



HERBY HAM ACTIVITY CENTER

NEWSLETTER

November, 2022

248 FM 3447, Uvalde TX 830-

Herby Ham Activity Center

presents...



**Friday
Nov 4th
7-10pm**



BYOB

\$10 per person

248 FM 2447 Uvalde Tx 830-591-2711

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If you missed our Fall Market Day Saturday, October 22, you missed a great time at HHAC.

Admittedly, there is a lot of planning that goes into an event such as this. But in the end it is all worth it,, especially when so many commented on what a fantastic day it was.

We had over 50 vendors selling everything from wreaths to t-shirts, flea market items to home made soap and just about anything else you would want. I began planning and getting the word out about our Market Day as early as August. Sending out emails, publicizing on Facebook, The Leader News, Uvalde Radio and flyers in the area all paid off.



The day began with us arriving at the Center at 6 am to start setting up.

There were already vendors here waiting! From that point it didn't stop until 4 pm. Signs placed on the road, parking lot blocked, checking in the vendors, all part of a successful day.

But honestly planning something such as this does not go without stress and a little worry. What if it rains, what if there was something else going on in Uvalde that would diminish our shoppers, what did I forget to do, and so on? Isn't it funny how what we put ourselves through when planning and putting together events, be it something similar to our Market Day, a larger activity or Thanksgiving Dinner. There is usually always stress involved.

Did you know stress can cause multiple health issues from headaches to depression and many other problems

In my past I struggled with fear and stress in such a way it actually caused psoriasis. I was so wrapped up in the "what if's" it affected my health in serious ways. Know this...it is not worth it.

So what do we do to help us in stressful times? Meditation and prayer top my list. There are deep breathing exercises we can do, physical exercise such as taking a walk or swimming, eat right and avoiding stress eating by calling a friend or pray, connect with others, get enough sleep even keeping a journal. All of these suggestions and more can help us to accomplish our tasks without the added stress to our lives. And remember, HHAC offers these activities and more to help with any stress in your life.

The stress I felt over Market Day was not worth it because as I mentioned, it turned out great!

Thank you to all our vendors and our customers. You are all a blessing to me and to HHAC.

Hoping you all have a stress free and blessed Thanksgiving!



*Herby Ham Activity Center
Will be Closed
Wednesday, November 23
through Sunday, Nov. 27
For the
Thanksgiving*



BOARD SPOTLIGHT-JACKIE THOMAS

A true fixture of HHAC is Jackie Thomas. Raised in Atlanta TX, near Denton, Jackie loved children and decided to teach. Attending No TX State in Denton, Jackie taught elementary for 27 years at various schools.

After graduating college and moving to Kilgore, TX to take a job teaching, Jackie was looking for a place to live. There were no apartment houses in Kilgore but several around town would rent out rooms. Jackie rented a room from a lady who was her future husbands aunt Georgia. One morning she was making breakfast and in walked Homer. "He introduced himself then sat and talked for several hours". He returned that evening to ask her out and the rest, as they say, is history. "It wasn't a full year before he asked me to marry him. We had gone to a movie. Afterwards, he was driving me home and stopped right in the middle of the road and proposed. I said shouldn't you pull over first?" After they got married they build a home in Kilgore from the lumber of a old home which was torn down. "I will never forget Homer's mom pulling out nails from each piece of lumber. It was a group effort." He had to borrow money to buy a bed, stove and fridge. Homer found an old dining table for sale and they were set. They attended the Methodist Church in Kilgore. "We had to take our own chairs to sit on because they didn't have any." Homer worked for a hydraulic pump company and later on Jackie bought a private school. After selling the school, they bought an RV park in Ruidoso NM. "I loved owning that RV park. We made such good friends who asked us to move to a small town by San Antonio. On our way to visit them I had developed an eye issue as we drove through Uvalde." Finding a doctor he advised Jackie take a few days to rest before leaving. During that time they decided to look for a home in Uvalde and this is where they stayed.

Jackie and Homer soon met Herby Ham in Sunday school and they began speaking of Herby's plans to build an adult activity center. Loving to dance, Jackie asked Homer if he planned on having dances at the center. "Absolutely!" Homer said. From that point on they began helping Homer build the first center, which was the Uvalde Adult Activity Center on Main where the Walgreens now sits. They both became very involved and Jackie helped extensively with the gift shop and wood shop. When building the new center, Jackie painted the entire inside of what is now THOMAS WOOD WORKS named after she and Homer. "I feel like I am a part of this center." Jackie said. Her hope for the future of HHAC is that more people would come out and use it. We have so much to offer. Yes we do Jackie.....Thank you for all you have done and continue to do for HHAC. We love you!

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.



MEMORIALS/HONORARIUMS



In Memory Of:

Charlie Ham from Carol Haynes

Charlie Ham from Alvis & James Rummel

Charlie Ham from John Rummel

Charlie Ham from The Leading Edge Sunday School Class, First Baptist Church

Charlie Ham from Shirley White

Charlie Ham from Brenda McCullough

Charlie Ham from Jimmy & Sue Rankin

Herby Ham Activity Center

GOODIE BINGO

Every Tuesday @ 2 pm

COME PLAY FOR GOODIES!
FREE & FUN

830-591-2711



CHICKS - EAT - OUT EVERY

WEDNESDAY AT 11:30 AM

Wed. Nov 2nd—Sunrise

**Wed. Nov 9th—
Countryside BBQ
(New Mennonite BBQ
Trailer, East Side of
Uvalde on Hwy 90 to the
right w/picnic tables)**

Wed. Nov 16th—Lunker's

Wed. Nov 23—No CEO's

Wed. Nov 30— Vasquez

HERBY HAM ACTIVITY CENTER

✠ **GOSPEL**
Night Out

With Toni Hull & Friends
Saturday, January 14th 2023
7 pm

Admission: \$10 adults
\$5 for children under 12

Reception to follow

830-591-2711 . 248 FM 3447, Uvalde
herbyhamactivitycenter.org

Made with PosterMyWall.com



You're Invited

Senior Appreciation Event
Thanksgiving Kit Giveaway!

Monday, November 7th
2:30 PM - 3:30 PM

Herby Ham Activity Center
(Meet @ Weber East)
248 Farm to Market Rd 3447
Uvalde, TX 78801

Please RSVP:
210-365-1625

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Herby Ham Activity Center

**PREPARING HEALTHY
THANKSGIVING SIDE DISHES**

**WEDNESDAY, NOV 9TH
@ 2 PM**

CHOCOLATE CHAI TEA
-BUTTERNUT SQUASH AND POLENTA BOWLS
-PEAR PIE PARFAIT DESSERT

REGISTER BY TUESDAY, NOVEMBER 8TH

248 FM 3447, UVALDE 830-591-2711


JOIN BRITTANY WITH THE
SA FOOD BANK AS SHE
INSTRUCTS AND PREPARES
DIFFERENT SIDE DISHES
FOR YOUR THANKSGIVING
TABLE USING SQUASH AND
POLENTA.

HERBY HAM ACTIVITY CENTER

FREE HEALTH SCREENING

TUESDAY, NOV. 15TH
10:00 am - 12 Noon

- Blood Pressure
- Glucose
- Weight
- Height
- Prescription Review

Brought to you by Methodist Health Care Ministries and HHAC

WIN THIS BEAUTIFUL CROCHET BLANKET FROM HERBY HAM ACTIVITY CENTER DONATED BY THE UVALDE YARN WHSPERERS

Tickets \$5 Each

Drawing Fri, Dec. 2 During our Dance

248 FM 3447
830-591-2711

HHAC GIFT SHOP

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

call 830-591-2711
248 FM 3447

QUILTS OF GRACE IS LOOKING FOR VOLUNTEERS

WE ARE 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

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

Be Active

**HERBY HAM
ACTIVITY CENTER**

**CORE
CONDITIONING
& STRETCHING**

\$10.00

EVERY THURSDAY
MORNING AT 10 AM B



HELPS WITH :

- ON THE JOB TASKS
- A HEALTHY BACK
- SPORTS & OTHE ACTIVITIES
- HOUSEWORK & GARDENING
- BALANCE & STABILITY
- GOOD POSTURE

BRING AN EXERCISE MAT
AND A TOWEL OR YOGA STRAP

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

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**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 ama (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

Made with PosterMyWall.com

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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FLEX
Community
Fitness Classes

SilverSneakers

*\$10 non SS
members*

**HERBY HAM
ACTIVITY CENTER :**

- Classic -
Tuesday 4pm & Wed 8am
- BoomMove It -
Wed 9:15 am
- Stability-
Wed 10 am
- Nutrition as we age
call to schedual

Learn More
<https://silversneakers.com>
Mayra-830-279-1822

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

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!**



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 \$60.00 INCLUDES WATER
AEROBICS & OPEN POOL**

OR \$10.00 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-.

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 NOVEMBER, 2022 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 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 - Uvalde Piece Makers 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts 7pm - DANCE WIREX ALLEN	
6	7	8	9	10	11	12
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle 2:30pm - Medicare	7am - Election Day 8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 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 - Cooking Class	8:45am - Coffee 9am - Uvalde Piece Makers 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
13	14	15	16	17	18	19
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 10am - Free Health Screening 2pm - Cupcake & Goodies 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 - Uvalde Piece Makers 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	
20	21	22	23	24	25	26
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 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 - Uvalde Piece Makers 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
27	28	29	30	1	2	3
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Cupcake & Goodies 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 - Uvalde Piece Makers 10am - Core Cond & 11am - Farmers Market at the 7pm - Corn Hole	9am - Coffee & Donuts	