



HERBY HAM ACTIVITY CENTER

NEWSLETTER

October, 2022

248 FM 3447, Uvalde TX 830-591-2711

FALL MARKET DAY
 CRAFTS, FLEA MARKET ITEMS,
 INDEPENDENT DISTRIBUTORS,
 FOOD
SAT. OCT 22ND
8AM-2:00PM
 PARKING LOT- \$25
 AWNING - \$30 AWNING WITH ELECTRIC-\$35
 INSIDE - \$35 INSIDE WITH ELECTRIC - \$40
HERBY HAM ACTIVITY CENTER
248 FM 3447, UVALDE - 830-591-2711

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SUE'S CORNER

Have you seen the episode of Antique's Road Show where the Navajo blanket was appraised for \$300,000 to \$500,000 and ended up selling for \$1.5 million? The man who owned it had no way of knowing that the textile he was bringing to the Roadshow was actually a Navajo Ute First Phase chief's blanket dating back to the 1800s. It was given to him by his grandmother who received it from a frontiersman she grew up with. How often have we had something and had no idea its value? Years ago I gave a Black Diamond edition video tape of Beauty and the Beast to a friend who could not find one for her daughter. It is now worth as much as \$10,000! The same thing can apply to our relations with family and friends which are more priceless than any blanket, jewel or any other material thing. I feel that same way about my family and friends including those I have made at HHAC. I think of the people I have had opportunity to laugh, cry and even pray with. Those moments are priceless. Even today, after our Tuesday Goodie BINGO, I took time to visit with several ladies. We talked of current events in Uvalde, our families, our hurts and shared real laughter. I don't do that enough. I find myself putting this position before friendships that are waiting to be nurtured or opportunities that may be within arms reach. Those moments where we connect with one another are priceless. Moments such as when my new friend Sheree walked into my office just this week and on our first visit we talked as if we have known each other all our lives. We shared about our love for God, our feel on current Uvalde events, how hard it is to be a "newbie" and so much more. A friendship was formed that I hope will be nurtured and valued just as the friendship I have with others in Uvalde and beyond. Friendship with my Bible study/prayer ladies that are so precious to me, those who volunteer helping with the task of running HHAC and of course my family, there cannot be a price attached.



HHAC is also valued by so many. There have been amazing relationships formed, things learned, experienced and lives changed. Please know how priceless this Center is. I encourage you to examine what you have right before your eyes and be a part of what we offer.

Thank you to all who love and support us. We are here and we will remain.

Herby Ham Activity Center
Gift Shop Grand Re-Opening
Wednesday, October 12th
from 10-2
 Door Prizes, Refreshments
 248 FM 3447, Uvalde, TX
 830-591-2711

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HERBY HAM ACTIVITY CENTER



AQUAPONICS GARDENING

TUESDAY, OCTOBER 25TH

10 AM



JOIN CHEF JOSHUA SCHWENCKE AS HE TEACHES A COURSE CENTERED AROUND THE NEXT ADDITION TO YOUR GARDENING ROUTINE. PARTICIPANTS WILL LEARN HOW TO BUILD AN AEROPONIC BUCKET CLONER WITH STORE-BOUGHT MATERIALS TO CLONE CUTS FOR PROPAGATION FROM GARDEN FRUITS AND VEGETABLES.

REGISTER BY MONDAY,
OCTOBER 24TH
830-591-2711
248 FM 3447, UVALDE, TX

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Herby Ham Activity Center Presents



Friday, November 4th - 7 pm

Admission - \$10.00

248 FM 3447, Uvalde - 830-591-2711

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BOARD SPOTLIGHT-GABE GONZALES



Uvalde born and raised, Gabe Gonzales has grown up with a sense of hometown pride especially where Uvalde football is concerned. Attending Uvalde High and graduating in 2002, Gabe speaks of how area football brought such pride to the area and

still does.

After attending high school he spent 4 years in the Marines where he was sent to Okinawa, the Philippines, "Everywhere but Iraq" Gabe said. I felt that something may have happened if I went to Afghanistan. God was protecting me and allowed me to stay out of the war zone. Every time I was supposed to go I was sent somewhere else. Crazy!"

Even though Gabe and his wife Jennifer grew up in Uvalde they did not really meet until later on the social media site My Space when Jennifer was in college. "Our first date was at Applebee's in San Marcos." After getting out of the military he was planning on attending college but plans changed and he followed Jennifer back to Uvalde.

He and Jennifer, who is an educational diagnostician, have two children 10 and 14. His son plays football, which Gabe coaches and his daughter is in color guard where she also participates in competitions.

Gabe attended SWTJC and Sul Ross University where he obtained his teaching degree and now teaches 5th grade math at Flores Elementary. He has recently obtained his degree in digital marketing from UT.

His passion is music where he manages the popular band Eztilo who perform all over South Texas. They are hoping to perform here at HHAC in November.

In sharing about growing up in Uvalde, Gabe spoke of the division between Hispanics and Anglos. "Uvalde has improved from when I was younger but we have a way to go. If we would experience how each other lives, we would be a lot better off. We need to learn to tolerate our differences and not be afraid. Otherwise it is going to remain the same. I am doing what I can to help change that mindset."

Gabe is proudly HHAC'S first Hispanic male board member. He was introduced to us by Jennifer's grandmother, Cora Ann Fowler. Serving on our board for 4 years, Gabe is able to bring a different spin to how we operate.

Gabe spoke of what an asset HHAC is to Uvalde but we need to get out of our comfort zone. "We need younger people here to participate and volunteer and to bring new ideas. People from all ages really need to come see what we have to offer and how great HHAC can be."

Thank you Gabe for serving and for what you offer to HHAC!

**HERBY HAM ACTIVITY CENTER
PRESENTS**

**AUTUMN
NIGHTS**

**THURSDAY, OCTOBER 27TH
AT 7:00 PM**

Bring your lawn chairs, blankets,
family and/or friends and join us
for an evening of exploring the
night sky through telescopes.

Call 830-591-2711
for more information.
248 FM 3447, Uvalde, TX

**ATTENTION CRAFTERS-
PAINTERS & GREAT COOKS**

**WOULD YOU LOVE TO SHARE YOUR
TALENT WITH OTHERS IN OUR
COMMUNITY?**

**CONTACT
HERBY HAM ACTIVITY CENTER
& VOLUNTEER TO SHARE
YOUR SKILL
830-591-2711**

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HERBY HAM ACTIVITY CENTER

**FREE
HEALTH
SCREENING**

**TUESDAY, OCT 18TH
10:00 am - 12 Noon**

Blood Pressure
Glucose
Weight
Height
Prescription Review

Brought to you by Methodist Health
Care Ministries and HHAC

**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

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MEMORIALS/HONORARIUMS

In Memory Of:

*Eliahna Garcia, granddaughter of Rogelio Lugo,
from Berniece Olson.*

Elton Dornbusch, of Knippa, from Berniece Olson

*Memorials and Honorariums go towards
HHAC's Building Fund unless otherwise stated.
PLEASE REMEMBER US IN YOUR WILL*

**UVALDE YARN WHISPERERS CREATE
AND DONATE THROW TO HHAC**



Pictured left to right are Lupe Price, Margie Resma, HHAC's Director-Sue Rankin, Susan Marlin and Mary Gilbertson.

Once again, our crochet group, The Uvalde Yarn Whisperers have created and donated this beautiful throw for us to raise additional funds through a drawing being held this coming December.

Tickets are \$5 a piece and can be purchased at HHAC.

They meet every Wednesday at 9 am and would love to have you join the. Don't know how to crochet? Come learn!

Thank you ladies for your talent and contribution to HHAC.



**CHICKS - EAT -
OUT
EVERY**

**WEDNESDAY AT
11:30 AM**

Wed. Oct 5th—Tea Room

Wed. Oct 12th—Pit Stop

Wed. Oct 19th—Wingstop

Wed. Oct 26th—Mr. Gatti's

**WOOD WORKING
INSTRUCTION
WITH
LES BRIEDEN**

**EVERY TUESDAY
AT 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.**



**Herby Ham
Activity Center**

Thursday, October 6
9:00 a.m. – 1:30 p.m.

In the Bloodmobile



All donors will get points to redeem for hundreds of eGift cards in the donor store.

Plus, get a Halloween T-shirt to take home.



Herby Ham Activity Center

**GOODIE
BINGO**

*Every Tuesday
@ 2 pm*

COME PLAY FOR GOODIES!
FREE & FUN

830-591-2711

Be Active

**HERBY HAM
ACTIVITY CENTER**

**CORE
CONDITIONING
& STRETCHING**

\$10.00

EVERY THURSDAY
MORNING AT 10 AM
BEGINNING THURSDAY,
OCTOBER 6TH



HELPS WITH :

- ON THE JOB TASKS
- A HEALTHY BACK
- SPORTS & OTHER 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 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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FLEX
Community
Fitness Classes



**HERBY HAM
ACTIVITY CENTER :**

*\$10 non SS
members*

- 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

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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
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 3:45 (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**

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 OCTOBER, 2022 CALENDAR

UVA ZUZZ (Central Illinois - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Blood Drive 9am - Blood Drive 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at	9am - Coffee & Donuts	
9	10	11	12	13	14	15
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking	8:45am - Coffee 9am - Uvalde Yarn 10am - Gift Shop Grand 11:30am - CEO's (see 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	9am - Coffee & Donuts	
16	17	18	19	20	21	22
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking 10am - Health Screening 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	9am - Coffee & Donuts	8am - Fall Market Day
23	24	25	26	27	28	29
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking 10am - Aeroponic Class 10am - Aquaponic 2pm - Cupcake & Goodies 5:30pm - Tai Chi 6pm - Woodworking	8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace	8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Autumn Nights 7pm - Corn Hole	Happy birthday! Sue Schwencke's birthday 9am - Coffee & Donuts	
30	31	1	2	3	4	5
	8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	See Page 6 for Pool Schedule	See Page 5 for Silver Sneakers Flex Schedule			