HERBY HAM ACTIVITY CENTER

NEWSLETTER

August, 2021

248 FM 3447, Uvalde TX





SALSA & SALSA

Do you make the best salsa in Uvalde? Do you love to dance?



Plan now to be a part of our SALSA & SALSA event Saturday, September 18 from 7-10. We will have a fun evening of dance with Jelena Lara who will teach, those who wish to learn, the Salsa and other dances if you wish. Our DJ will also be playing a mix of different music to dance to from Tejano to Country and an Oldie every now and then.

During the evening we will have a homemade salsa competition. Prizes will be awarded for first and second place. Please come by the center to pick up a copy of the salsa contest rules and register. There is a \$5.00 registration fee for the salsa competition.

Admission for the evening is \$10. Come join us!

SUE'S CORNER...

I think anyone who has been to our woodshop, Thomas Woodworks, would agree that it is an amazing offering to HHAC and Uvalde.

The woodshop originated back when Uvalde Adult Activity Center was on Main across from HEB. Herby Ham's desire was to give people opportunity to develop their creative side and is exactly what many have done. I have heard stories about no matter where you were throughout the Center during the day, you could hear people creating and or repairing their projects. Since I have been Director at HHAC I have seen or heard about masterpieces that have been birthed in our woodshop from many who never did woodwork before. Everything from bird houses and benches to planters and beds have been created. And don't forget about Toy's of Grace, where hundreds of toy cars were made to give to the Police, Sherriff and EMS in Uvalde for children who have experienced trauma or even for children who are afraid when their parent has received a traffic violation. Now named Thomas Wood Works, after Homer and Jackie Thomas for their many years of dedication and love for woodworking and HHAC, it is a mainstay of Uvalde.

Even before Herby was called to heaven, several volunteers stepped up to help run the shop at UAAC and now HHAC. Jackie and Homer Thomas, Gary and Mary Gilbertson, Bill and Peggy Prince, various Winter Texans and from the beginning and presently, Les Brieden, all played an intricate part in creating the woodshop. Les has held classes every Tuesday morning and evening, come rain or shine, heat or cold, attendees or no attendees and has done an amazing job.

In conversations with Les, he has stated his desire to share his responsibilities. He loves what he does for HHAC but with grandkids (including their new grand-daughter), other commitments throughout Uvalde and wanting to free up some time, Les feels that the time to get some help.

We are looking for someone to volunteer at least one day a week, morning and evening, for approximately 3 hours for each class, to help Les in running the shop giving classes, teaching safety and instruction. Of course, you would need woodworking experience and a love for seeing people create. Les has agreed to take as much time needed to train his protégé, male or female, helping them gain confidence and knowledge of the shop. Presently, we are running about 3 to 4 people per class, give or take one or two

This would be a fun and rewarding volunteer gig where you could not only use the shop but help others learn the basics or create their designs.

Please call 830-591-2711 to find out more.









Memorial/Honorarium Donations

IN MEMORY OF:

Doris Jechow from First State Bank Uvalde
Doris Jechow from Michael & Joy Jechow

All Memorials and Honorariums go towards HHAC's Building Fund. Please remember us in your Will.



CHICKS-EAT-OUT EVERY WEDENSDAY AT 11:30 AM

AUGUST SCHEDULE

August 4—Híppy Chícks, Concan August 11—Sunrise August 18— Jack's Steakhouse

August 25 — Desi's, Batesville

UVALDE'S FARMERS MARKET



Looking for a place to sell farmers market items such as vegies, fruit, eggs, baked goods, home canned items, even goats and chickens? Join us each Thursday from 11-2 for Uvalde's Farmers Market at the Town Square.

No craft items or independent vendors please.

Call 830-591-2711 for more information.



FALL LEARNING SERIES PLANNING BEGINS

Planning has begun for HHAC's Fall Learning Series.

Do you have knowledge skills in any area of Arts & Crafts, Woodcarving, Cooking or Exercise? Would you like to share your skill with others? Please consider volunteering to teach one evening or afternoon during our Fall Learning Series.

Plans are also underway to work with Uvalde Memorial Hospital Education Department on offering health and wellness classes centered around your health and the health of your family.

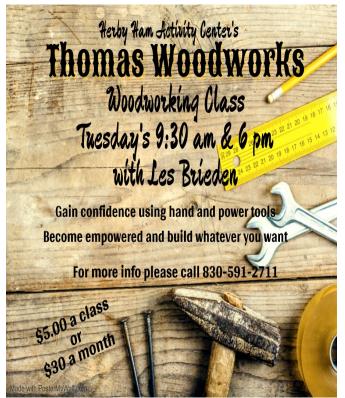
Please contact Sue at 830-591-2711 if you have ideas as to what you would like to see offered or if you would like to teach a class.

IT'S NOT TO EARLY TO PLAN FOR HHAC'S TRIM A TREE PROJECT

2021 will be HHAC's second year facilitating Trim-A-Tree Project to collect food for the Uvalde Food Pantry. Even though it's August, it is not too early for

your organization to start planning for this event. There will be room for 10 trees to be decorated and non-perishable food items placed underneath. We do ask that you decorate your tree with ornaments and lights to help bring in the holiday spirit to The Center. The community will also be asked to get involved by donating food items to your favorite organization's tree. The tree with the most items will win a free rental in 2022 (deposits, security and insurance excluded). You can register your organization for the 2021 Trim-A-Tree Project by calling 830-591-2711.



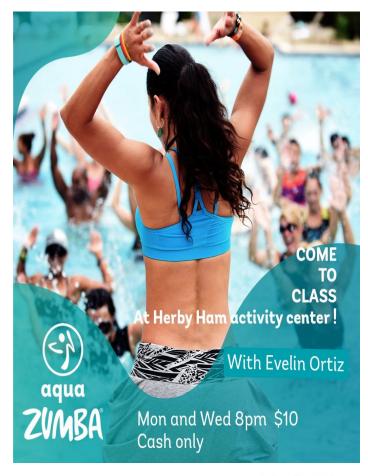


AQUA ZUMBA

Have you been wanting to join our Water Aerobic Classes but you schedule does not allow it? We have the answer for you...

Every Monday and Wednesday evenings at 8 pm Evelyn Ortiz teaches AQUA ZUMBA. Join her for 45 minutes of high energy water aerobics. The classes are \$10 each.

Call us at 830-591-2711 for more information.



LOOKING FOR THAT
PERFECT PLACE TO HAVE
WEDDING RECEPTION,
QUINCEANERA BIRTHDAY
PARTY, CORPORATE
EVENT WITH LOTS OF
ROOM TO SPREAD OUT? HHAC IS YOUR
PLACE!
DATES ARE ALREADY FILLING UP FOR 2022'S
GRADUATION PARTIES SO COME BY NOW TO
MAKE YOUR EVENT RESERVATIONS.
CONTACT US AT 830-591-2711, DROP BY THE
CENTER OR GO TO OUR WEBSITE:
HERBYHAMACTIVITYCENTER.ORG FOR AVAILABILITY AND PRICING INFORMATION.

WEEKLY EVENTS AT HERBY HAM ACTIVITY CENTER



LINE DANCING AT
HHAC CAN BE
BENEFICIAL TO
YOUR
HEALTH...BOTH
MENTAL AND
PHYSICAL
WEDNESDAY'S @
1:00
FREE AND FUN!

WOOD WORKING INSTRUCTION WITH LES BRIEDEN

TUESDAY'S FROM 9:30 am & 6:00pm



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

AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 1:30 pm

Bridge-Monday @ 12:30 pm

Dominoes (42) - Wednesday @ 1:00 pm



COFFEE, DONUTS & CONVERSATION
EVERY FRIDAY AT 9:00 AM
JOIN USI

FARMER'S MARKET EVERY THURSDAY FROM 10 AM TO 2 PM AT UVALDE'S TOWN SQUARE.



WATER AEROBIC CLASSES:

Water Babes 8:30a (Mon, Tues, Thurs)
Arthritis Class 10:00a (Mon, Tues, Thurs)
Water Babes 1:30p (Mon, Tues, Thurs)
Mixed Class: 5:00p (Mon, Tues, & Thurs)
Bio-Wave Class-6:00p (Mon-Thurs)
POOL USE FEE \$60.00 INCLUDES WATER
AEROBICS & OPEN POOL
OR \$8.00 PER DAILY VISIT

Line Dancing—Wed 1:00 pm (free)
Exercise Machines—Mon-Thurs. 9 am-4:30 pm

Fri 8am-11am (free)

Circuit Gym—Mon-Thurs 8am-4:30Pm Fri 8-11:30 am

Open Pool Hours <u>Two people must be in the pool area at all</u> times

Monday - 2:30 - 4:30 pm Tuesday - 2:30 - 4:30 pm

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

Thursday - 2:30 - 4:30 pm Friday - 8:30 am - 11:00 am

WHAT ARE SOME OF THE BENEFITS TO PLAYING BINGO BESIDES WINNING \$\$\$? Cognitive Abilities Are Boosted. Simply

- Cognitive Abilities Are Boosted. Simply put, playing bingo can improve your brain's processing speeds, alertness, and memory capabilities, according to a study. ...
- Hand-Eye Coordination Is Improved. ...
- Physical Health Is Strengthened. ...
- Social Participation Is Increased. ...
- Healing from some types of surgery is sped up...

TUESDAY & FRIDAY AT 7 PM— SUNDAY AT 2 PM

We will not have Bingo Friday, April 2 and Sunday, April 4th due to Good Friday and Easter. We will have Bingo Thursday, April 1 instead.