

HERBY HAM ACTIVITY CENTER



www.herbyhamactivitycenter.org (830)591-2711 248 FM 3447 Uvalde, TX



SUE'S CORNER

I have friends who's son lost his life with 31 other soldiers in a helicopter crash while serving in Afghanistan in 2005. I saw the devastation that took place in that family and how they will never be the same. But over the years I have also seen them rise up and never give up.

Since then, during the month of May, his parents adorn their home with US flags honoring their son, those who lost their lives with him and others who have made that sacrifice throughout the years and their country.

Memorial Day has a special meaning to families such as this, I believe, more than most.

Memorial Day was proclaimed by General John A. Logan in May of 1868 to commemorate the sacrifices of Civil War soldiers. Following the proclamation, over 20,000 graves of both Confederate and Union soldiers were decorated with wreaths. Since World War II the day has become a celebration to honor those who died while serving in American wars as well as those who are veterans and current members of the US Military.

I think we should also honor the families of these soldiers. As my friends, they too have made sacrifices. Sacrifices such as having their family member away for extended periods of time. moving from place to place and of course, in some cases, the ultimate sacrifice. So to all who have served, are serving, have been taken from us and to you families who raised, loved and cherished them; thank you. You have made a valuable sacrifice for our freedom and I pray that that freedom continues to reign. Bless you all and God Bless America!

A poster for a dance event. The background features a man in a cowboy hat playing an acoustic guitar in front of a windmill at sunset. The text on the poster reads: "Herby Ham Activity Center Dance Fri. May 10th 7:00 pm Potluck Birthday Celebration for Wayne Everett Happy Birthday \$7.50 per person Wayne Everett".

Herby Ham Activity Center
Dance
Fri. May 10th
7:00 pm
Potluck
Birthday
Celebration for
Wayne Everett
Happy Birthday
\$7.50 per person
Wayne Everett

A poster for a community table event. The background is purple with a large orange circle in the center. The text on the poster reads: "Herby Ham Activity Center April 2019 COMMUNITY TABLE Sunday April 28th at 5:00 PM Pot Luck Pot Luck Bring your Favorite Dish or Dessert to Share! You'll never know who you'll end up meeting! 248 FM 3447 • Uvalde, TX • 830-591-2711". There is also a small photo of people at a table.

Herby Ham Activity Center
April 2019
Pot Luck **Pot Luck**
COMMUNITY TABLE
Sunday
April 28th
at 5:00 PM
Bring your Favorite
Dish or
Dessert to
Share!
You'll never know who you'll end up meeting!
248 FM 3447 • Uvalde, TX • 830-591-2711

CONGRATULATIONS HHAC'S 2019 SPRING RAFFLE WINNERS



Jordon Jakowski, winner of the Remington 308 Caliber Rifle donated by First State Bank of Uvalde with Weaver Scope donated by Oasis Outback.



Carol Galan, winner of the stainless steel fish fryer Donated by Les Brieden



Julie Griffith, winner of the full length mink coat Donated by Cynthia Robison



We have not been able to contact the winner of the Pelican Ice Chest donated by TJ Moore. It will be announced when we reach her.



Patrick Crawford, winner of the \$200 Amazon Gift Card Donated by Dutch Boy



Marcus Elizondo, winner of the Canvas Ice Bag donated by Medina Electric.

Thank you everyone who supported our 2019 Spring Raffle. We raised almost \$6,000 which will help tremendously in the operations of Herby Ham Activity Center

AND THANK YOU TO OUR SPONSORS:



**HERBY HAM
ACTIVITY CENTER
VOLUNTEER
APPRECIATION AND**

*Spaghetti
Dinner*

**Thurs. June 6th
6:30 pm**

*Only
\$10
Per Person*

HHAC VOLUNTEERS EAT FREE.

**Spaghetti, Meatsauce,
Salad, Bread, Dessert**

CALL 830-591-2711 TO RESERVE

*MARK YOUR CALENDARS FOR
HHAC'S VOLUNTEER APPRECIATION
AND SPAGHETTI DINNER.*

THURSDAY, JUNE 6TH @ 6:30 PM

\$10 PER PERSON

*CALL TO RESERVE YOUR SPACE
VOLUNTEERS WILL BE OUR GUESTS*

**Texas Kidney
Foundation**

Early Detection • Education • Support

FREE KIDNEY SCREENING

**TUESDAY, MAY 7
FROM 10 AM-1:30 PM**

- ◆ BLOOD PRESSURE
- ◆ BLOOD SUGAR (fasting)
- ◆ AC1 IF INDICATED
 - ◆ WEIGHT
 - ◆ BMI
 - ◆ CRATINE
- ◆ eGFR FOR KIDNEYS
- ◆ EDUCATION MATERIAL IN BOTH ENGLISH AND SPANISH

VOLUNTEER

all that's missing is U!

Do you have about 2 hours to spare during the week? Are you friendly and like to meet people? Why not come help answer phones during lunch at HHAC?

Give us a call if you can help. 830-591-2711.

**Herby Ham Activity
Center will be
closed Monday, May
27th, in observance of Memorial Day.
Have a safe one!**



**UVALDE FARMER'S
MARKET**

**EVERY 1ST & 3RD
THURSDAY OF THE
MONTH**

**THURS., MAY 2 & 16
11 AM-4PM**

**UVALDE TOWN
SQUARE**

HERBY HAM ACTIVITY CENTER



PRAYER
BREAKFAST



Thursday, May 9 @ 8:00 am

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

Memorial/Honorarium Donations

IN MEMORY OF:

Nancy Matetzschk from Elton Dornbusch
Nancy Metetzschk from Ann and WC Reagan
Robert Hall from John & Barb Hogan
Carolyn Hilderbran from John and Barbara Hogan
Gerald Brewer from John & Barbara Hogan
Bobby Hall from Sue & Jimmy Rankin

*Memorial & Honorariums go towards
HHAC's Building Fund.
Please Remember Us in Your Will*

THOMAS WOOD WORKS

With Les Brieden Tues. @ 9 am & 6 pm

Call for extended hours appointment
with Jackie Thomas @ 830-591-2711

**YOU'LL NEVER KNOW WHAT YOU CAN DO
UNTIL YOU TRY**

\$5.00 A SESSION OR \$30 A MONTH

HERBY HAM SUNDAY JAM

WILL NOT MEET AGAIN UNTIL
SUNDAY JUNE 16
Y'ALL COME ON OUT!



DANCE LIKE THERE'S NO TOMORROW

*If you have ever wanted to learn how
to Ballroom Dance, now is the time.*



Classes are held every
Friday at 5:30 pm
Call 830-591-2711
\$5.00 A PERSON



NEED SOME-
THING TO DO
WEDNESDAY
AFTERNOONS?

BEEN THINKING ABOUT EXERCISE BUT
WANT TO HAVE FUN AT THE SAME TIME.

COME JOIN THE LINE DANCING CLASS
FROM 1-3 PM

IT'S FUN, IT'S GREAT EXERCISE AND IT'S
FREE!



**JOIN US FOR
COFFEE &
DONUTS**

EVERY FRIDAY AT
9:00 AM
& BRING A FRIEND!

**Tune into KVOU Radio, 104.9, every Thursday
at 8:30 am as Herby Ham Activity Center
Sponsors THROW-BACK-THURSDAY**

MAY- 2019 HERBY HAM ACTIVITY CENTER CALENDAR

\$ Designates a charge **SEE NEXT PAGE FOR WATER AEROBIC/POOL/EXERCISE SCHEDULE**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Tuscany 1p Line Dancing 1p Dominoes	2 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 9:00-Painting w/Peggy 11a-Farmers Market 1p-Bridge (free)	3 9a-Coffee/Donuts Sponsored by Amistad Nursing & Rehab 2:30-Loteria	4
5	6 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	7 9a- Quilting 9a-Artists Painting 9:00a- Wood Working 2:30p-Bingo (free) Sponsored by Uvalde Healthcare & Rehab 5p-Weight Watchers 6-9p Wood Working	8 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Ofelia's 1p-Line Dancing 1p Dominoes	9 8AM-Prayer Breakfast 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 9a-Painting w/Peggy \$ 1p-Bridge(free)	10 9a-Coffee/Donuts 2:30-Loteria 5:30-Ballroom Dance 7PM-Dance w/ Wayne Everett & Potluck	11
12	13 9a- Quilts of Grace w / lunch 2:30-Pinochle (free)	14 9a- Quilting 9a-Artists Painting 9:00a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	15 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Applebee's 1p-Line Dancing 1p Dominoes	16 8:30a-KVOU Radic Throwback Thursday sponsored by HHAC 9a-Painting w/Peggy \$ 11a-Farmers Market 1p-Bridge (free)	17 9a-Coffee/Donuts 2:30-Loteria 5:30-Ballroom Dance	18
19	20 9-a- Quilts of Grace w / lunch 2:30-Pinochle (free)	21 9a- Quilting 9a-Artists Painting 9:00a- Wood Working 2:30p-Bingo (free) Sponsored by Uvalde Healthcare & Rehab 5p-Weight Watchers 6-9p Wood Working	22 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Broadway 830 1p Line Dancing 1p Dominoes	23 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 9a-Painting w/Peggy \$ 11a-Farmers Market 1p-Bridge (free)	24 9:00a-Coffee/ Donuts Sponsored by Jack and Ann Molloy 2:30-Loteria 5:30-Ballroom Dance	25
26	 MEMORIAL DAY HHAC CLOSED	28 9a- Quilting 9a-Artists Painting 9a- Wood Working 2:30p-Bingo (free) 5p-Weight Watchers 6-9p Wood Working	29 9a-Knit/Crochet 10a-Dulcimer Group 12p-CEO- Neal's Con- Can 1p Line Dancing 1p Dominoes	30 8:30a-KVOU Radio Throwback Thursday sponsored by HHAC 9a-Painting w/Peggy \$ 11a-Farmers Market 1p-Bridge (free)	31 9:00a-Coffee/ Donuts Sponsored by Jack and Ann Molloy 2:30-Loteria 5:30-Ballroom Dance	

PLEASE LIKE US ON FACEBOOK FOLLOW US ON TWITTER & INSTAGRAM





FITNESS CORNER

WATER AEROBIC CLASSES :

Water Babes 8:30a (Mon-Fri)

Mixed Arthritis Class: 10:00a (Mon-Tues & Thurs)

Water Babes 1:30p (Mon-Fri)

Mixed Class: 5:00p (Mon, Tues, & Thurs)

Bio-Wave Class-6p (Mon-Thurs)

POOL USE FEE \$50.00 INCLUDES WATER AEROBICS & OPEN POOL

OR \$7.00 PER VISIT



PLEASE REMEMBER, A WAIVER MUST BE SIGNED AND A DR'S RELEASE MUST BE OBTAINED BEFORE PARTICIPATING IN ANY EXERCISE PROGRAMS.

A WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN WOOD SHOP AND ACTIVITIES AT HHAC.

Open Pool Hours

Two people must be in the pool area at all times:

Monday - 2:30 - 4:30 pm

Tuesday - 2:30 - 4:30 pm

Wednesday - 10:00 am - 12:30 pm/2:30 pm-4:30pm

Thursday - 2:30 - 4:30 pm

Friday - 10:00 am - 1:00 pm & 2:30—4:30 pm

Line Dancing—Wed 1:00 pm (free)

Exercise Machines—Mon-Fri 8am-4:30pm (free)

Circuit Gym Class-Open Monday through Friday

Open Circuit Gym—Mon-Fri 8am-7:00pm

(\$20 or \$10 w/pool)

Ballroom Dancing-Friday—5:30pm—\$5.00 class

Yoga - Please Call for schedule- Jennifer at 361-360-1292

**Hands, Head, Health, Inc.
Herby Ham Activity Center**

P. O. Box 5488

Uvalde, Texas 78802

www.herbyhamactivitycenter.org

Phone 830-591-2711

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UVALDE, TEXAS

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