



HERBY HAM ACTIVITY CENTER

NEWSLETTER

September, 2022

248 FM 3447, Uvalde TX 830-

HERBY HAM ACTIVITY CENTER

BACK WOODS BAND

SEPTEMBER 2 - 7 PM

LIVE MUSIC - DANCE - FOOD

\$10 ENTRY

JOIN US FOR AN EVENING OF GREAT MUSIC AND DANCE.

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



SUE'S CORNER

Uvalde Strong....what does it mean?

The definition of STRONG is "able to withstand great force or pressure."

Many told me after my first husband died "Sue, you are so strong" even though I felt like my world was falling apart. I often thought "If they only knew". But you know what...I survived. Now 14 years later, remarried and living in Uvalde, I never thought I would see my life as it is today. Do we still miss Dan? Absolutely, but healing has taken place.

Looking back I realized how strong I was. I remember one day I fixed my fence, the ac on my car and my dryer. In time, I got my finances in order like never before and worked at a job where I led my team to often become number one in the nation in sales. Looking back can be good. It gives a sense of accomplishment, but it is done some time later.

I pray that Uvalde experiences the same thing... that one day we can look back and see the good that has been done in the midst of tragedy, share the things we have learned and realize how really strong we have become.

I pray one day this community will be able to reach out as others have to us, offering help in the occurrence of disaster. For instance on May 25th I received a call from my new friend, Rabbi Ron with the Jewish Community Center in Pittsburg. Being a similar organization, he reached out to us offering what help he could including toys and books for our community. Their event happened in 2018. He shared with me what they have learned, what has changed and what they hope to see in the their future. Their community came together, but it took time.

I pray for healing for our community...for the families and friends who have lost a part of their heart, for even our environment and how we pictured our future prior to these events.

Becoming strong happens, as the definition states, through withstanding great force and pressure. It does not happen overnight. It is not a one-stop-shop and it is nothing magical. It is a process. Let's accept it, come together and help one another reach that goal.

Grace and peace to you all.

HHAC

GIFT SHOP

Opening In September

We Are Now Assigning Vendor Spaces.

call 830-591-2711

BOARD SPOTLIGHT-CHERYL KING



Running all over town doing work for her husband, State Representative Tracy King, rental properties, her family and any group or activity she is involved in, Cheryl King is clearly a doer. Cheryl was born and raised in Hondo, TX. Her father who was from Devine, her mom from Quihi and a younger sister who lives in D'Hanis, she is truly a Texas girl. She loved growing up in a small town and made lifelong friends. In a graduating class of 100 Cheryl is still best friends with 3 classmates who get together all the time. Cheryl continues to organize class reunions every 3-4 years for her high school.

Asking what she loved best about growing up in Hondo Cheryl said "the football games". "The whole town would close down when we had games. Everybody went to them."

A friend invited Cheryl to a dance at The Purple Sage where a new, up-and-coming singer was playing. There for the first time she heard George Strait. Since then she has been to over 30 concerts.

The evening at The Purple Sage continued to be even more eventful. That is when she met Tracy. Running into him 3 times after the first evening they officially had their first date where, of course, they went dancing and to dinner.

Tracy, who at 28 at the time, and was already involved in politics, asked Cheryl to marry him stating they had to set the date between elections. And so it began.... "I cant tell you how many fundraisers and political events I have attended." She has had the opportunity to meet many very important people including George W Bush. "He is a very personable man who remembers your name even years after meeting you."

Having 2 children; Clayton, their son's goal is to play professional golf and often practices next to George Strait. "He calls letting me know when they are on the course at the same time to rub it in". Their daughter, Katelyn, will be receiving her DVM this December.

Tracy and Cheryl were the original owners of Beltone Hearing Centers here in Uvalde selling it in 2010. When Cheryl is not helping her husband or meeting with her group of Legislative ladies in Austin she manages her properties in and around Uvalde.

Invited to water aerobics by her long-time friend Brenda Carter, Cheryl has now been a part of HHAC, including serving on our board, for almost 2 years. She, along with everyone else when asked, said she loves the friendships she has made. "I have gotten to really know people I would not have if not participating in water aerobics." When asking about how we can improve she said, "More people need to know about HHAC. So many I speak with have no idea we are here." We agree!

Thank you, Cheryl for all you do for Uvalde and HHAC.

Everyone, please help us spread the word about HHAC and all we offer. Share this newsletter with a friend or if you drop by the office we can give a printed version to share.

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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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.

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

Wed. Sept 7th—Lunker's
Wed. Sept 14th—Broadway 830
Wed, Sept 21st-El Herradero De Jalisco on Getty
Wed, Sept 28th— Oasis Outback

What kind of treats can chicks eat?

WE WILL BE CLOSED ON LABOR DAY

HERBY HAM ACTIVITY CENTER




FREE HEALTH SCREENING

TUESDAY, SEPT 20TH
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

HERBY HAM ACTIVITY CENTER

CORNHOLE



EVERY THURSDAY AT 7:30 PM
Doors Open At 7

ENTRY \$10 FOR 13 AND OVER

Tournament Entry
\$10.00

CASH PRIZES

248 FM 3447, UVALDE, 830-591-2711

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,
SEPTEMBER 1

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

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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Herby Ham Activity Center

**Toys of
Grace**

HHAC is looking
for volunteers
to make toys in
our woodshop
or paint in the
coolness of our
center.

Benefitting
children affected
by tragedy or
illness in the
Uvalde area



For more info call
830-591-2711

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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 SEPTEMBER, 2022 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	9am - Coffee & Donuts 7pm - Dance w/The	
4	5	6	7	8	9	10
LABOR DAY-CLOSED	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 - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	9am - Coffee & Donuts	
11	12	13	14	15	16	17
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 - Free Health 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	8:45am - Coffee 9am - Uvalde Piece 10am - Core Cond & 11am - Farmers Market at 7pm - Corn Hole	9am - Coffee & Donuts	
18	19	20	21	22	23	24
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25	26	27	28	29	30	1
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