

HERBY HAM ACTIVITY CENTER

JULY

www.herbyhamactivitycenter.org (830)591-2711 248 FM 3447 Uvalde, TX



I hope y'all are not tired of hearing about Project Grace. This idea is one of the most amazing things I have been a part of. I love the enthusiasm being exhibited by those already helping with the program!!

The act of helping children by giving something that will belong to them alone during a time of devastation, separation and illness will not go unnoticed. So far, Quilts of Grace and Yarns of Grace have reached out to over 200 children in the Uvalde area and it increases weekly.

We are thrilled to say that after much planning and creating, Toys of Grace has begun! Wooden cars, created in our own wood shop, will be given by police, sheriff, fire department and hospital personnel to children who have experienced trauma or are ill. Even in a traffic stop where the child may be upset, receiving a gift from the officer could help the child overcome any fear they may experience.

Toys of Grace is another element of Project Grace, which is named after Grace Bridges who was born with Cystic Fibrosis. In addition to CF, Grace's stomach and intestines were not connected. Spending 65 days in the hospital at birth Grace was finally able to go home but will continue to fight CF unless a cure is found. She is doing very well today, but each day is different. Project Grace reminds us that there are hurting children in our community either due to illness, tragedy, abuse, neglect and so much more. By making and giving items of comfort such as toy cars, quilts and crochet items, not only helps those who receive but also those who contribute their time, talents and donations of supplies and money.

Jackie Thomas, who works with Toys of Grace along with several more volunteers, shares of how excited she is to help get this program started. Jackie, who's husband Homer passed away over a year ago, has said how Toys of Grace has put a spring back into her step. We can see that Jackie and are so glad that you are a part of this project.

Thank you to all the volunteers who are already creating toys. We can't wait to see where this goes.

If you would like to help with any part of Project Grace, please give us a call. You will not be sorry.



★ Herby Ham Activity Center's ★

CHRISTMAS

in July ★★ ★★
★ 3 DAYS ★

July 25 through the 27th
10 to 4 Thurs & Fri
10 to 2 Sat



FEATURING AN EXPANDED
SELECTION OF LOCALLY
MADE CRAFT &
GIFT ITEMS

248 FM 3447, UVALDE 830-591-2711

Christmas in
JULY

This is the third year HHAC has put on Christmas in July and it continues to be more and more popular. This year it will be for 3 days, Wednesday, July 25 through Saturday, July 27 (see above flyer for times). Similar to our Christmas Shoppe, area artisans will expand our current Gift Shop into Berry Room and the reception area. The items will not be focused on Christmas but a variety from woodwork, jewelry, canned jellies flowers, wreaths and much more. Refreshments will be served. Please join us for this years CHRISTMAS IN JULY.

***Congratulations
Bobby Kramer
Volunteer of the Year***



Outside of some technical difficulties with the karaoke, our VOLUNTEER APPRECIATION DINNER was a great success!

People have commented on how great the food and service was and how they enjoyed themselves. We will do it again next year.

The highlight of the evening was Bobby Kramer receiving the VOLUNTEER OF THE YEAR AWARD. Being the humble man that he is, Bobby said "Other's deserve it more than I do". Then mentioned several names. Well Bobby, you deserve it also.

Spending many hours each month even in the scorching heat, mowing our lawns, cleaning under the walkway, helping with maintenance and promoting the Center, Bobby has helped with the center since the beginning. Year after year Bobby has said "This will be my last year" but to our delight he continues.

In a previous article where he and Linda were in our FAN CORNER, Bobby said how he felt about HHAC and spoke of his admiration towards Herby. "I don't see how he did it. He went to businessmen in the area and raised the money in 2 years." Bobby helped in building the new center also. "We all had a niche and everybody did what their talent and interest was. It was amazing how everyone came out and helped. "

Thank you Bobby and all of those who volunteer and have volunteered over the years.

You are loved!

HERBY HAM ACTIVITY CENTER



JOIN US FOR
PRAYER

Thursday, July 11 @ 8am

And every third Thursday of the month as we pray for Uvalde, our Nation and World.

"If my people, who are called by name, would humble themselves and pray, seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land." 2 Chronicles 7:14

Made with PosterMyWall.com

**HHAC WILL NOT BE HAVING A
DANCE THIS MONTH.**



"And I went and bought a hat"

**HHAC WILL BE CLOSED THURSDAY,
JULY 4TH AND
FRIDAY, JULY 5TH FOR
INDEPENDENCE DAY
WEEKEND**



HAVE AN ENJOYABLE AND SAFE ONE!



THE GLOBAL LEADERSHIP SUMMIT

EVERYONE HAS INFLUENCE.....

No matter where your influence is... in your family, school, work or church- you are invited to join 405,00 of your peers to learn how to maximize it.

- Get a unique blend of vision, inspiration and skills you can immediately apply
- Learn from a faculty representing multiple sectors and backgrounds
- Leverage the Summit as a resource to transform yourself and community

Network with influencers in your community who are committed to living out God's purposes in our world.

Join HHAC as we host the 2019 Global Leadership Summit, August 8th & 9th.

Go to:

www.globalleadershipsummit.org for more information, pricing, registration and to preview the Summit experience.



Planning a party, wedding reception, corporate event? Consider HHAC for YOUR EVENT RENTALS. We have great rates and a beautiful facility. Call the center for pricing & availability

830-591-2711



UVALDE FARMER'S MARKET

Farmers Market will NOT take place Thursday, July 4 . Come see us on Thursday, July 18

11 am to 4 pm

Uvalde Town Square

WHAT! YOU DON'T KNOW HOW TO BOOT SCOOT?



Well...head on over and learn in a fun environment. Our line dancers meet every Wednesday at 1 pm and they would love to have you join them. Oh, it's FREE!!!!

CARDIO DRUMMING....WHAT IS THAT?



Cardio drumming brings together drumsticks, an exercise ball, and an exercise ball stand and music to create one of the most fun workouts you'll ever do.

Beginning in August, HHAC will offer such a class. More information will be coming on Facebook and in the August issue of our newsletter. FUN!!!!

Interested? Give us a call 830-591-2711.

Herby Ham Activity Center
 Announces the Beginning of
Toys of Grace

HHAC is looking for volunteers to make toys in our woodshop

Benefitting children affected by tragedy or illness in the Uvalde area

For more info call
 830-591-2711
 248 FM 3447 Uvalde, Tx



Memorial/Honorarium Donations


IN MEMORY OF:
 Dr. Lewis Christian from Tom and Nancy Williams

Memorial & Honorariums go towards
 HHAC's Building Fund.
 Please Remember Us in Your Will

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

THOMAS WOOD WORKS
 With Les Brieden Tues. @ 9 am & 6 pm
 Call for extended hours appointment
 with Jackie Thomas @ 830-591-4707
**YOU'LL NEVER KNOW WHAT YOU CAN DO
 UNTIL YOU TRY**
 \$5.00 A SESSION OR \$30 A MONTH

HERBY HAM SUNDAY JAM
Sunday, July 21 @ 2 pm
 Join us for an afternoon of great music from local talent. You can even get up and perform if you want to. Bring a snack and a friend.



DANCE LIKE THERE'S NO TOMORROW
 If you have ever wanted to learn how to Ballroom Dance, now is the time.
 Classes are held every
 Friday at 5:30 pm
 Call 830-591-2711
 \$5.00 A PERSON




**JOIN US FOR
 COFFEE &
 DONUTS**
 EVERY FRIDAY AT
 9:00 AM
 & BRING A FRIEND!

**Tune into KVOU Radio, 104.9, every
 Thursday at 8:30 am as Herby Ham Activity
 Center Sponsors THROW-BACK-THURSDAY
 with Robert Miguel.**

JULY- 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 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	2 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers	3 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO-Hangar 6 1p Line Dancing 1p Dominoes	4 Happy 4 th of July! 	5	6	
7	8 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	9 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	10 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO-Evett's BBQ 1p-Line Dancing 1p Dominoes	11 8a-Prayer Breakfast 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 1p-Bridge(free)	12 9a-Coffee/Donuts 2:30-Loteria 5:30-Ballroom Dance	13	
14	15 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	16 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	17 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Pizza Hut 1p-Line Dancing 1p Dominoes	18 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 11a-Farmers Market 1p-Bridge (free)	19 9:00a-Coffee/Donuts Sponsored by Uvalde Health Care 2:30-Loteria 5:30-Ballroom Dance	20	
21	 2pm- Herby Ham Sunday Jam	22 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	23 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	24 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Sunrise 1p Line Dancing 1p Dominoes	25 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 10a-4p Christmas in July 1p-Bridge (free) 8:15p-Star Gazing	26 9:00a-Coffee/Donuts Sponsored Jack and Ann Molloy 10a-4p Christmas in July 2:30-Loteria	27 10a-2p Christmas in July
28	29 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	30 9a- Quilting 9:30a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	31 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO-Julio's 1p Line Dancing 1p Dominoes				

PLEASE LIKE US ON FACEBOOK FOLLOW US ON TWITTER & INSTAGRAM





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)

POOL USE FEE \$50.00 INCLUDES WATER AEROBICS & OPEN POOL
OR \$7.00 PER VISIT



PLEASE REMEMBER, 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 AND ACTIVITIES AT HHAC.

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)
Circuit Gym Class-Open Monday through Friday
Open Circuit Gym—Mon-Fri 8am-7:00pm
(\$20 or \$10 w/pool)
Ballroom Dancing-Friday—5:30pm—\$5.00 class
Yoga - Please Call for schedule- Jennifer at 361-360-1292

Hands, Head, Health, Inc.
Herby Ham Activity Center
 P. O. Box 5488
 Uvalde, Texas 78802

www.herbyhamactivitycenter.org
 Phone 830-591-2711

NONPROFIT ORG
 U.S. POSTAGE PAID
 UVALDE, TEXAS
 78801
 PERMIT NO. 278