



HERBY HAM ACTIVITY CENTER NEWSLETTER

January, 2023

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

HERBY HAM ACTIVITY CENTER
DANCE
WITH
COUNTRY HORIZON

**\$10
BYOB**

FRIDAY, JAN 6 @ 7 PM
BRING A SNACK AND A FRIEND
48 FM 3447 UVALDE * 830-591-2711

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SUE'S CORNER

There is an expression that says, "If you want to make God laugh, tell Him YOUR plans". Is that ever true!

Never in my dreams would I believe I would be in Uvalde, TX, as the Director of HHAC, but here I am beginning my 7th year. When I was given this position there were many nay-sayers who said "the doors will close under her leadership" but so many more encouraged and supported me, even now, through the spoken word, written notes and prayer. To say the least, I appreciate you...yes, even the "nay-sayers". This last year has been tough on us all in so many ways. My heart breaks for what Uvalde has gone through and continues to go through, but honestly I am glad I was here. That may sound strange to say, but it is true.

The opportunity given me to minister and pray with so many is overwhelming at times. Parents and relations have come into my office telling me their stories intertwined with tears and sweet memories. Teachers, officers, and others, who are a part of this community, have also shared their experiences and feelings. Just today someone told me about being at Robb that day and what he experienced. I can't even begin to imagine. My heart breaks for them all.

But let's look to the other side. There is a page on Facebook entitled "Look For The Helpers". It highlights all of the work that is being done around Uvalde by her people and for her people. HHAC, like so many other organizations and individuals, was and still is instrumental in Uvalde's healing process. Along with holding blood drives where over 250 units were donated, we also hosted receptions for 14 families, housed numerous organizations and put on a luncheon for the Robb staff. You didn't have to look hard for the helpers because they were everywhere. I can't say THANK YOU enough! We at HHAC are honored to be a part of the process.

This is what I mean by "I am glad I was here" with so many others who brought positive efforts to our community. I personally feel both honored and unworthy to have been given that privilege.

I pray 2023 will be a year of healing for Uvalde especially those affected, even in places beyond our borders, that broken hearts and damaged relationships are mended, and Uvalde sets the example in healing and love toward one another. Let's see ourselves when we look for the helpers.



HERBY HAM ACTIVITY CENTER
GOSPEL
Night Out
With Toni Hull & Friends
DATE CHANGE

**Saturday, January 28th, 2023
7 pm**
Admission: \$10 adults
\$5 for children under 12
Reception to follow
830-591-2711. 248 FM 3447, Uvalde
herbyhamactivitycenter.org

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BOARD SPOTLIGHT—DEE ANN SMITH

We all know life can be tough and there are times we may wonder “why”. So many in our community have asking that same question. Dee Ann and Jimmy Smith have been among them.

Meeting in college, while both working at a grocery store, they have now been married for 37 years, Dee Ann and Jimmy moved from Arlington to Knippa 17 years ago. Both worked for Health and Human Services where Dee Ann retired after 27 years.

Dee took the position as HHAC’s Board President in 2021 after serving as a board member for 2 years. Asking why she wished to serve as Board President she said “I really like the different activities offered to the adults in our community and wish to get them more involved with each other through activities and creating new friendships”. Dee Ann was very active in the pool, wood shop and brought new life to our lobby during holidays and dances through her decorating ability. Each year our Christmas tree took on a different theme. Dee Ann was also instrumental in bringing “Trim-A-Tree Project” to HHAC where organizations set up and decorate a tree and gather donations of non-perishable food for the Uvalde Food Bank. Vacationing is one of Dee and Jimmy’s favorite things to do. Taking several trips throughout the year they went to Spain during Thanksgiving of 2021. While crossing the street she had terrible fall. She knew right away something was wrong ,couldn’t move and instantly began to pray. “I heard God ask me,” “Why are you worried Child? I am with you”. “At that moment I stopped worrying”. Being paralyzed from the neck down, Dee spent 18 days in

Dee was finally sent to Houston where she spent 6 months in a hospital and later a long term care facility where she made the most progress.

“In January while in the hospital I lost 10 units of blood due to a GI bleed and was going in and out of consciousness, I asked God to take me.” He said “It is not your time my Child.”

Able to return to Knippa in May, they were greeted with a home adapted for her by her friends and church family from Emmanuel Lutheran. “It has been overwhelming for Jimmy, but we are making it with the help of my family and friends. They have been so supportive. So much food was brought over for a month and so many helped,” Dee said.

She is now able to move her left arm and hand, to where she can feed herself. This is a huge accomplishment. Being right handed, Dee said it has been a learning experience. Now having movement in her right hand also and able to hold objects is promising. There is also slight movement in her legs and feeling in her hip.

Asking how she is getting though this Dee Ann said, “I try to keep my thoughts positive and not let the trials bring me down. God knows I am not a very patient person. I need continued prayers for patience and healing. I feel like a modern day Job.” Sharing her favorite scripture, Philippians 4:13, “I can do all things through Christ who strengthens me,” Dee continues to show that strength from God and endurance not letting the “why’s” keep her down.

She would love to receive calls, texts, cards or visits. Please contact Sue at HHAC, 830-591-2711 if you wish to reach out to Dee helping her in this process. She will do all things through Christ!

**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.**

COME BUILD YOUR DREAM

**DUE TO THE RISNG COST
OF CHEMICALS AND FUEL,
BEGINNING JANUARY,
2023 WE ARE HAVING TO
INCREASE OUR POOL FEE
TO \$65 A MONTH OR \$12
A SESSION.
SORRY FOR ANY
INCONVENIENCE.**



MEMORIALS/HONORARIUMS



In Memory Of:

Charlie Ham from Carol Murph

In Honor of Herby's Dream

Kay & Les Brieden

*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, Jan 4th—Applebee's

Wed, Jan 11th-Hangar 6

Wed, Jan. 18th-Jack's

Wed, Jan 25th-Uvalde Rexall

**Join
Herby Ham Activity
Center**

**EVERY FIRST
WEDNESDAY
AFTERNOON AT
2 PM TO CELEBRATE
BIRTHDAYS FOR
THAT MONTH**

**BEGINNING
WEDNESDAY,
JANUARY 4TH**

248 FM 3447 - 830-591-2711



**HERBY HAM
ACTIVITY CENTER**

WE ARE DOING IT AGAIN....

HOW, WHY, WHAT, WHEN


**DNR'S
POWER OF ATTORNEY
& SIGNS OF DEMENTIA**

**DNR-Why Do I Need One
PoA-How & Why
Dementia-Signs & Answers**

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

**THURS, Jan. 19
@ 3 pm**

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



**HERBY
HAM
ACTIVITY
CENTER**

**South Texas
Blood & Tissue Center**

**JANUARY IS
NATIONAL BLOOD
DONOR MONTH**

**DONATE AND
SAVE A LIFE**

**ONLY 3% OF THE US POPULATION DONATES
BLOOD
LET'S CHANGE THAT IN 2023**

Date: Thurs, Jan 26th


Time: 9:00am - 1:00pm

248 Fm 3447, Uvalde TX

1-855-326-5765

**All Donors
Will Take
Home a Fleece
Blanket**

**Or Go to
Donor.southtexasblood.org/donor/auth/signin**



**QUILTS OF GRACE IS
LOOKING FOR VOLUNTEERS**

RESOLVE TO MAKE A DIFFERENCE FOR 2023.

**VOLUNTEER FOR QUILTS OF GRACE,
AN OUTREACH OF
HERBY HAM ACTIVITY CENTER
MAKING COMFORT QUILTS FOR CHILDREN &
TEENS IN CRISIS/TRAUMA FOR TRI-COUNTY
BLUEBONNET CHILDREN'S ADVOCACY
CENTER**

**HELP US SEW, CUT, SORT OR PRESS
FABRIC.
NO EXPERIENCE NEEDED.**

**JOIN US WEDNESDAYS
AT 1 PM BEGINNING
JAN. 4TH**

**CALL DIANA BONNET AT 830-613-0656
OR HHAC AT 830-591-2711
FOR INFORMATION**



Herby Ham Activity Center

GOODIE BINGO

*Every Tuesday
@ 2 pm*

COME PLAY FOR GOODIES!
FREE & FUN

830-591-2711

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HERBY HAM ACTIVITY CENTER

CORNHOLE

**JANUARY 12th
JANUARY 20th
JANUARY 26th**

7 PM

**REGULAR PLAY ENTRY
\$10 FOR AGES 13 AND OVER**

*Tournament Entry
\$10.00*

248 FM 3447, UVALDE, 830-591-2711

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Be Active



FLEX
Community
Fitness Classes

HERBY HAM ACTIVITY CENTER

FREE fitness classes offered here!

If you have a Medicare plan, it
may include SilverSneakers—
at no additional cost.

**\$60 -month for Non
SilverSneaker members**
\$10 a class



Learn More

Check Your SilverSneakers Eligibility
silversneakers.com/flex
Mayra-830-279-1822

Classic -45min.
Focuses on strengthening
muscles and increasing range of
movement
Monday 10 AM
Friday 11 AM
Stability-60min.
Improve your balance and
strengthen reflexes
Monday 11 AM
Wednesday 10 AM
BoomMove It -30 Min
Improve your cardio endurance
and strength with Dance
Wednesday 11 AM
Friday 10 AM

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

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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

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**LOSE WEIGHT
NOW**
**At Herby Ham
Activity Center's
CIRCUIT GYM**

**\$10 A MONTH -POOL MBR
\$20 A MONTH- NON-POOL MBR**

- Strenghtining
- Cardio
- Stretching

248 FM 3447 Uvalde, TX 830-591-2711

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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 \$65.00 INCLUDES WATER
AEROBICS & OPEN POOL
OR \$12.00 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 JANUARY 2023 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 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 2pm - January's Birthday	8:45am - Coffee 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts 7pm - Dance w/Country	7
8	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 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 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	14
15	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 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 11am - Farmers Market at the 2pm - DNR, POW, Dementia 7pm - Corn Hole	9am - Coffee & Donuts	21
22	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 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 9am - Blood Drive 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts 7pm - Gospel Night Out	28
29	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 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			4