



# 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



## 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



**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**

**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**

**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.**

**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  
LETS 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](http://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**

**HHAC**  
**GIFT SHOP**

Open Every Day  
 Mon-Thurs 9-4  
 Fri. 9-Noon

call 830-591-2711  
 248 FM 3447

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Herby Ham Activity Center

**GOODIE BINGO**

*Every Tuesday @ 2 pm*

COME PLAY FOR GOODIES!  
 FREE & FUN

830-591-2711

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

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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



## 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](http://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**

- Strenghtening
- Cardio
- Stretching



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248 FM 3447 Uvalde, TX 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  
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	28 7pm - Gospel Night Out
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				4