



# HERBY HAM ACTIVITY CENTER

## NEWSLETTER

December, 2022

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

Please Join  
Herby Ham Activity  
Center For Our  
**Christmas  
Party & Dance**  
With Jack & Tess Clarkson  
**\$10.00**  
Friday, December 2nd  
7:00 pm  
CHRISTMAS DRESSY  
ATTIRE PLEASE  
BYOB  
248 FM 3447, Uvalde \* 830-591-2711



I was driving through Hondo last week. Seeing the Christmas signs going up along Hwy. 90, my first thought was "they just took those down!" But no, that was almost a year ago. Why does time seem to go by so much faster than it used to when I was younger? I have heard many ask the same

question throughout my life and didn't truly understand what they meant until I have gotten older. Seeing my kids grown with sons of their own and those boys becoming young men makes me realize, even more, how fast time has gone by. Looking at pictures of only 10 years ago and thinking "that seems as if it was just yesterday".

The last 3 years hasn't helped in slowing things down. Beginning with the pandemic then the freeze and the events of May 24th, along with how busy everyone is, adds to how we are distracted which has been scientifically proven to affect the illusion of the swiftness of time.

While recently visiting my mother-in-law, at Veranda Assisted Living, which is amazing by the way, I was thinking of the first time she and I met. Jimmy, my husband, and I were dating. It was 2012 and I was living in San Antonio and he was in Carrizo Springs. We decided to meet halfway in Uvalde for lunch. He chose not to tell either one of us we were going to meet nor had he told his mom I had become apart of his life.

I remember how active she was, still driving, living on her own and protecting her son from this "lady from San Antonio". Now I see how time has affected her. She is loosing memory of us or even where she is. She no longer walks and needs assistance with almost everything in her life. To me it has happened so fast Although, I imagine rather than time flying by for her it is limping.

All this makes me think about how many hours I have wasted performing activities that were not worth my investment. Things such as spending too much time on social media, watching TV, not being productive and the most damaging, complaining or worry.

So much of that time could have been spent in cultivating relationships, creating things of beauty, learning something new or spending time with God.

So this is my challenge to us all....begin to realize how we spend your time. What things have we wanted to accomplish which we seem to put off using the excuse of not having enough hours in the day. Begin by replacing just 15 minutes a day with something productive that you have perhaps been neglecting. Before you know it your time spent on these things will increase. If God would ask me one day "Sue, how did you spend your time?" I hope my answer would be "working to make my life and the life of those around me better".

I invite you to join me in this commitment.

God has given us so many seconds on this earth. Let's make the very best of it.

*Herby Ham Activity Center*  
**Trim-A-Tree  
Project**  
We are looking for 10 organizations to decorate a Christmas Tree in the Halls of HHAC and collect food for The Uvalde Food Pantry. The organization collecting the most food will be awarded a free rental in 2023. (Deposit, Insurance and Security not included). Bring you tree now through the week after Thanksgiving. Judgng will be Friday, December 16th  
Call HHAC at 830-591-2711 to sign up.  
Made with PosterMyWall.com



### BOARD SPOTLIGHT BRENDA CARTER

As President of the Herby Ham Activity Center I am thrilled to share a few details of my life to this point. It has been a year now that Dee Smith and I were elected to President and Vice President of the Board of this amazing organization. When Dee had her accident in Spain, I took on the role of President, patiently waiting for Dee to resume her role when her health permits. This year has seen growth and changes, hardships and accomplishments. I look forward to leading this establishment into greatness this coming year.

I was born in Uvalde, Texas and Graduated from Uvalde High School in 1971. I am married to Richard Carter. I have moved around the Great State of Texas and came back home 13 years ago to tend to aging parents. Prior to that I had been living in Arlington, TX for 20 plus years.

I am a mother to four boys! Ranging in age from 50 to 28 years of age. I am also a grandmother to three grandsons and one granddaughter.

Since moving back HOME I have become involved in The Green Thumb Garden Club, President of the Board at Herby Ham Activity Center, session member of the Board of Uvalde Presbyterian church, teach water aerobics at Herby Ham activity center, and preform Notary signings for banks and title companies. I am now a member of the Caddel-Smith Chapter of the Daughters of the Republic of Texas and The Daughters of the American Revolution. I have been known to teach Alcohol and Drug education and Defensive Driving classes pre Covid days. While in Arlington and with the youngest son in school, I was actively involved in PTA. I was made a Lifetime Member of The Parent Teachers Association before I left the service of that organization.

At home, I am a Bread Baker! I have been making sourdough bread for many years and consider it a hobby and relaxing activity. I also like to make jellies and sometimes pecan pralines and fudge! But Bread is my specialty.

I am thrilled to have accomplished this recognition!

*Thank you Brenda for serving as our Board President and the effort you put toward HHAC. You are very appreciated.*



**HHAC Will Be Closed for the Christmas Holidays Thursday, Dec. 22 through Sunday, Jan. 1st.**

**Wishing you and your family Very Merry Christmas and a Happy New Year.**

### MEMORIALS/HONORARIUMS

*In Memory Of:*

*Ann Robinson from Barbara Hensarling*

*Charlie Ham from Mark & Linda Kidd*

*Charlie Ham from Emmet & Paulette Harris*

*Charlie Ham from Mr. & Mrs. Barry Balzen*

*Charlie Ham from Jimmy & Linda Stewart*

*Charlie Ham from Sharon & Wyatt Stripling,*

*Jerry R. Stripling, Jerry C. & Shannon Stripling,, Amy & Justin Kanas*

*Charlie Ham from Joe Peters*

*Charlie Ham from Patsy Surber*

*Charlie Ham from May Alice Meister*

*Charlie Ham from Nancy Brady*

*Charlie Ham from Charles & Kay Griffin*

*Charlie Ham from Ellinger & Mumme, CPA*

**Memorials and Honorariums go towards  
HHAC's Building Fund unless otherwise stated.  
PLEASE REMEMBER US IN YOUR WILL**



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

**Wed, Dec 7th—Tea Room**

**Wed, Dec 14th—Luigi's**

**Wed, Dec 21—El Herradero de  
Jalisco on Main**

**Bring an ornament to exchange.**



**WOOD WORKING INSTRUCTION  
WITH LES BRIEDEN  
EVERY TUESDAY AT  
THOMAS WOOD WORKS  
9:30 AM AND 6 PM**

**\$5 a day or \$30 a month**

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



## THE COMFORT OF QUILTS OF GRACE

Since 2018 Quilts of Grace has provided comfort quilts for Bluebonnet Children's Advocacy Center, but after the May 24th school tragedy they kicked into high gear to offer BCAC's increased clients quilts as well as others in our community who were affected. Because of Uvalde's nationwide attention quilters from all over the US sent quilts & fabric to help Quilts of Grace with their distributions. The group has provided comfort quilts for the victims' families, injured & their families, other students, both funeral homes' staff & others who helped them, local EMS, Uvalde VFD, Robb staff @ the HHAC luncheon, UMH ER staff, and many many others. Seven local counseling services receive quilts from Quilts of Grace on a regular basis. The team's mission is ongoing and pray that those 3,000+ quilts delivered so far have wrapped each person with a sense of comfort, peace and hope.

Over 250 out of state and Texas groups/individuals have mailed or delivered donations, and quilts are still arriving! Since Uvalde's 'moving forward' process is long term the team is extremely grateful for additional help.

Recently they sewed 125 Christmas pillowcases for BCAC/CASA. Soon to follow was a very generous donation: 125 pillows! Wow! These ladies are so grateful to those who have donated quilts, fabric, other sewing supplies as well as monetary donations to keep their ministry Uvalde Strong!



THE TIP OF THE ICEBERG



TRUNKS OF LOVE



ERLINE BRAESICKE & BARBARA HERSARLING



SOME OF OUR AMAZING  
QUILTS OF GRACE VOLUNTEERS



PRAYERS OVER EVERY QUILT AND PILLOW CASE CREATED



STEPHANIE SABATINI W/LINUS CONNECTION



LISA FRISTER & NANCY NAVA HARD AT WORK



HERBY HAM ACTIVITY CENTER

# **GOSPEL** *Night Out*

With Toni Hull & Friends  
Saturday, January 14th 2023  
7 pm

Admission: \$10 adults  
\$5 for children under 12

Reception to follow

830-591-2711 . 248 FM 3447, Uvalde  
herbyhamactivitycenter.org

Made with PosterMyWall.com



WIN THIS  
BEAUTIFUL  
CROCHET BLANKET  
FROM  
HERBY HAM  
ACTIVITY CENTER  
DONATED BY THE  
UVALDE YARN  
WHSPERERS

Tickets  
\$5 Each

Drawing Extended to  
Fri, Jan 6th  
During our Dance

248 FM 3447  
830-591-2711



COME  
LEARN  
**WOODTURNING  
WITH A LATHE**  
INSTRUCTED BY  
CRAIG CONKLIN  
EVERY THURSDAY IN  
JANUARY AT 6 PM

\$10 PER CLASS  
CALL 830-591-2711  
TO REGISTER

HERBY HAM ACTIVITY CENTER  
248 FM 3447, UVALDE

*\*for beginners\**

# Be Active

HERBY HAM ACTIVITY CENTER

FREE

HEALTH SCREENING

Tuesday, December 13th  
10:00 am - 12 Noon


Blood Pressure  
Glucose  
Weight  
Height  
Prescription  
Review

Brought to you by Methodist Health  
Care Ministries and HHAC

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  
830-591-2711  
A Waiver & Dr. Release must be signed prior to participating  
248 FM 3447, Uvalde, TX

Made with PosterMyWall.com

# Tai Chi

AT HERBY HAM ACTIVITY CENTER




EVERY TUESDAY  
@ 5:30 PM  
\$10 A CLASS

Improve your Balance, Strength, Agility &  
Coordination

WEAR LOOSE FITTING CLOTHING AND  
BRING A FLOOR MAT FOR TRACTION

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

Made with PosterMyWall.com



SilverSneakers

## FLEX

Community  
Fitness Classes

HERBY HAM  
ACTIVITY CENTER :

Classic -  
Tuesday 4pm & Wed 8am  
BoomMove It -  
Wed 9:15 am  
Stability-  
Wed 10 am  
Nutrition as we age  
call to schedual

*\$10 non SS  
members*

**Learn More**  
<https://silversneakers.com>  
Mayra-830-279-1822



# 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!



**Uvalde Piecemakers  
Quilting Group  
Meets Every  
Tuesday @ 9 am.  
Join us.**

## AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm

Bridge—Monday @ 12:30 pm

Goodie BINGO—Tuesday @ 2 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!**



**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, Wednesdays at 9 am.  
They would love to teach you.

## 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 3:45p (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



## 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.

# HHAC DECEMBER, 2022 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27			30	1	2	3
				8:45am - Coffee 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts 7pm - Dance w/Jack & Tess	
4	5	6	7	8	9	10
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 4pm - Silver Sneakers Flex 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see page 3) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 10am - Core Cond & 11am - Farmers Market at the	8:45am - Coffee 10am - Core Cond & 11am - Farmers Market at the	9am - Coffee & Donuts	
11	12	13	14	15	16	17
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 10am - Free Health Screening 2pm - Cupcake & Goodies 4pm - Silver Sneakers Flex 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see page 3) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	8:45am - Coffee 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
18	19	20	21	22	23	24
8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle 5:30pm - Tai Chi	8:45am - Coffee 9:30am - Woodworking w/Les 4pm - Silver Sneakers Flex 6pm - Woodworking w/Les	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see page 3) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	CHRISTMAS HOLIDAY HHAC CLOSED THROUGH JAN 1ST	CHRISTMAS HOLIDAY CHRISTMAS HOLIDAY CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY
25	26	27	28	29	30	31
CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY

See Page 6 for Pool Schedule

See Page 5 for Silver Sneakers Flex Schedule