



HHAC REOPENS

After being closed for 2 months due to COVID-19, Herby Ham Activity Center reopened on Monday, May 19th with some activities holding off until, perhaps, the fall.

Activities being delayed are Quilts of Grace, Painting with Peggy, Dulcimers, and Ballroom Dancing.

Opened activities are water aerobics, open pool, circuit gym, exercise room, Thomas Wood Works, Crochet, Line Dancing, Pinochle on Monday, Dominoes on Wednesday and Bridge on Thursday. Some meet every day for coffee and on Friday for donuts and coffee.

We are also adding 2 new exercise classes....Yoga and Zumba. Check it out on page 3.

Bingo is also being held every Sunday, at 2 pm, Tuesday and Thursday at 7 pm. (See Bingo on page 2 for more information).

Unfortunately, just like everyone else, we have had to make adjustments but we're hanging in there. Please come out and support us so we can stay strong.

If you are wondering if any other classes will be starting mid July, give us a call.



SUE'S CORNER

What can be said but WOW! Just like every one, I am so ready for all of this to be over!

It is so easy to look at the negative of everything that has happened since mid March.....Covid-19, riots, protests, Godzilla. (Oh, he may appear next month.)

I found myself getting angry and depressed over all this mess until I finally decided that I was getting off of social media, except for posting about the Center and words of encouragement. I will get back on when I feel the time is right. Right now I want to do just that, give you words of encouragement.

Psalms 46:1 says that "God is our refuge and strength, a very present help in time of trouble". Never did Jesus say there was not going to be trouble, but He did say he would be "our refuge and strength" during those times.

(continued on page 2)

POOL IS OPEN UNDER ENHANCED SAFETY MEASURES



HHAC'S pool is open to much delight of those who participate in classes and open swim.

Mary Davila, an avid water aerobic attendee, said "I missed it so much! I felt so stiff not being able to get in. We are all so glad to be back!"

Many have asked about the precautions we are taking concerning our pool and COVID-19. We are asking that you shower off at home before coming and that no more than 9 participate in a class at a time so there is plenty of room to spread out. The dressing area, showers and bathrooms are sanitized daily and the pool is cleaned bi-weekly. We are doing everything we can to assure everyone is kept safe.

Let's focus on the positive and get healthy. Check out a class soon.

HERBY HAM ACTIVITY CENTER

SUNDAY @ 2 pm
TUESDAY AND THURSDAY @ 7 pm

\$14 TO PLAY

FOOD ALLOWED, DRINKS AVAILABLE AT CONCESSION
 NO ONE UNDER 12 YEARS PLEASE
 SOCIAL DISTANCING OBSERVED MASKS ENCOURAGED
 LICENSE # 243986

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(Sue's Corner, Continued)

The definition of refuge is: *a condition of being safe or sheltered from pursuit, danger, or trouble.* And I love this definition of strength: *the capacity of an object or substance to withstand great force or pressure.* We are definitely under great force and/or pressure. I do not believe God would tell us He would be our refuge and strength if it were not so. He does not lie but He DOES see the other side. Herby Ham created HHAC believing that there was going to another side. Another side to aging, health (both mental and physical), spiritually and another side to The Center. We have no idea as to what is ahead of us as an organization, city or nation but God has gotten us through to this point and He has a plan. Even though we may not see it right now, there are blessings.

If any of you need prayer, please reach out to me. I would love to pray for you and with you and I ask that you pray for me, my family and HHAC. "I can do all things through Christ who gives me strength." Philippians 4:13

Love one another.....

LINE DANCING IS MEETING AT HHAC EVERY WEDNESDAY AT 1 PM.

COME JOIN THE FUN... IT'S FREE!

SOCIAL DISTANCING OBSERVED

WOOD WORKING INSTRUCTION WITH

LES BRIEDEN TUESDAYS FROM 8:00—11:30 am & 6:00-9:00 pm

To set a time with Jackie Thomas, call 830-591-4707

\$5 a session or \$35 a month

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



HERBY HAM ACTIVITY CENTER WILL BE CLOSED ON FRIDAY, JULY 3RD IN OBSERVANCE OF THE 4TH OF JULY. HAVE A GREAT ONE!

FARMER'S MARKET EVERY THURSDAY FROM 9 AM TO 3 PM AT UVALDE'S TOWN SQUARE

HERBY HAM ACTIVITY CENTER
PRESENTING

YOGA

\$60
8 Week Session
OR \$10
DROP-IN

**JUL. 11-
AUG. 29**

SATURDAY MORNINGS | 9AM - 9:50AM

Join us for a special 8 week summer yoga session Jul. 11th - Aug. 29th with RYT certified Yogi and instructor, Stella Link. All classes will be adaptable to every fitness or experience level. Please bring a yoga mat. We will explore mindful movement, breath awareness, and body alignment.

Contact us at 830-591-2711

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Memorial/Honorarium Donations



IN MEMORY OF :

*Ben Harp from Judy Teague
Ben Harp from Mr. & Mrs. CR Marsh
Ben Harp from Gary & Carolyn Moody
Ben Harp from Mr. & Mrs. Lawrence Brook
Ben Harp from John & Barbara Hogan
Margie Kessler from Carolyn & Jack Lampe
Milton Woolf from Tom & Nancy Williams*

*Memorials & Honorariums go towards HHAC's
building fund unless otherwise specified.
Please remember HHAC in your will.*



Volunteers Needed!



We are asking for volunteers to help answer the phones from Monday through Thursday, 11 am to 2 pm to allow our Director time for lunch and to run errands. Presently, we have people helping, but we need someone as back up in case they are not able to attend or if they no longer can help. All it would entail would be answering the phone and taking messages.



A Great Big  to **Dee Ann Smith, Barbara Hogan, Linda Kramer, and Mary Davila** for taking time to come out and helping with the phones. Also to **Mary Gallagher and Jimmy Rankin** for helping with other things around the Center. Mary has been helping with inside cleaning and Jimmy has been the one mowing the lawn, cleaning the pool spraying for bugs and so much more. All of you are such a blessing!



ZUMBA

PH: 830-591-2711 **FITNESS**

HERBY HAM ACTIVITY CENTER

SATURDAY MORNINGS

JUL 11TH- AUG 29TH 10AM-10:50AM

****bring your water bottle!**



\$60
8 WEEK SESSION
OR
\$10 DROP-IN

with STELLA LINK

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FOR THE TIME BEING, THERE IS NO CALENDAR IN OUR NEWSLETTER. INFORMATION WITH DATES AND TIMES FOR OUR CURRENT EVENTS ARE THROUGHOUT THIS EDITION. GIVE US A CALL IF YOU HAVE ANY QUESTIONS.

AFTERNOON GAMES AT HHAC

Pinochle—Monday @ 2:30 pm
Dominoes (42) - Wednesday @ 1:00 pm
Bridge—Thursday @ 1:00 pm



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 Wednesday's at 9 am.



COFFEE, DONUTS & CONVERSATION

EVERY FRIDAY AT 9:00 AM

JOIN US!

EXCEPT FOR FRIDAY, JULY 3RD. CENTER WILL BE CLOSED.



HHAC IS NOW CLOSING AT NOON ON FRIDAYS.

Be Active

WATER AEROBIC CLASSES :

Water Babes 8:30a (Mon, Tues, Thurs)
Water Babes 1:30p (Mon, Tues, Thurs)
Mixed Class: 5:00p (Mon, Tues, & Thurs)
Bio-Wave Class-6p (Mon-Thurs)

POOL USE FEE \$60.00 INCLUDES WATER AEROBICS & OPEN POOL OR \$8.00 PER DAILY VISIT

Line Dancing—Wed 1:00 pm (free)
Exercise Machines—Mon-Thurs. Fri 8am-11am (free)
Circuit Gym—Mon-Thurs 8am-7:00pm Fri 8-11:00 am
Yoga —Beginning Saturday, July 11 @ 9:00 am (see pg. 2)
Zumba—Beginning Saturday, July 11 @ 10:00 am (see pg.2)



WHAT ARE SOME OF THE BENEFITS TO PLAYING BINGO BESIDES WINNING \$\$\$?

- Cognitive Abilities Are Boosted. Simply put, playing bingo can improve your brain's processing speeds, alertness, and memory capabilities, according to a study. ...
- Hand-Eye Coordination Is Improved. ...
- Physical Health Is Strengthened. ...
- Social Participation Is Increased. ...
- Healing from some types of surgery is sped up...

**TUESDAY & THURSDAY AT 7 PM
SUNDAY AT 2 PM**

Open Pool Hours

Two people must be in the pool area at all times

Monday - 2:30 - 4:30 pm
Tuesday - 2:30 - 4:30 pm
Wednesday - 10:00 am - 12:30 pm/2:30 pm - 4:00pm
Thursday - 2:30 - 4:30 pm
Friday - 10:00 am - 11:00 am