



HERBY HAM ACTIVITY CENTER NEWSLETTER

February, 2023

248 FM 3447, Uvalde TX 830-591-2711

**HERBY HAM
ACTIVITY CENTER**

*Dance
and Potluck*
With

COUNTRY HORIZONS

\$10

FRIDAY, FEB 3RD @ 7:00

Dancing • Music • Food

POTLUCK AND BYOB

123 248 FM 3447, UVALDE, TX
830-591-2711

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SUE'S FINAL CORNER

Many of you may know I am retiring along with my husband Jimmy who has done maintenance for HHAC the last 3 years. Living and working in Uvalde at this amazing place for 7 years has truly been one of the highlights of my life. Our next

chapter is moving to Lake Brownwood, TX. Honestly, it has not been an easy decision to make as to when to retire, but we feel God's timing.

Being asked what brought us to HHAC and Uvalde, my answer always is "God in His Wisdom". Jimmy and I had been married less than a year when we decided to move here to be closer to his elderly mother. Attending church one night in San Antonio, I spoke to my friend, Jan Fox. She told me she was from Uvalde and knew of a position at an adult activity center where her mom, Janet Copenhaver, volunteered. The next day I spoke with Jackie Thomas and the process went full throttle. Less than a month I was hired and began one of the best and most fulfilling but stressful rides of my life.

Robert Miguel, of Uvalde Radio, asked what I enjoyed the most about working at HHAC. "The people of course. I have made such great friendships I will cherish the rest of my life". What amazes me is the support this community, not just HHAC, but Uvalde as a whole, has offered in this decision to retire. There have been tears shed and Hallelujahs raised by those who are excited for our future and prayers of blessing said on our behalf.

Someone told me the other day, "It has been a tough 7 years struggling with the ups and downs of Bingo, Covid, the freeze and the tragedy". I love a challenge and have often wondered how we made it. But make it we did with help of my board and the community and of course God. Many centers such as ours were not as lucky.

I remember praying one morning during Covid asking God for forgiveness for my worry. I thought it was up to me to get us through struggles we were experiencing. "Father, You already knew about HHAC even before Herby had it in his heart. I know you want it to succeed". I am so thankful He heard my prayer and has blessed us in so many ways.

To those who supported me, including my Board...Thank you! Thank you for the opportunity to go beyond, to meet challenges, including financial, that were placed before me and to help continue getting the word out about HHAC in our community. And thank you Uvalde, you have stolen my heart. I have made friendships I will cherish all my life. I want to say something about the person who will take my place. We do not know who he or she will be as of yet.. Please sow your support and give this person a chance and offer words of encouragement. I know, as in any transition, changes will be made. Please love the way many of you have loved me.

Our board is graciously holding a Retirement Going Away Party for us on Sunday, February 5th from 4-6. Jack and Tess Clarkson have graciously offered to play as a gift to us and refreshments will be served. I would love for you to come so we can say our goodbyes and offer our gratitude. You will always continue to be in my prayers. Sue



**JOIN HERBY HAM ACTIVITY CENTER
AS WE CELEBRATE
Our Director,
Sue Rankin and her
husband, Jimmy's
RETIREMENT**

**Sunday, February 5th
from 4-6pm**

**Jack & Tess Clarkson Will Be
Our Entertainment**

**Call 830-591-2711
for more information**

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www.herbyhamactivitycenter.org

Mailing Address: P.O. Box 5488, Uvalde, TX 78802

QUILTS OF GRACE,...

JUST ONE OF HHAC'S MINISTRIES

Herby Ham Activity Center formed Quilts of Grace in 2018 to be an outreach to children in Uvalde County through **Bluebonnet Children's Advocacy Center**. Quilts of Grace gave comfort quilts to over 1800 children prior to May 24th and over 3000 after the tragedy to survivors, children, families, teachers, social agencies, first responders and medical personnel.



One of the agencies who are on-going recipients of quilts from Quilts of Grace is **The Children's Bereavement Center of South Texas** whose mission is to foster healing for grieving children, youth, their families and the community. Every quilt that is provided is given to a family as a symbol of love and support they receive from the Uvalde community and beyond. A representative from CBC of South Texas said, "Together we can continue to help carry the heartache for so many. Thank you, Quilts of Grace, for providing us these beautiful, handmade quilts. Our work is not possible without your support!"

In speaking with an employee with **Alamo EMS**, they shared of how comforting the quilts have been for their employees. The beds in their break room are covered with Quilts of Grace Quilts. "You can feel the love put into each one. It reminds us how so many in this community continue to reach out helping even months after the event".



Hillcrest and Rushing Estes Knowles Funeral Homes were also greatly involved after the tragedy. Working with the families who lost so much took a toll for so many who counseled and served in this much needed service. **Monika Saiz Martinez** of Hillcrest Funeral Home said "I was right across the street from the school when it happened; so many children flooded in to seek protection. Sleeping at night became more and more difficult. Quilts of Grace gave each of us on staff a quilt of our very own. Knowing each one was prayed over brought a sense of comfort and rest". Asking about any quilts she gave to others, Monika said, "A little boy who was in the school was having a lot of struggles. The look on his face was priceless when he received his quilt. He was so

grateful and I could tell it was something special to him." Monika has also given quilts to patients struggling with cancer. "They held on to them like a lifeline. They are so grateful".

Monika said in closing, "I want you to know, there were 3 things given to me after the tragedy that are and remain precious... a Uvalde Strong necklace, a massage that was gifted to me helped to calm me and my Quilts of Grace Quilt which covers my bed and will be with me wherever I may go reminding me of the love it represents".

Ed Gentry, Executive Director of **Bluebonnet Children's Advocacy Center** has shared about the children they work with, "Often, when a child is removed from their home due to abuse or neglect, they come with nothing, even without clothing. These quilts are the first thing to wrap around them during this very hard time in their lives. When the children come for follow up counseling almost always they have their quilt with them".

HHAC's board member, Gabe Gonzales, shared, "Something not many think of is when a child is taken from their home by CPS. Where someone may think it is just a quilt it is so much more. It may be all he or she feels they have at the moment." Gabe and his family were personally affected by the tragedy also received a QoG quilt. "My son, who was at the school at the time, loves to snuggle under his quilt. Quilt of Grace is such an asset to Uvalde."



Quilts of Grace's focus was and continues to be children who have been removed from their homes through CPS or have faced a traumatic experience. That problem is not going away. As long as there is abuse and neglect towards our children there will be a need for outreach programs such as Quilts of Grace. If you would like to help this amazing work of love continue in Uvalde, tax deductible donations can be made to Herby Ham Activity Center designating Quilts of Grace. Help us spread the love.



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

Wed, Feb 1—Open Range

Wed, Feb. 8th—Vasquez

Wed, Feb 15th— Order from

Uvalde Café ..eat at HHAC SEE MENU HERE



Wed, Feb 22nd—Countryside BBQ Trailer on
Hwy 90 East of Uvalde

**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.**

COME BUILD YOUR DREAM

**Remember HHAC
For your Event Rental Needs!
Parties, Receptions,
Corporate Events.
Call 830-591-2711**



**DUE TO THE RISNG COST
OF CHEMICALS AND FUEL,
BEGINNING JANUARY, 2023
WE ARE HAVING TO
INCREASE OUR POOL FEE
TO \$65 A MONTH OR \$12
A SESSION.
SORRY FOR ANY
INCONVENIENCE.**

**CEO WILL BE EATING AT HHAC ON FEBRUARY 15TH. FOOD
WILL BE FROM UVALDE CAFÉ AT A COST OF \$20 PER
PERSON. PLEASE MAKE YOUR SELECTION AND RETURN
WITH PAYMENT BY FEBRUARY 8 TO KAY BRIEDEN AT
CEO'S.**

**YOU ARE MORE THAN WELCOME TO BRING YOUR OWN
LUNCH IF YOU WISH.**

Iced Tea and Water Included

CHOOSE A SANDWICH:

PASTRAMI BACON CREAM CHEESE

Deli Fresh Thin-Sliced Pastrami

Juicy Jalapeno Bacon

Philadelphia Cream Cheese

Crisp Romaine Lettuce

Ripe Roma Tomato

Fresh Avocado

Ripe Jalapeno Thin-sliced Red Onion

Sourdough Baguette Toasted w/Butter, Garlic, Olive Oil

CLASSIC CLUB

Deli Fresh Thick Cut Mesquite Smoked Turkey

Deli Fresh Thick Cut Mesquite Smoked Ham

Juicy Thick Jalapeno Bacon

Thick cut Post Oak Smoked Cheddar Cheese

Crisp Romaine Lettuce

Ripe Roma Tomato

Ripe Avocado

Kraft Real Mayonnaise

Stone Ground Dijon Mustard

Fresh Sliced Sourdough Bread Lightly Toasted w/Butter

TURKEY CHEESE & AVOCADO

Thick cut Deli Fresh Peppered Turkey

Thick cut Pepper Jack Cheese

Crisp Romaine Lettuce

Ripe Avocado Fresh Roma Tomato

Thin Sliced Red Onion

Kraft Real Mayonnaise

Stone Ground Dijon Mustard

Sourdough Baguette Toasted w/Butter, Garlic, Olive Oil

CHOOSE A SOUP:

Creamy Poblano _____

Chicken Tortilla _____

Name: _____

\$20 Paid _____

**DID YOU
KNOW**

No matter your age, all adults need a DNR, Power of Attorney and other important documents. Join Tru Hiatt as she answers your questions concerning these important topics and more.

**THURSDAY, FEB. 16
3:00 PM**

EVERYTHING YOU WANTED
TO KNOW ABOUT THESE
TOPICS



Herby Ham Activity Center

248 fm 3447, Uvalde 830-591-2711

Join **Herby Ham Activity Center**

**EVERY FIRST
WEDNESDAY
AFTERNOON AT
2 PM TO CELEBRATE
BIRTHDAYS FOR
THAT MONTH**

**BEGINNING
WEDNESDAY,
JANUARY 4TH**



248 FM 3447 - 830-591-2711

FREE

HEALTHY COOKING CLASS

Date
Tuesday, Feb 21
6:00 pm

AT
Herby Ham
Activity Center

Register by Noon on
Friday, Feb 17th

CALL
830-591-2711

Herby Ham
Activity Center



Bunco **For Fun**

Come for the Fellowship and Fun

Every Thursday at
2 pm

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



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Be Active



SilverSneakers
by Tivity Health

FLEX
Community
Fitness Classes

HERBY HAM ACTIVITY CENTER

FREE fitness classes offered here!

If you have a Medicare plan, it
may include SilverSneakers—
at no additional cost.

**\$60 -month for Non
SilverSneaker members**
\$10 a class



Learn More

Check Your SilverSneakers Eligibility
silversneakers.com/flex
Mayra-830-279-1822

Classic -45min.
Focuses on strengthening
muscles and increasing range of
movement
Monday 10 AM
Friday 11 AM
Stability-60min.
Improve your balance and
strengthen reflexes
Monday 11 AM
Wednesday 10 AM
BoomMove It -30 Min
Improve your cardio endurance
and strength with Dance
Wednesday 11 AM
Friday 10 AM

HERBY HAM ACTIVITY CENTER'S WATER AEROBICS

**\$65
A MONTH** OR **\$12
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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**LOSE WEIGHT
NOW**
At Herby Ham
Activity Center's
CIRCUIT GYM

**\$10 A MONTH -POOL MBR
\$20 A MONTH- NON-POOL MBR**

- Strengthening
- Cardio
- Stretching

248 FM 3447 Uvalde, TX 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!



AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm

Bridge—Monday @ 12:30 pm

Goodie BINGO—Tuesday @ 2 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 3:45p (Tues, Wed, Thurs)

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

POOL USE FEE \$65.00 INCLUDES WATER

AEROBICS & OPEN POOL

OR \$12.00 PER VISIT



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.



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
welcome to join us at
no charge

Call 830-591-2711 for
more information.

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

HHAC FEBRUARY 2023 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			8:45am - Coffee 9am - Uvalde Yarn 11:30am - CEO's (see page 3) 1pm - Dominos & Games 1pm - Line Dancing 1pm - Quilts of Grace 2pm - Monthly Birthday Celeb	8:30am - Lifeline Screening 8:45am - Coffee 11am - Farmers Market at the 2pm - Bunco For Fun	9am - Coffee & Donuts 7pm - Dance w/Country	
5	6	7	8	9	10	11
4pm - Sue/Jimmy Retirement 8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 6pm - Woodworking w/Les	8:45am - Coffee 9:30am - Woodworking w/Les 2pm - Goodie Bingo 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 11am - Farmers Market at the 2pm - Bunco For Fun 7pm - Corn Hole	9am - Coffee & Donuts	
12	13	14	15	16	17	18
			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 11am - Farmers Market at the 2pm - Bunco For Fun 3pm - DNR/Power of Attny	9am - Coffee & Donuts	
19	20	21	22	23	24	25
			8:45am - Coffee 9:30am - Woodworking w/Les 10am - Health Screening 2pm - Goodie Bingo 4pm - Silver Sneakers Flex 5:30pm - Tai Chi 6pm - Healthy Cooking 6pm - Woodworking w/Les	8:45am - Coffee 11am - Farmers Market at the 2pm - Bunco For Fun 7pm - Corn Hole	9am - Coffee & Donuts	
26	27	28	1	2	3	4
			8:45am - Coffee 1pm - Bridge 1:30pm - Pinochle			