## HERBY HAM ACTIVITY CENTER

# NEWSLETTER

**April, 2022** 

248 FM 3447, Uvalde TX 830-591-2711



#### 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 McNiel 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.

Pleas 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!

### 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 wil 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!



# 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!



HOUSEHOLD ITEMS, FURNITURE, JEWELRY.
INDEPENDENT DISTRIBUTERS, CRAFTS
FOOD BOOTHS & MORE

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





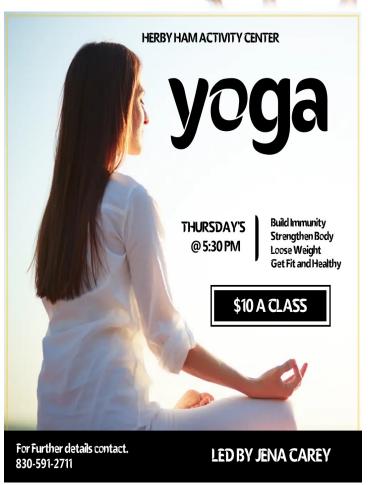
CHICKS - EAT - OUT EVERY WEDENSDAY AT 11:30 AM

Wed, April 6th—Bad Boy'z 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.









#### 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 8 4 pm Stability: balance & fall prevention Friday 10 am & 5 pm

Find out if you have SilverSneakers.

SilverSneakers.com/Check

1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET





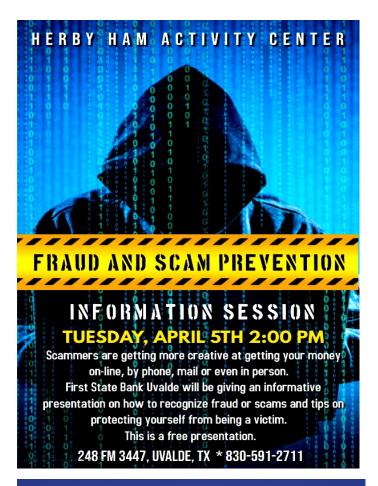
For more information: 830-279-1822

Always talk with your doctor before starting an exercise program.

Results vary. Not all participants will achieve these results or benefits.are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is

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# **SPRING LEARNING SERIES**





HERBY HAM
ACTIVITY CENTER
UNDERSTANDING
ADVANCE DIRECTIVES
DNR'S
POWER OF ATTORNEY

WHY DO 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

248 FM 3447, UVALDE,

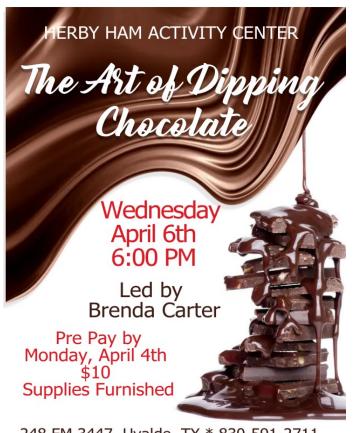
830-591-2711

HERBY HAM
ACTIVITY CENTER
What Do I
OUGU

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**

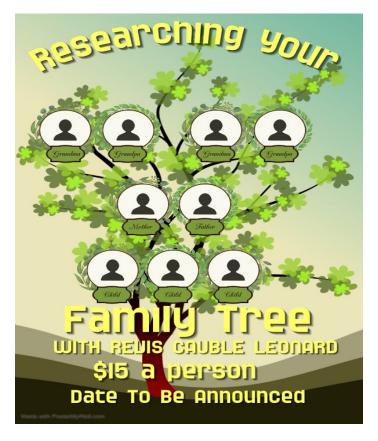


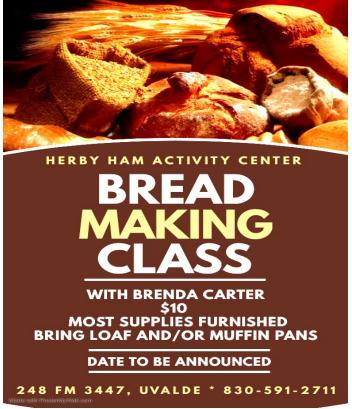


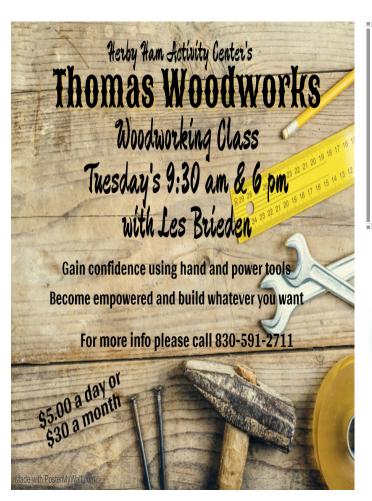
248 FM 3447, Uvalde, TX \* 830-591-2711

ade with PosterMyWall.com

# **COMING IN MAY**









# Memorial/Honorarium Donations

**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.



830-591-2711

248 FM 3447, UVALDE,, TX



#### 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



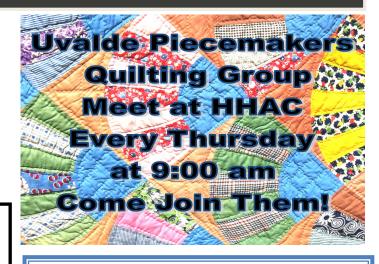
#### Remember HHAC

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
WEDNESDAY'S @
1:00
FREE AND FUN!



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

### AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm

Bridge—Monday @ 12:30 pm

Dominoes (42) - Wednesday @ 1:00 pm



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

#### **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

<u>Two people must be in the pool area at all</u>

<u>times</u>

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.