

HERBY HAM ACTIVITY CENTER



www.herbyhamactivitycenter.org (830)



We are already into the month of March. I can't believe how fast time goes by.

Scripture states in James 4:14 *Do you not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.*

I watched a documentary on the 75th anniversary of the liberation Auschwitz. One the survivors said "What has my life been? It has all happened so fast." They spoke about their story and how they survived. They shared through tears of how they were afraid people would forget or even say it did not happen. Their families, many who were successful doctors, scientist, even clergy, shared of how blessed and amazed they were in that if their parents did not survive they would not be here today. (Of course that applies to any of us, hopefully not under such dire circumstances.) They spoke of how they want their parents' legacy to live on even after they leave..... Lest we forget.

We all want those who come after us to acknowledge us in some way. To speak of the mark we made in this world and to say "If they did not exist what would be different? A sort of "It's A Wonderful Life" accounting.

Herby Ham, who suffered illness much of his life, said that he wanted to hear God say to him "Well done, good and faithful servant." Who wouldn't want to hear that? The stories of how he worked relentlessly to create Uvalde Adult Activity Center and his legacy echo through the halls of HHAC. The money he raised and the hard work he and others, many of who are still involved and volunteer today, put into creating this amazing place will hopefully be reflected for generations to come.

What if he hadn't pushed for his dream? If the field where we sit were still empty or a different business were in it's place, what lives would be affected? Would yours?

Please be a part of what we do and help us to continue Herby's legacy.

Book Your Space

HERBY HAM ACTIVITY CENTER

Market Day

SATURDAY, APRIL 25
8AM - 2PM

Sell Your Stuff!

Clothes Food Misc. Gadgets New Items Used Items Jewelry Tools

Inside \$25 Outside (Under Canopy) \$20 Outside (Parking Lot) \$15

248 FM 3447 Uvalde, Texas 78801
830-591-2711

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Due to the rising cost of printing and postage, beginning May 2020, HHAC will no longer be sending copies of our newsletter by regular mail. We will be sending it out by email, offering copies at the center and making it available for download from our website, herbyhamactivitycenter.org. If you are presently receiving a mailed copy, please contact us with your email address or pick up your copy in the office.

Sorry for any inconvenience this may cause.

**HERBY HAM
ACTIVITY CENTER
PRESENTS**



WAYNE EVERETT
FRIDAY, MARCH 6TH
7:00 PM

ADMISSION \$8.00

248 FM 3447, UVALDE
830-591-2711



HERBY HAM JAM SESSION HAS CHANGED TO THE 4TH SATURDAY OF THE MONTH FROM 4-7. COME JOIN US FOR AN EVENING OF GREAT COUNTRY AND GOSPEL MUSIC PERFORMED BY LOCAL ARTISTS. BRING YOUR MUSICAL INSTRUMENT AND JOIN IN IF YOU WISH.

MARCH 28TH
4-7 PM



DANCE LIKE THERE'S NO TOMORROW

Our Ballroom Dance Class meets Friday at 5:30 pm.. Join us for a fun evening while you learn how to dance..

Come alone or with a friend.
\$5.00 A PERSON.

**HERBY HAM
ACTIVITY CENTER**

SOCK HOP

HHAC

Get Your Thrill!

**WITH JACK & TESS
CLARKSON**

FRIDAY, MARCH 20TH
7:00 PM
\$8.00 PER PERSON

ROOT BEER FLOATS

COSTUME CONTEST

248 FM 3447, UVALDE TX * 830-591-2711

**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 \$35 a month

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



**LINE DANCING
AT HHAC EVERY
WEDNESDAY
AT 1 PM.**

**COME JOIN THE
FUN!**

DO SOMETHING DIFFERENT
JOIN HHAC'S DULCIMER GROUP EVERY
WEDNESDAY AT 10 AM.. COME LEARN-
COME PLAY



HHAC'S MARCH LEARNING SERIES



WOOD CARVING

WITH EVERETT COOPER

MONDAYS, MARCH 9, 16 & 23rd

10:00 AM

\$30.00 PLUS COST OF SUPPLIES

You must preregister by Friday, March 6th.

Limited to 5 participants.

A supply list will be given the first night of class but you need to bring 3/4" Bass Wood the first night which can be purchased at Hobby Lobby.

Call 830-591-2711 for more information.

JOIN THE THREE GALS

JUST IN TIME FOR EASTER

BRENDA CARTER, DEE ANN SMITH & MARY DAVILA

AS THEY CREATE AND TEACH HOW TO PREPARE

Chocolate Dipped Brownies

Ice Box Pie

Empanadas

Monday, March 30th

At 6 pm

\$15 a person

You must preregister by Friday March 27th



BALANCE & SENIORS

By Brenda Carter

Balance can be a noun: an even distribution of weight, enabling someone or something to remain upright and steady

Balance and seniors are of serious concern for people, no matter what your age. Falls are a major concern for seniors. Declining strength, coordination, mobility and visibility all increase our risk of falling. The good news is that it is possible to lower that risk. Exercise is one of those ways. Exercises that focus on building your strength and increasing your sense of balance will reduce your risk of falling as well as assisting in your recovery from injuries received in a fall.

Herby Ham Activity Center offers several ways to assist with this. Water aerobics, Line Dancing, Circuit Gym and yoga are all available.

For more information or answer to your questions call Brenda Carter 817-343-5494

HERBY HAM ACTIVITY CENTER

Super



THURSDAY, MARCH 5TH
& TUESDAY, MARCH 17TH
DOORS OPEN AT 4 PM
PLAY BEGINS AT 7 PM

EVENING'S
PAYOUT
UP TO

\$5,000!!

248 FM 3447, UVALDE, TX
LICENSE 243986



QUILTS OF GRACE volunteers meet every Monday at 9 am to make comfort quilts for children throughout the Uvalde area who have gone through trauma or have been removed from their homes. The quilts are distributed by Tri-County CASA-Court Appointed Special Advocates.

At Quilts of Grace, there is a job for everyone even if you don't operate a sewing machine. Other tasks include sorting & ironing fabric, cutting quilt squares and layering quilt tops with batting and backing. It is also a time to meet new friends, share prayer request and enjoy the camaraderie of people who love helping others. Come check it out!

If you are unable to go on Mondays, you can help by donating cotton fabric, quilt batting and thread. Quilts of Grace also accepts financial donations. You may donate in memory or honor or a special friend or loved one. Simply mail to HHAC, PO Box 5488, Uvalde, TX 78802, noting that your gift benefits *Quilts of Grace*.

QUILTS OF GRACE VOLUNTEER SPOTLIGHT



June Harris, originally from Illinois, is a retired geriatric nurse. She is one of the first to arrive each Monday to help set up and always stays to put away and clean up. An experienced quilter, June machine binds quilts and assists with quilting when needed. When home, she loves to preserve and can anything from vegetables and fruit to pickled eggs! Quills of Grace is so blessed and grateful for her loyal dedication.

Memorial/Honorarium Donations



IN MEMORY OF :

*Milton Woolf from Tom & Nancy Williams
Milton Woolf from Jackie Thomas
Milton Woolf from Diana Bonnet
Ima Jean Everett from Diana Bonnet
Bobby Hall from Diana Bonnet
Bea Kessler from James & Barbara Hensarling*

*Dr. John Shudde from Anonymous Donor
Louis Capt from Anonymous Donor
(If you donated in honor of these gentleman
please contact us being that there was no
name or return address.)*

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

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



MARCH- 2020 HERBY HAM ACTIVITY CENTER CALENDAR

SEE NEXT PAGE FOR WATER AEROBIC/POOL/EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9a-Coffee & Open House 8:30a-Toys of Grace in Wood Shop 2:30—Pinochle (free) 5:30p-Yoga	3 9a-Coffee 9a- Quilting 9:30a- Wood Working (\$) 1:00-Voice Lesson 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Wkng 7p-Bingo	4 9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO—Jack's  1p-Line Dancing 1p Dominoes	5 9a-Coffee  9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge(free) 5p- Cardio Drumming 7p-Bingo	6  9a-Coffee/Donuts Sponsored by Amistad Nursing 2:30-Loteria 5:30-Ballroom Dance	7
8 2p- Bingo	9 9a-Coffee & Open House 8:30a-Toys of Grace in Wood Shop 10a-Wood Carving 2:30—Pinochle (free) 5:30p-Yoga	10 9a-Coffee 9a- Quilting 9:30a- Wood Working (\$) 2:30p-Bingo for candy (free) 5p-Weight Watchers 6-9p Wood Wkng	11 9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group  11:30a-CEO— Live Oak 2:30p-Yoga 1p-Line Dancing 1p Dominoes	12  9a-Coffee 8a-Prayer Group 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge(free) 5p-Cardio Drumming 7p-Bingo	13  9a-Coffee/Donuts 9-10 a-Blood Pressure Check with Wesleyan Nurse 5:30-Ballroom Dance	14
15 2p- Bingo	16 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 10a-Wood Carving 2:30—Pinochle (free) 5:30p-Yoga	17 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for candy (free) 5p-Weight Watchers 6-9p Wood Wkng 7p-Bingo	18 9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— Julio's  1p-Line Dancing 1p Dominoes 5:30p-Yoga	19  9a-Coffee 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p-Cardio Drumming 7p-Bingo	20  9:00a-Coffee/ Donuts 2:30-Loteria 5:30-Ballroom Dance	21
22 2p- Bingo	23 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 10a-Wood Carving 2:30—Pinochle (free)	24 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for candy (free) 5p-Weight Watchers 6-9p Wood Wkng	25  9a-Coffee 9a-Knit/Crochet 10a-Dulcimer Group 11:30a-CEO— Oasis 1p-Line Dancing 1p Dominoes 5:30p-Yoga	26  Coffee 9-Painting w/Peggy 10a-Farmers Market Town Square 1p-Bridge (free) 5p-Cardio Drumming 7p-Bingo	27  9:00a-Coffee/ Donuts Sponsored by Uvalde Health Care 5:30-Ballroom Dance	28  4pm Saturday Jam
29 2p- Bingo	30 9a-Coffee 9a- Quilts of Grace w/lunch 8:30a-Toys of Grace in Wood Shop 6p-Baking Class 2:30—Pinochle (free)	31 9a-Coffee 9a- Quilting 9:30a- Wood Working 2:30p-Bingo for candy (free) 5p-Weight Watchers 6-9p Wood Wkng				



FITNESS CORNER

WATER AEROBIC CLASSES :

Water Babes 8:30a (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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