a Potluck Lunch

**Looking for Volunteers to Sew, Cut, Sort and Press Fabric**

Donations of Fabric, Thread, Sewing Notions, Monetary Donations and Even Sewing Machines Accepted

For More Information, Contact  
Diana Bonnet: 830-613-0656

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**Herby Ham Activity Center**

**Toys of Grace**

HHAC is looking for volunteers to make toys in our woodshop or paint in the coolness of our center.



For more info call  
830-591-2711

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**CHARITABLE BINGO**

**IS COMING!!**

**TO HERBY HAM ACTIVITY CENTER**  
CASH PRIZES, DOOR PRIZES, CONCESSION

**BE LOOKING FOR OFFICIAL ANNOUNCEMENT**

*Memorial/Honorarium Donations*

*IN MEMORY OF :*  
*Homer Thomas from Annel Dorris*

*IN HONOR OF:*  
*Jack & Tess Clarkson from Robert & Shirley Zimmerman*  
*Jim Pollock from Robert & Shirley Zimmerman*

*Memorials & Honorariums go towards HHAC's building fund unless otherwise specified. Please remember us in your will.*

**THEY'RE HERE!!!**

**2020 WATER BABES CALENDARS**

**\$12.00 EACH**

**PURCHASE AT HHAC**

*Aquatic Fitness Classes "The Water Babes"*

**DANCE LIKE THERE'S NO TOMORROW**

*Our Ballroom Dance Class meets Friday at 5:30 pm.. Come out for a fun evening while you learn how to dance.. Come alone or with a friend.*

**\$5.00 A PERSON.**

**ATTENTION!**

**BEGINNING JANUARY 2020, OUR POOL RATES WILL INCREASE TO \$60 FOR MONTHLY AND \$8 FOR DAILY USE.**

**DON'T MISS OUR FACEBOOK POSTS!**

**Here's how to Adjust your Settings So you See Our Facebook Posts on Your Newsfeed**

1. Go to the Herby Ham Activity Center's Facebook Page:  
[www.facebook.com/HerbyHam](http://www.facebook.com/HerbyHam)

2. Under Following, Select:  
✓ See First
3. That's it!

Herby Ham Activity Center @HerbyHam

Home About Photos Reviews Videos Events Posts

Following

See First
















Default Unfollow

NOTIFICATIONS

Christmas Shop Hours  
Mon-Fri: 10am - 4 pm  
Sat: 10 am - 2 pm

# JANUARY- 2020 HERBY HAM ACTIVITY CENTER CALENDAR

SEE NEXT PAGE FOR WATER AEROBIC/POOL/EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <b>NEW YEARS DAY</b> <b>OFFICE CLOSED</b> 	<b>2</b> 9a-Coffee  9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge(free) 5p- Cardio Drumming	<b>3</b>  9a-Coffee/Donuts Sponsored by Amistad Nursing 2:30-Loteria 5:30-Ballroom Dance	<b>4</b>
<b>5</b>	<b>6</b> 9a-Coffee & Open House 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free) 5:30p-Yoga	<b>7</b> 9a-Coffee 9a- Quilting 9:30a- Wood Working (\$)  1:30-Voice Lesson 2:30p-Bingo (free) 5p-Weight Watch- ers 6-9p Wood Wkng	<b>8</b> 9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO—El Her- radero De Jalisco-Main 5:30p-Yoga 1p-Line Dancing 1p Dominoes	<b>9</b>  9a-Coffee 8a-Prayer Group 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge(free) 5p-Cardio Drumming	<b>10</b>  9a-Coffee/Donuts 9-10 a-Blood Pres- sure Check from Wesleyan Nurse 2:30-Loteria 5:30-Ballroom Dance	<b>11</b>
<b>12</b>	<b>13</b> 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free) 5:30p-Yoga	<b>14</b> 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watch- ers 6-9p Wood Wkng	<b>15</b>  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— Magillcuddy's 1p-Line Dancing 1p Dominoes 5:30p-Yoga	<b>16</b>  Coffee 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p-Cardio Drumming	<b>17</b>  9:00a-Coffee/ Donuts Sponsored by Uvalde Health Care 9a-11a-Blood Pressure Check by UMH 2:30-Loteria 5:30-Ballroom Dance	<b>18</b> <b>6:30p</b> <b>Gospel</b> <b>Nite</b> <b>Out</b>
<b>19</b>  <b>2pm</b> <b>HHAC</b> <b>Sunday</b> <b>Jam</b>	<b>20</b> 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free) 5:30p-Yoga	<b>21</b> 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watch- ers 6-9p Wood Wkng	<b>22</b>  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO—Sunrise 1p-Line Dancing 1p Dominoes 5:30p-Yoga	<b>23</b>  Coffee 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p-Cardio Drumming	<b>24</b>  9:00a-Coffee/ Donuts Sponsored by Uvalde Health Care 2:30-Loteria 5:30-Ballroom Dance 7:00p-Dance w/ Wayne Everett	<b>25</b>
<b>276</b>	<b>27</b> 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free) 5:30p-Yoga	<b>28</b> 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watch- ers 6-9p Wood Wkng	<b>29</b>  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO—Open Range 1p-Line Dancing 1p Dominoes 5:30p-Yoga	<b>30</b>  Coffee 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p-Cardio Drumming	<b>31</b> 9:00a-Coffee/ Donuts Sponsored by Uvalde Health Care 2:30-Loteria 5:30-Ballroom Dance	



## FITNESS CORNER

### WATER AEROBIC CLASSES :

**Water Babes 8:30a (Mon, Tues, Thurs)**

**Mixed Arthritis Class: 10:00a (Mon-Tues & Thurs)**

**Water Babes 1:30p (Mon, Tues, Thurs)**

**Mixed Class: 5:00p (Mon, Tues, & Thurs)**

**Water Babes: 4:30p (Wed & Fri)**

**Bio-Wave Class-6p (Mon-Thurs)**

**POOL USE FEE \$60.00 INCLUDES WATER**

**AEROBICS & OPEN POOL**

**OR \$8.00 PER DAILY VISIT**

## Open Pool Hours

**Two people must be in the pool area at all times:**

Monday - 2:30 - 4:30 pm

Tuesday - 2:30 - 4:30 pm

Wednesday - 10:00 am - 12:30 pm/2:30 pm-4:30pm

Thursday - 2:30 - 4:30 pm

Friday - 10:00 am - 1:00 pm & 2:30—4:30 pm

**CENTER HOURS ARE 8:00 AM TO 4:30 PM.**

**PLEASE BE OUT OF THE POOL BY 4:15.**

**Line Dancing—Wed 1:00 pm (free)**

**Exercise Machines—Mon-Fri 8am-4:30pm (free)**

**Open Circuit Gym—Mon-Thurs 8am-7:00pm Fri 8-4:30**

**Ballroom Dance-Friday—5:30pm—\$5.00 class**

**Yoga - Monday & Wednesdays at 5:30 (\$10)**

**Cardio Drumming—Thursday's @ 5:00 pm (\$3)**



**A WAIVER MUST BE SIGNED AND A DR'S RELEASE MUST BE OBTAINED BEFORE PARTICIPATING IN ANY EXERCISE PROGRAMS.**

**A WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN WOOD SHOP.**

**Hands, Head, Health, Inc.  
Herby Ham Activity Center**

**P. O. Box 5488**

**Uvalde, Texas 78802**

**www.herbyhamactivitycenter.org**

**Phone 830-591-2711**

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