



**HERBY HAM
ACTIVITY CENTER
COMMUNITY
MARKET DAY**

Saturday, May 7th from 8-2 pm

HOUSEHOLD ITEMS. FURNITURE. JEWELRY.
INDEPENDENT DISTRIBUTERS. CRAFTS
FOOD BOOTHS + MORE

INSIDE. AWNING AND PARKING LOT SPACES AVAILABLE
BOOTH PRICE: \$25, \$30 + \$35
YOU MUST FURNISH YOUR OWN TABLES AND CHAIRS

248 FM 3447. UVALDE, TX 830-591-2711

Made with PosterMyWall.com



SUE'S CORNER

When I was a kid I would ride my bike, by myself, to our community pool which was 2.5 miles away. I would play outside all day and come in when the street lights came on because I grew up in the country but when the sun started going down and the night bugs started chirping. We would go to the pond that was just up the road and catch tadpoles, run from snakes and an occasional skunk. We would make mud pies and eat Agarita berries straight from the bush and drink from the water hose and never lock the front door.

I have heard so many stories about how many who attend HHAC grew up in Uvalde. Linda and Bobby Kramer tell of how they would "cruise" downtown meeting up with friends. As matter of fact, that is how Linda and Bobby met. Jack Molloy has told of how he would go to dances and the fun he had along with some of the trouble he got into. I could write a book on the "episodes" I have heard about Uvalde and how people grew up here. I love it! As we all know so much has changed in our world. We no longer allow our children go off by themselves or even, in many cases, with a group. Everything we touch is followed by antibacterial gel, our doors are locked and cameras are watching anyone who comes to our homes much-less everywhere else, including the center.

Nonetheless, in this changed world, wonderful memories can still be made. Even in writing this, I am listening to my morning coffee drinkers talk about how they worked together to build HHAC. How they painted walls, created parking stops and what was saved from the old center. There is a spirit of pride as they discuss what all they have done and continue to do for HHAC.

Memories are up to us to create even in a changed world. It is also up to us to share those memories with our children, grandchildren and those around us.

There is a wonderful foundation at HHAC supported by legacy and love for an organization that has done so much for so many people. From the pool to the wood shop, classes, outreach such as Project Grace, dances, friends meeting up for coffee and more. Memories are formed within these activities. Let's keep them going. Come be a part of future memories, not only for yourself but for HHAC.



**HERBY HAM ACTIVITY CENTER
WILL BE CLOSED
MONDAY, MAY 30
IN OBSERVANCE OF
MEMORIAL DAY**

**FAN CORNER
OUR BOARD MEMBER
ELSA AYALA**



This month the spotlight is on Elsa Ayala who has been a board member since the beginning of 2021.

Elsa was raised in Zaragoza, Mexico where she remained until the age of 19 and obtained her Bachelor's degree in Bio Chemistry. She met her first husband George at church through her cousin who worked for him.

They soon moved to Houston where unfortunately, some time later, he passed away. George had asked her not to move back to Mexico but having 2 boys and living by herself "was tough" Elsa said. "Not having family there to help put a strain on all of us". She still found time to attend UT Arlington to begin her second Bachelor's degree in Education.

In time, she chose to move Uvalde to be close to family in Mexico where she became a Parent Educator for UCISD. She Later had the opportunity to become Coordinator of the Parenting Program for the district. Moved to Dallas, Texas to complete her Bachelors Degree in Education at Texas Wesleyan University and teaching in Cleburne Texas. She then decided to come back to Uvalde and was a teacher at Batesville before going to the ESC Region 20 to work as a Migrant and Bilingual Education Specialist. After five years of working in San Antonio, Elsa moved back to UCISD and obtained her masters in Administration becoming assistant principal at Uvalde High School, Junior High and later a principal at Batesville.

Elsa met her second husband at a dance in Uvalde.

They are the owners of New Beginnings Adult Day Care here in Uvalde. She loves running the New Beginnings stating, "Serving people who are living the last chapter of their lives and providing them love, care and meeting the needs is such a blessing".

Partially retired, Elsa and Claudio love to travel and are planning a trip to Hawaii later this year.

Elsa is very active in our Water Aerobic Program with Brenda Carter where she has made many new friends which is a love of hers. "The more people I meet the more I grow. Not only intellectual but emotionally. That has helped me view life in a different way. We don't realize how the life experiences of other people help mold us."

Mary Davila invited Elsa to HHAC's water aerobic program where she discovers new relationships along with improving herself. "People welcomed me with open arms. We can come to HHAC and do Yoga, water aerobics, wood shop and so much more. Uvalde is lucky to have a place like Herby Ham Activity Center." "My life has increased in experiences because of HHAC. For instance, the ability to be able to join a group you may think you would not have anything in common with but relationships blossom and grow each day. Quite often, if someone misses a class, a phone call is made checking on them".

Hearing so many similar comments about HHAC is consistent. The people who attend love and support one another.

Come see what all the talk is about.

**QUILTS OF GRACE
MONTHLY MEETING,
WEDNESDAY, MAY 11 @ 1 pm .
HELPING MANY CHILDREN OF UVALDE
COUNTY THROUGH CASA.
JOIN US AS WE CONTINUE TO GROW**



Just a sampling of the beautiful quilts QoG creates.



A part of our Quilts of Grace Team.

**L to R : Mery Dee Pitts, Mary Lou Williamson,
New Member-Kay Campbell, Kay Brieden,
Erline Braesicke, Nancy Musquiz.**



Hard at work



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

Wed, May 4th—Luigi's Italian

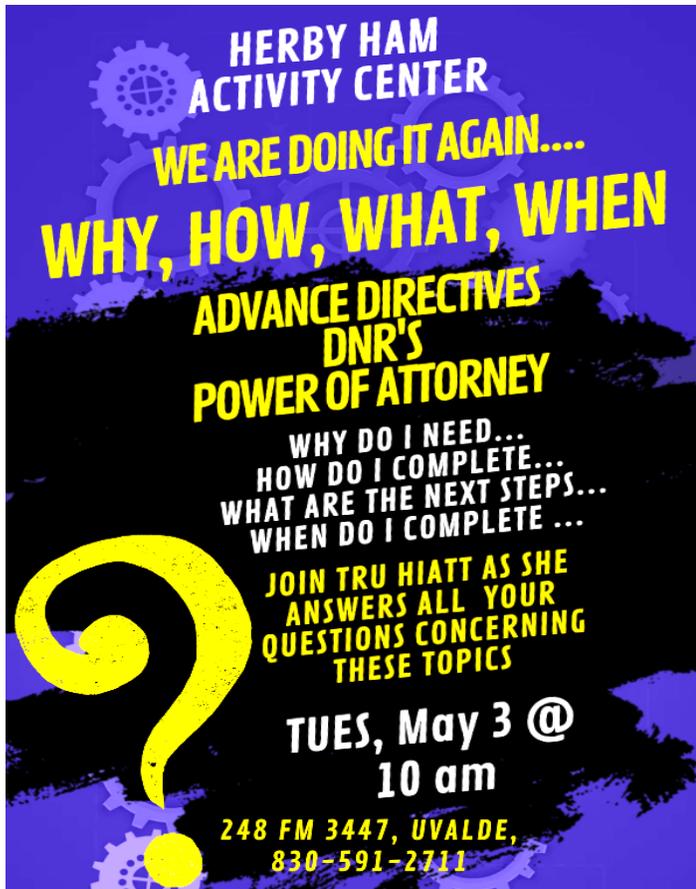
Wed, May 11—Pit Stop

**Wed, May 18—La Herradero
De Jalisco—Getty**

Wed, May 25— Neals-Concan

JOIN US!

SPRING LEARNING SERIES



**HERBY HAM
ACTIVITY CENTER**
WE ARE DOING IT AGAIN....
WHY, HOW, WHAT, WHEN
ADVANCE DIRECTIVES
DNR'S
POWER OF ATTORNEY

**WHY DO I NEED...
HOW DO I COMPLETE...
WHAT ARE THE NEXT STEPS...
WHEN DO I COMPLETE ...**

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

**TUES, May 3 @
10 am**

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



HERBY HAM ACTIVITY CENTER
**BREAD
MAKING
CLASS**
Wed. May 11, 6 pm

WITH BRENDA CARTER
\$10
MOST SUPPLIES FURNISHED
BRING ROUND CAKE PAN

REGISTER AND PAY BY MON. MAY 9

248 FM 3447, UVALDE * 830-591-2711

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Quilts of Grace presents **Beginning Quilting**
Monday, May 9, 2022 ~ 9 am - 2 pm
\$20 - Light lunch provided

Have you wondered how you could help Quilts of Grace make quilts for foster children but haven't ever sewn a quilt? Come learn the process while helping to construct a quilt to be donated to the foster care system.

Participants will learn skills necessary to construct a simple quilt. Topics covered include fabric selection, accurate cutting, seam allowance, pressing, sewing and joining blocks, putting together a "quilt sandwich", basting, machine quilting and binding.

Participants must bring:

1. Sewing machine in good working order that they are familiar with and instruction manual if possible.
2. Cotton sewing thread - white, beige or light grey.

Class limited to six students.

Call Kay Brieden at 830-900-2129 to register.

Herby Ham Activity Center
248 FM 3447
Uvalde, Texas 78801



**Herby Ham Activity Center
Learning Series Continues With
Cauliflower Rice Class**
Tuesday May 17th, 6 pm

\$10 a person

Fried Rice
Spanish Rice

Join Devin Caballero and Sue Rankin as they instruct how to prepare these amazing dishes. Register and pre-pay by Monday, May 16th.

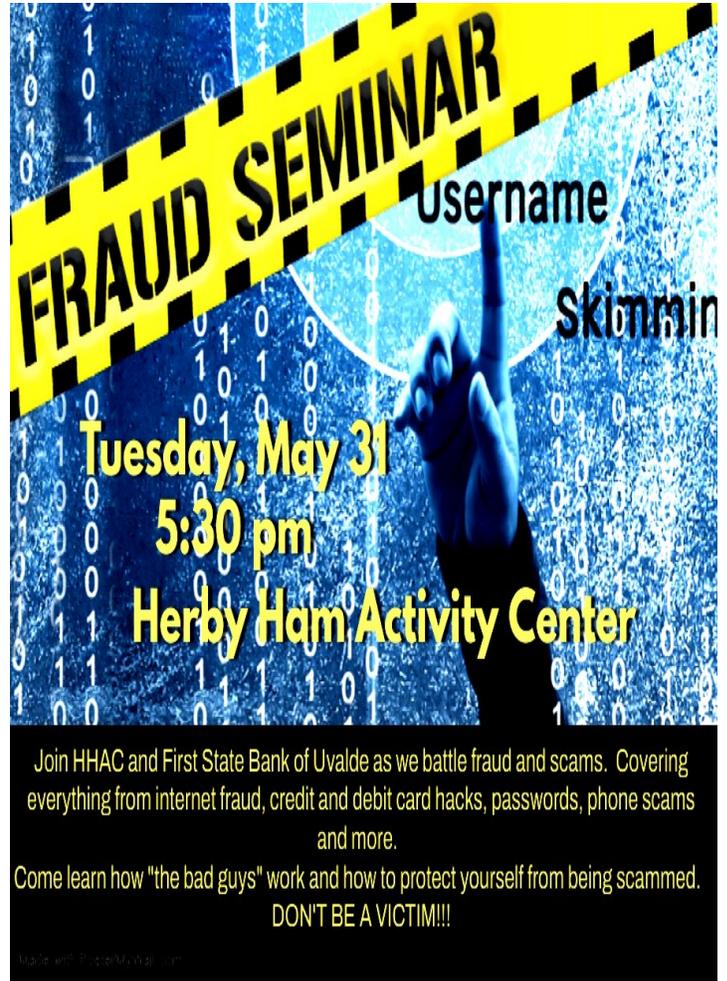
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SPRING LEARNING SERIES-CONTINUED



Researching your
Family Tree
WITH REVIS GAUBLE-LEONARD
\$15 a person
Tues. May 24th
Register and pay by Mon, May 23

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FRAUD SEMINAR
Username
Skimming
Tuesday, May 31
5:30 pm
Herby Ham Activity Center

Join HHAC and First State Bank of Uvalde as we battle fraud and scams. Covering everything from internet fraud, credit and debit card hacks, passwords, phone scams and more.
Come learn how "the bad guys" work and how to protect yourself from being scammed.
DON'T BE A VICTIM!!!

Made with PosterMyWall.com

BENEFITS OF KNOWING YOUR FAMILY HISTORY

1. It gives you a sense of identity

Nothing is more eye-opening than learning about who you are. Learning about your ancestors, celebrating family traditions, embracing your culture, and understanding where you came from can open your eyes to how beautiful and unique you are.

2. It makes you more resilient.

Let's face it, life is hard. But back in the day, life was even more so. More likely than not, your past family members probably faced terrible tragedies and heartache. They faced things that seem almost impossible to overcome. But they did overcome them. And learning about their stories and how they got through difficult times can definitely give you the courage you need to keep going and make you more resilient when you're facing challenges.



3. It helps you connect with others.

Learning about your family history can have amazing effects on the way you connect with others. It opens up conversations that you never dreamed of having with people you may have never known

4. It helps you make good health choices.

Have you been filling out a patient history form in a doctor's office and your mind went blank when it asked if cancer, high blood pressure, or diabetes ran in your family? Well, to avoid leaving those blank spaces in the future, learning about your ancestors can give you a lot of information on what health concerns run in your family, and more importantly, what you are at risk for. Knowing this information can help you make good choices regarding your health and help you lead a healthy lifestyle.

**Join Revis Leonard as she opens up
the World of Genealogy .
Call 830-591-2711 for information.**

Be Active

HERBY HAM ACTIVITY CENTER

yoga



THURSDAY'S
@ 5:30 PM

Build Immunity
Strengthen Body
Loose Weight
Get Fit and Healthy

\$10 A CLASS

For Further details contact.
830-591-2711

LED BY JENA CAREY

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
 830-591-2755

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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FREE Silversneaker classes offered here!

The SilverSneakers FLEX® program brings fitness, fun and friends right to your neighborhood! And it's FREE for SilverSneakers members or \$5 per class for non-members.

Herby Ham Activity Center- 248 FM 3447 Uvalde, TX 78801



Classic:
muscle strength & range of motion
Wednesday
8:30 am & 5 pm

Boom Move It:
dance inspired workout
Thursday
9 am & 4 pm

Stability:
balance & fall prevention
Friday
10 am & 5 pm

Find out if you have SilverSneakers.

[SilverSneakers.com/Check](https://www.silversneakers.com/Check)

1-888-423-4632 (TTY: 711)

Monday - Friday 8 a.m. - 8 p.m. ET

For more information: 830-279-1822



Always talk with your doctor before starting an exercise program.

1. Tivity Health Data and Analytics, May 2019.

2. Results vary. Not all participants will achieve these results or benefits.

3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. SilverSneakers and the SilverSneakers shoe logo are registered trademarks of Tivity Health, Inc. SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved. SSFP725EVNTEFLAMTY0519

Herby Ham Activity Center's
Thomas Woodworks
 Woodworking Class
 Tuesday's 9:30 am & 6 pm
 with Les Brieden

Gain confidence using hand and power tools
 Become empowered and build whatever you want

For more info please call 830-591-2711

\$5.00 a day or
 \$30 a month

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**Memorial/Honorarium
 Donations**

Memorials and Honorariums go towards
 HHAC's Building Fund unless otherwise stated.
 Please remember us in your will.

**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,
 Wednesday's at 9 am.
 They would love to teach you.

**ART &
 CRAFTERS**
 BE A PART OF OUR
 NEW GIFT SHOP
 OPENING IN 2022

PERSONAL BOOTHS • HHAC KEEPS A
 SMALL COMMISSION

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

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**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 wel-
 come to join us at no
 charge

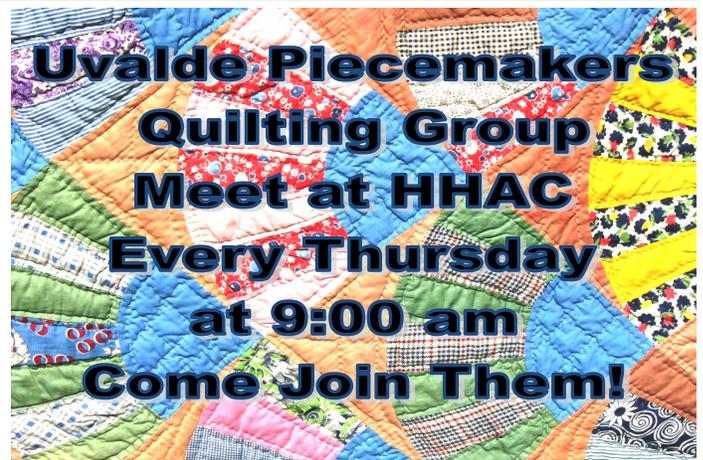
Call 830-591-2711 for
 more information

Remember HHAC
 For your Event Rental Needs!
 Parties, Receptions, Corporate
 Events.
 Call 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
Dominoes (42) - Wednesday @ 1:00 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!

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 3:45 (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



**FARMER'S
MARKET
EVERY
THURSDAY
FROM 11 AM TO
2 PM
AT UVALDE'S
TOWN SQUARE.**

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

**WOOD WORKING
INSTRUCTION WITH
LES BRIEDEN
TUESDAY'S FROM
9:30 am &
6:00pm**



\$5 a day or \$30 a month

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