

HERBY HAM ACTIVITY CENTER

<u>NEWSLE</u>TTER

December, 2022

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







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.



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 organiza-

tion. 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 sour-dough 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





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 guilters from all over the US sent quilts & fabric to help Quilts of Grace with their distributions. The group has provided comfort guilts 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 guilts 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 guilts 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

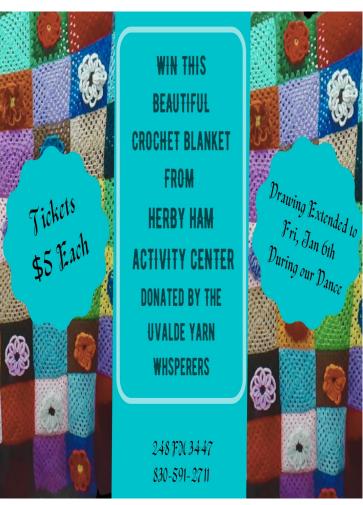


STEPHANIE SABATINI W/LINUS CONNECTION



LISA FRISTTER & NANCY NAVA HARD AT WORK











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

> Blood Pressure Glucose Weight Height Prescription Review

Brought to you by Methodist Health Care Ministries and HHAC







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
Goodie BINGO—Tuesday @ 2 pm



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

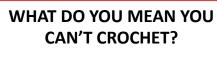
WATER AEROBIC CLASSES:

Water Babes 8:30a (Mon, Tues, Thurs)
Arthritis Class 10:00a (Mon, Tues, Thurs)
Water Babes 1:30p (Mon, Tues, Thurs)
Bio Wave 3:45p (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 <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



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.



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.

3		10	24	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY
2	9am - Coffee & Donuts 7pm - Dance w/Jack & Tess	9am - Coffee & Donuts	9am - Coffee & Donuts	CHRISTMAS HOLIDAY CHRIST	CHRISTMAS HOLIDAY CHRIS
	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	CHRISTMAS HOLIDAY (HHAC CLOSED THROUGH JAN 1ST	CHRISTMAS HOLIDAY
30		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 9am - Uvalde Yarn 11:30am - CEO's (see page 3) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	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
29		6 8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 4pm - Silver Sneakers Flex 6pm - Woodworking w/Les	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 9:30am - Woodworking w/Les 4pm - Silver Sneakers Flex 6pm - Woodworking w/Les	CHRISTMAS HOLIDAY
28	9	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 1:30pm - Pinochle	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle 5:30pm - Tai Chi	CHRISTMAS HOLIDAY
27		4	18		CHRISTMAS HOLIDAY