

# HERBY HAM ACTIVITY CENTER

September

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



## SUE'S CORNER

Fall is on its way and for this girl can't get here fast enough! I hope y'all have stayed cool. With fall comes more activity around

HHAC and more opportunity to get or stay active, meet new and old friends, sell items from around your house, create, learn new things, reach out to children in our community and more.

To your right is information on our Fall Market Day, Saturday, September 28 from 8 am to 2 pm. Please consider signing up for a booth to sell your items. We put out a lot of advertisement into this event not only in Uvalde but surrounding areas. It is not too late to get an indoor space.

Then on November 16th our Craft Fair will feature only hand-made arts and crafts from around the area. Being that there is no longer a specific Arts & Craft Fair at Uvalde Town Square, this is the perfect opportunity to have one at HHAC. Please spread the word about this event and let's make it a success.

Many who have attended our Gospel Night have requested a night of praise music. Done! Saturday, October 19 will be our Praise Fest featuring several groups from Uvalde and surrounding areas. This is fund raiser for HHAC to continue to raise money for the purchase of a stage.

Please reserve the date and tell your friends. Tickets are available at the HHAC office.

Project Grace has taken off with a bang! Quilts of Grace is having a 1st year birthday celebration and Open House on Monday, September 9th from 10 to 1. Come by and see them in action and have some refreshments.

Due to so many of our regulars being away during the summer, we have taken a break from our dances. Not to worry...Friday October 4th will be our first dance of the fall with Wayne Everett. Come out and support us while having a great time!

How about a trip to Washington DC, New York and Niagara Falls? We will be having a travel presentation on Tuesday, Sept 3 at 1pm. If you have never been, I highly recommend it at least once in your life.

These events and so much more are being planned for the coming fall and spring. I hope to see you here. We can't do any of these things without you.

### Fall Market Day

Sat, Sept. 28th, 2019  
8:00 am - 2:00 pm

**Sell your Stuff!**

**Vendor Spaces:**

- Indoors: \$30
- Outdoors, Under Awning: \$25.00
- Outdoors, Parking Lot: \$20.00

**Reserve Your Space Now!**

**Herby Ham Activity Center**  
248 FM 3447 Uvalde, TX 830-591-2711

## Herby Ham Activity Center Presents

# PRAISE FEST 2019

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**Saturday, October 19**  
**6:30 pm**

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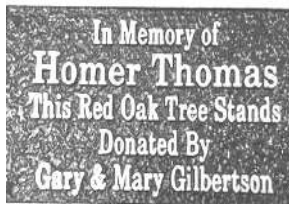
PERFORMANCE BY GROUPS FROM  
UVALDE AND SURROUNDING AREAS

**Fund Raiser for**  
**Herby Ham Activity Center**

**Tickets: \$10 adults**  
**\$5 children under 12**

**248 FM 3447, Uvalde, Tx 830-591-2711**





## TREE & PLAQUE DONATED IN MEMORY OF HOMER THOMAS

Have you seen the Red Oak tree planted next to Thomas

Wood Works? Lovingly donated by Gary and Mary Gilbertson, the tree, and now a plaque recently added, honors Homer for the many years he volunteered at HHAC and what he meant to this community.

Thomas Woodworks, named after Homer and Jackie Thomas, offers opportunities to learn how to create and repair wood items. Our new project, Toys of Grace, is also housed in our wood shop, is where volunteers create toy cars for area children who have experienced trauma or are ill.

Anyone 18 and over are welcome to come out for classes, repairs or creations of your own or to help with Toy's of Grace.



Jackie Thomas

**Les Brieden offers classes every Tuesday at 9:30 am and 6:00 pm or call Jackie at 830-591-4707 for other woodshop times.**

*You are Invited to*  
**Quilts of Grace**

**1st Year  
Birthday  
Celebration &  
Open House**

*Monday, Sept. 9th*  
**10 am to 1 pm**

*In the Sewing Room @  
Herby Ham Activity Center*

- \* Light Refreshments Served
- \* Slide Show of Our Year
- \* Come See Us "In Action"

**vote  
YES  
for  
CHARTIABLE  
BINGO  
IN  
UVALDE  
COUNTY**

**EARLY VOTING  
BEGINS OCT. 21, 2019  
ELECTION DAY IS  
TUESDAY, NOV. 5, 2019**

**Call 830-591-2711  
for info**

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Political ad placed by the Herby Ham Activity Center

**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.

Benefitting children affected by tragedy or illness in the Uvalde area.

**For more info call  
830-591-2711**

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## HERBY HAM ACTIVITY CENTER

Cardio Drumming



### BRING:

- \* 65 CM YOGA BALL
- \* 17" BUCKET FOR BASE
- \* WE'LL SUPPLY THE STICKS

\$5

**THURSDAYS  
AT 6 PM**

Please note: For the week of September 2 only, class will be held on Tuesday the 3rd.

BRINGING TOGETHER AN EXERCISE BALL, DRUMSTICKS, A BALL STAND AND MUSIC...CARDIO DRUMMING IS ONE OF THE MOST FUN WORKOUTS YOU WILL EVER DO. YOU CAN EVEN SIT IF YOU WANT.

register by calling 830-591-2711

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## ITEMS NEEDED FOR HERBY HAM ACTIVITY CENTER 'S



PLEASE BRING GENTLY USED ITEMS SUCH AS FURNITURE, SMALL APPLIANCES, JEWELRY, ETC. TO HHAC FOR OUR MARKET DAY TABLE

**BY THURSDAY, SEPTEMBER 26TH.**

**MARKET DAY IS  
SATURDAY, SEPTEMBER 28TH**

ALSO, VOLUNTEERS ARE NEEDED TO HELP THAT DAY. PLEASE CALL 830-591-2711.

**THANK YOU SO MUCH!**



Herby Ham Activity Center  
Uvalde, TX

## ARTS & CRAFTS FAIR

Saturday, November 16, 2019  
9 am - 4 pm

**VENDOR SPACES  
INSIDE \$40.00  
OUTSIDE: \$30.00**

**HANDMADE  
CREATIONS ONLY**

**CONTACT: HERBY HAM ACTIVITY CENTER  
830-591-2711  
248 FM 3447 UVALDE, TX 78801**



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## Voice Lessons



Have you always wanted to sing well?

Do you envy George or Dolly? Do little children, or animals howl when you sing? HHAC is contemplating offering voice lessons to remedy all of the above. We can't guarantee you will sound like George or Dolly but you will most likely quiet those around you.

Come Check it Out:

Tuesday, September 2

At 1:30 pm

\$5.00 a person

If we get a enough who are interested we will offer it every Tuesday.

For more information call 830-591-2711.

**LOVE ONE ANOTHER**  
*as I have loved you.*



Planning a reception, birthday, anniversary party, Quinceañera or need a place for a corporate event? Come see what HHAC has to offer in the way of party or meeting rooms. Tables, chairs are included with every room and full use of our commercial kitchen is included with any rooms in our auditorium.

Our alcohol policy has changed for rental events and our pricing is very competitive.

Go to [herbyhamaactivitycenter.org](http://herbyhamaactivitycenter.org) and click on Venue Rental for pricing and room information or give us a call at 830-591-2711.



### HHAC WATER AEROBIC CLASSES GOING STRONG

If you have not had opportunity to attend

a water aerobic class at HHAC or if it has been a while, now is the time to start up. Our instructors are amazing and there are classes throughout the week that will fit just about anyone's schedule. You do not need to know how to swim to join a class just the desire to have fun and get some exercise. Give us a call or see the schedule on the back page for class and open pool times. A waiver and doctors release are required before participation.



### FARMERS MARKET 10 AM TO 3 PM

**1st & 3rd Thursday—  
Uvalde Town Square**

**2nd & 4th Thursday—  
Mill Creek Furniture Park-  
ing Lot**

### Memorial/Honorarium Donations

*Memorials & Honorariums go towards  
HHAC's Building Fund.  
Please Remember HHAC in Your Will*

### DANCE LIKE THERE'S NO TOMORROW



*Our Ballroom Dance  
Class has moved back  
to Friday at 5:30 pm..  
Come out for a fun  
evening while you  
learn how to dance...  
\$5.00 a person.*

**VOLUNTEER**  
*all that's missing is U!*

### HHAC Travel Presentation Discover Washington, D.C., Niagara Falls & New York City

**Tuesday, Sept 3, 2019 @ 1:00 pm**

**(tour date is April 17-25, 2020)**

Come join us as we present information on this amazing travel opportunity.

#### Tour Highlights:

U.S. Capitol Building Tour, WW II Memorial, Arlington National Cemetery, White House Visitor Center, Smithsonian Institute., Duquesne Incline, Niagara Falls Cruise, 911 Memorial & Museum & more.

See Insert or call 830-591-2711 for more info.

**WE WILL BE  
CLOSED  
LABOR DAY**



# SEPTEMBER– 2019 HERBY HAM ACTIVITY CENTER CALENDAR

\$ Designates a charge    SEE NEXT PAGE FOR WATER AEROBIC/POOL/EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 9a-Coffee 9a- Quilting 9:30a- Wood Working 1p-Collette Travel Presentation 1:30p-Learn to Sing Presentation 2:30p-Bingo (free) 5p-Weight Watchers 6p- Cardio Drumming 6-9p Wood Working	4 8:30 a-Yoga  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO- Starbucks 1p Line Dancing 1p Dominoes 5:30p-Yoga	5 9a-Coffee  10a-Farmers Market Town Square 1p-Bridge(free)	6 9a-Coffee/Donuts Sponsored by  Amistad Nursing 2:30-Loteria 5:30-Ballroom Dance	7
8	9 8:30a-Yoga 9a-Coffee <b>9a- Quilts of Grace Birthday Celebration &amp; Open House</b> 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free)	10 9a-Coffee 9a- Quilting 9:30a- Wood Working 1:30-Singing (Tentative) 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	11 8:30 a-Yoga  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO-Open Range 5:30p-Yoga 1p-Line Dancing 1p Dominoes	12 9a-Coffee  8a-Prayer Breakfast 10a-Farmers Market Mill Creek Furniture 1p-Bridge(free) 6p- Cardio Drumming	13 9a-Coffee/Donuts 2:30-Loteria  5:30-Ballroom Dance	14
15	16 8:30a-Yoga 9a-Coffee 9a- Quilts of Grace w/ lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free)	17 9a-Coffee 9a- Quilting 9:30a- Wood Working 1:30-Singing (Tentative) 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	18 8:30 a-Yoga  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO-Nora's Sabinal 1p-Line Dancing 1p Dominoes 5:30p-Yoga	19 9a-Coffee  10a-Farmers Market Town Square 1p-Bridge (free) 6p- Cardio Drumming	20 9:00a-Coffee/  Donuts Sponsored by Uvalde Health Care 2:30-Loteria 5:30-Ballroom Dance	21
22	23 8:30a-Yoga 9a-Coffee 9a- Quilts of Grace w/ lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free)	24 9a-Coffee 9a- Quilting 9:30a- Wood Working 1:30-Singing (Tentative) 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	25 8:30 a-Yoga  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO-Town House 1p Line Dancing 1p Dominoes 5:30p-Yoga	26 9a-Coffee  10a-Farmers Market Mill Creek Furniture 1p-Bridge (free) 6p- Cardio Drumming	27 9:00a-Coffee/  Donuts 2:30-Loteria 5:30-Ballroom Dance	28 <b>8A-2P HHAC MARKET DAY</b>
29	30 8:30a-Yoga 9a-Coffee 9a- Quilts of Grace w/ lunch 8:30a-Toys of Grace in Wood Shop 2:30-Pinochle (free)					



## 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)**  
**Bio-Wave Class-6p (Mon-Thurs)**  
**Aqua Zumba: 8p (Mon & Wed)**

**POOL USE FEE \$50.00 INCLUDES WATER  
AEROBICS & OPEN POOL**

**Aqua Zumba \$10 day/\$50month**

## 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

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 8:30 & 5:30 (\$10)  
Cardio Drumming—Thursday's @ 6:00 pm



**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](http://www.herbyhamactivitycenter.org)  
Phone 830-591-2711

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