



HERBY HAM ACTIVITY CENTER

NEWSLETTER

April, 2022

248 FM 3447, Uvalde TX 830-591-2711

HERBY HAM ACTIVITY CENTER
PRESENTS



★ BIG FRIDAY NIGHT DANCE! ★
BRING A SNACK --- BRING A FRIEND

\$10 Admission	Friday April 1st
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248 FM 3447 UVALDE TEXAS
830-591-2711

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APRIL PROCLAIMED

HERBY HAM ACTIVITY CENTER MONTH



In 2017 a proclamation was made by Uvalde County Judge Mitchell stating April was Herby Ham Activity Center Month.

We will be celebrating Herby's legacy at our Friday, April 1st dance. Please join us that evening as Rex Allen McNeil and his band will be our musical guest.

Rex is well known throughout San Antonio and plays often in Bandera TX. He is playing for tips only so your admission of \$10 will go directly to HHAC.

Please join us for an evening of great music, dance and fun, which Herby would have loved. Cake and ice cream will be served along with any sacks you wish to bring.

Come be a part!

www.herbyhamactivitycenter.com

SUE'S CORNER



Someone, justifiably, told me lately "it is like a cave in here" meaning HHAC and the lack of activity. I understand where they are coming from. It has taken us well over a year to get back on our feet from Covid. Honestly the past 2 plus years have been difficult for just about everyone including non-profits. We had to relinquish our Bingo License due to lack of attendance, cancel classes and so much more. As I have said before, there are some centers, just like HHAC, across Texas and the nation that have completely closed. We are blessed. On that note...HHAC is coming back and coming back strong! We had a great turnout at our last dance. Water Aerobics is doing great with so many women and now several men attending and loving it. Some have formed an amazing friendship with people they never knew before and having a blast. The woodshop is going strong with people regularly attending each week. We are adding more and more exercise classes. And have you seen how many pages our are in this newsletter this month?

For the first time in over 2 years we are having another Learning Series with the first class, Fraud and Scam Prevention, on April 5th. First State Bank will be our guest discussing how to avoid fraud either on-line, by phone, and/or in person. This will be interesting. On Wednesday, April 6th, Brenda Carter will be instructing a class on Chocolate Dipping. All supplies are furnished. Class fee is \$10. Register and pay by Monday, April 4th. Fun!!!

On Tuesday April 12th Tru Hiatt with Veranda will be here discussing Advance Directive's, DNR's, Power of Attorneys and how and why to complete them.

The following Tuesday, April 19th Heidi Matthewson with Uvalde Hospice will be speaking on Hospice and Palliative Care. What is the difference and at what point do decisions need to be made.

Tru Hiatt returns on Tuesday, April 26th for a discussion called "What Do I Do Now? This will be centered on nursing homes and assisted living and how to face that decision for yourself or a family member.

April wraps up with a healthy alternative to pizza. Cauliflower crusted pizza. It really is good y'all. Join Henry Cantu on Thursday April 28th as he teaches how to make this delicious alternative regular crusted pizza. You must register pay and get your supply list by Tuesday, April 26th. Cost is \$5.

Check out page 4 and 5 for more information on our Learning Series.

Come be a part!

P.O. Box 5488, Uvalde, TX 78802



FAN CORNER—OUR BOARD MARY DAVILA

As you walk through HHAC and you hear someone say “Hello Beautiful” or “Thank you Jesus” You can bet it is Mary Davila. Mary joined our board almost 4 years ago and is a true delight.

Born in Uvalde then moving to

Riverside California as a baby Mary's family were migrant field workers. “The women would stay home to raise their children while the men worked and hunted. Women weren't allowed to hunt. We always had some kind of meat on the table”. By some people's standards Mary's family was considered poor “It was hard but being young I often didn't know the difference except when it came to us not being able to go to McDonalds. Then I thought we were poor”.

Mary was the only Hispanic student in her school in Riverside and said everyone was accepted no matter what their ethnicity was. Her family returned to Uvalde when she was 14. Mary's dad bought property making a deal with John Nance Gardner at Uvalde's Town Square. “My dad was a real cowboy raising cattle, pigs and goats. He was everything from a barber to doing mechanical work and a rancher. My mom would sew for many in Uvalde”.

Her husband Rudy is an HEB pharmacist. They met at a Birthday BBQ Mary's sister put on for her. Her sister had plans for she and Rudy to meet that evening. “She turned off the outside lights and that was the beginning”. Their first date was at Olive Garden then a stroll on the San Antonio River Walk.

Now with 2 children Mary, who is a cancer survivor, spends much of her time at HHAC in our water aerobic program. “I met Sue at a Bible Study where she invited us to come see her some time at the Center. Going through something one day, I found myself sitting in her office where she talked and prayed with me”. I have been a part ever since.

“I love HHAC! I thank God Sue tried her best to not close down permanently due to Covid. I absolutely love the pool especially with me being a cancer survivor. You become family at HHAC. We help each other out, go to breakfast together, share laughter and friendship. Isn't that what Herby wanted for this place?” When asked about the Water Aerobics program Mary said “Brenda is an awesome water aerobics instructor and person who even calls you when you miss a class. She is beautiful inside and out and will do anything for you.”

Mary is one of the first to volunteer when asked to help with events such as dances, fund raisers and decorating. She is an asset to our board and a great friend.

Thank you Mary for all you do for us.

YOU ARE BEAUTIFUL!

**HERBY HAM
ACTIVITY CENTER
COMMUNITY
FLEA MARKET**
May 7th from 8-2 pm

HOUSEHOLD ITEMS. FURNITURE. JEWELRY.
INDEPENDENT DISTRIBUTORS. CRAFTS
FOOD BOOTHS + MORE

AWNING AND PARKING LOT SPACES AVAILABLE
BOOTH PRICE: \$25. \$30 + \$35

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



**CHICKS - EAT - OUT
EVERY WEDNESDAY AT
11:30 AM**

Wed, April 6th—Bad Boy's BBQ

Wed, April 13—Sack Lunch @ Mem. Park

Wed, April 20—Jack's Steakhouse

Wed, April 27— Kay Brieden's Salad Lunch

(Bring a Salad to Share)

Call to RSVP 830-591-2711 for Salad Lunch



Herby Ham Activity Center

will be closed

Friday, April 15th

for Good Friday.


Have a safe and

Blessed Easter.

Be Active

HERBY HAM ACTIVITY CENTER

yoga



THURSDAY'S
@ 5:30 PM

Build Immunity
Strengthen Body
Loose Weight
Get Fit and Healthy

\$10 A CLASS

For Further details contact.
830-591-2711

LED BY JENA CAREY

HERBY HAM ACTIVITY CENTER'S

WATER AEROBICS

\$60 A MONTH OR **\$10 PER VISIT**



SCHEDULE:
 Water Babes 8:30 am & 1:30 pm (Mon, Tues, Thurs)
 Arthritis Class 10:00 am (Mon, Tues, Thurs)
 Water Aerobics with Barbara 5:00 pm (Mon, Tues, & Thurs)
 Bio Wave with Cheryl (3:45 Tues, Wed , Thurs)

OPEN POOL AVAILABLE....PLEASE CALL FOR INFORMATION
 830-591-2755

A Waiver & Dr. Release must be signed prior to participating
 248 FM 3447, Uvalde, TX

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Tai Chi

AT HERBY HAM ACTIVITY CENTER



BEGINNING THURSDAY, APRIL 5TH
@ 9:30 AM
\$10 A WEEK

Improve your Balance, Strength, Agility & Coordination

WEAR LOOSE FITTING CLOTHING AND BRING A FLOOR MAT FOR TRACTION

248 FM 3447, UVALDE * 830-591-2711

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FREE Silversneaker classes offered here!

The SilverSneakers FLEX® program brings fitness, fun and friends right to your neighborhood! And it's FREE for SilverSneakers members or \$5 per class for non-members.

Herby Ham Activity Center- 248 FM 3447 Uvalde, TX 78801



Classic: muscle strength & range of motion Wednesday 8:30 am & 5 pm	Boom Move It: dance inspired workout Thursday 9 am & 4 pm	Stability: balance & fall prevention Friday 10 am & 5 pm
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Find out if you have SilverSneakers.
[SilverSneakers.com/Check](https://www.silversneakers.com/Check)
 1-888-423-4632 (TTY: 711)
 Monday – Friday 8 a.m. – 8 p.m. ET

For more information: 830-279-1822

Always talk with your doctor before starting an exercise program.
 1. Tivity Health Data and Analytics, May 2019.
 2. Results vary. Not all participants will achieve these results or benefits.
 3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
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SPRING LEARNING SERIES

HERBY HAM ACTIVITY CENTER



FRAUD AND SCAM PREVENTION

INFORMATION SESSION
TUESDAY, APRIL 5TH 2:00 PM

Scammers are getting more creative at getting your money on-line, by phone, mail or even in person. First State Bank Uvalde will be giving an informative presentation on how to recognize fraud or scams and tips on protecting yourself from being a victim. This is a free presentation.

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HERBY HAM ACTIVITY CENTER

Hospice & Palliative Care



Tuesday, April 19
2:00 pm

JOIN HEIDI MATHEWSON FOR AN IN-DEPTH CONVERSATION ABOUT HOSPICE AND PALLIATIVE CARE.

WHAT IS THE DIFFERENCE?
WHICH ONE IS BEST FOR ME OR MY LOVED ONE?
WHEN IS THE TIME RIGHT?


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HERBY HAM ACTIVITY CENTER

UNDERSTANDING
ADVANCE DIRECTIVES
DNR'S
POWER OF ATTORNEY

WHY DO I NEED...
HOW DO I COMPLETE...
WHAT ARE THE NEXT STEPS...



JOIN TRU HIATT AS SHE ANSWERS ALL OF YOUR QUESTIONS CONCERNING THESE TOPICS

TUES, APRIL 12
@ 2 PM

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HERBY HAM ACTIVITY CENTER

What Do I
Do Now

JOIN TRU HIATT, OF VERANDA ASSISTED LIVING AS SHE APPROACHES THE TOPIC OF WHEN AND WHERE CONCERNING ASSISTED LIVING OR NURSING HOME CARE FOR YOU OR A FAMILY MEMBER. TOUGH TOPIC, WE KNOW. HOW ABOUT DISCUSSING IT WITH SOMEONE WHO CAN ANSWER ALL YOUR QUESTIONS IN A RELAXED ENVIRONMENT?

TUESDAY, APRIL 26TH 2:00 PM

FOR MORE INFORMATION,
PLEASE CONTACT HHAC AT
830-591-2711
248 FM 3447, Uvalde, TX

SPRING LEARNING SERIES CONTINUED


HERBY HAM ACTIVITY CENTER

The Art of Dipping Chocolate

Wednesday
April 6th
6:00 PM

Led by
Brenda Carter

Pre Pay by
Monday, April 4th
\$10
Supplies Furnished



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

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LET'S MAKE CAULIFLOWER CRUSTED PIZZA \$5 PER PERSON

THURSDAY
APRIL 28TH
2 PM



REGISTER, PRE PAY &
GET INGREDIENT LIST BY
TUESDAY, APRIL 26

HERBY HAM ACTIVITY CENTER
CALL 830-591-2711

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COMING IN MAY

Researching your Family Tree



WITH REVIS GAUBLE LEONARD
\$15 a person
Date To Be Announced

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HERBY HAM ACTIVITY CENTER

BREAD MAKING CLASS

WITH BRENDA CARTER
\$10
MOST SUPPLIES FURNISHED
BRING LOAF AND/OR MUFFIN PANS

DATE TO BE ANNOUNCED

248 FM 3447, UVALDE * 830-591-2711

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Herby Ham Activity Center's
Thomas Woodworks
 Woodworking Class
 Tuesday's 9:30 am & 6 pm
 with Les Brieden



Gain confidence using hand and power tools
 Become empowered and build whatever you want

For more info please call 830-591-2711

\$5.00 a day or
 \$30 a month

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**Memorial/Honorarium
 Donations**

IN  

MEMORY OF:

*Larry Leach from Berniece Olson
 Nancy Caballero from Kent Beecroft
 (To HHAC's Water Aerobic Program)*

*Memorials and Honorariums go towards
 HHAC's Building Fund unless otherwise stated.
 Please remember us in your will.*

**WHAT DO YOU MEAN
 YOU
 CAN'T CROCHET?**

Do you have some extra
 time on your hands and
 would like to learn
 something new? Join our
 Crochet Group, The Yarn Whispers,
 Wednesday's at 9 am.
 They would love to teach you.



**ART &
 CRAFTERS**

BE A PART OF OUR
 NEW GIFT SHOP

OPENING IN 2022

PERSONAL BOOTHS • HHAC KEEPS A SMALL COMMISSION

830-591-2711

248 FM 3447, UVALDE, TX



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**UVALDE FARMER'S
 MARKET**

Every Thursday at
 Uvalde's Town Square
 from 11-2.

If you would like to sell
 home grown fruit or
 vegetables or home
 baked items, home
 canned Items, eggs,
 even chickens you are
 welcome to join us at no
 charge

Call 830-591-2711 for
 more information



Remember HHAC

For your Event Rental Needs!
 Parties, Receptions, Corporate
 Events.
 Call 830-591-2711



WEEKLY EVENTS AT HERBY HAM ACTIVITY CENTER



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



AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm
Bridge—Monday @ 12:30 pm
Dominoes (42) - Wednesday @ 1:00 pm

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



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

WATER AEROBIC CLASSES :

Water Babes 8:30a (Mon, Tues, Thurs)
Arthritis Class 10:00a (Mon, Tues, Thurs)
Water Babes 1:30p (Mon, Tues, Thurs)
Bio Wave 3:45 (Tues, Wed, Thurs)
Mixed Class: 5:00p (Mon, Tues, & Thurs)
POOL USE FEE \$60.00 INCLUDES WATER
AEROBICS & OPEN POOL
OR \$10.00 PER VISIT

Open Pool Hours

Two people must be in the pool area at all times

Monday - 11:00—1:00 & 2:30 - 4:30 pm
Tuesday - 11:00—1:00 & 2:30 - 3:30 pm
Wednesday - 8:00 am—3:30 pm
Thursday - 11:00—1:00 & 2:30 - 3:30 pm
Friday - 8:00 am - 11:30 am



**FARMER'S
MARKET
EVERY
THURSDAY
FROM 11 AM TO
2 PM
AT UVALDE'S
TOWN SQUARE.**

**WOOD WORKING
INSTRUCTION WITH
LES BRIEDEN
TUESDAY'S FROM
9:30 am &
6:00pm**



\$5 a day or \$30 a month

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